

Navarre by Bike

Easy routes and rail trails



Kingdom of
Navarra

Gobierno
de Navarra



Nafarroako
Gobernua





*Keep
the secret*

Navarre, in the north of Spain, offers a cultural and natural diversity that makes it an attractive and unique destination for tourists. With a history and identity marked by its chartered status, Navarre is known for its varied landscapes, ranging from the green valleys of the Pyrenees to the vast plains of the Central Zone and Ribera region.

Its capital, **Pamplona**, world-famous for the San Fermín festival, is an ideal starting point for exploring the Autonomous Community. Its old town, city walls and gardens invite you to stroll and discover its historical heritage.

The **Way of St James** crosses Navarre, providing walkers and visitors with the chance to take its **five routes**, enjoy local hospitality and see its architectural gems.

Nature lovers will find a unique desert landscape in the **Bardenas Reales natural park**, while the **Navarrese Pyrenees** are an excellent setting for **hiking, cycling, skiing and other outdoor activities**.

Navarre is also renowned for its **gastronomy**, offering everything from traditional *pintxos* (bar snacks) to more elaborate dishes, using high-quality local products with their own designations of origin, such as asparagus, piquillo peppers, cheese or wine.

If you want to find out more about Navarre, visit the website:
www.visitnavarra.es



Santesteban - Elgorriaga -Ituren- Zubieta. **The water route**



Santesteban, Elgorriaga,
Ituren and Zubieta



14,4 km (there and back)



Signposted

In the Malerreka area, in Alto Bidasoa, the Santesteban valley stands out for the abundance of rivers and brooks that run through its lush oak and beech forests. Following the course of one of these, the Ezkurra river, you can enjoy a beautiful, gentle ride along the Water Route, on a linear path which connects Zubieta and Santesteban, passing through Ituren and Elgorriaga.

If you start the ride in Zubieta, you have to head for the neighbouring village of Ituren along the same path that the joaldunak take to announce the arrival of the carnival with their noisy cowbells. On the way, you'll find old wash houses and places where you can have a swim. In the next village, Elgorriaga, you can enjoy a thermal bath in the medicinal mineral spring waters at the spa.

The route ends -or begins, if going in the other direction- in Santesteban, where the Ezkurra river joins another stream and then, a little further on, the Baztan, adopting the name of the Bidasoa river. Santesteban, the main village in the district, offers a range of services to meet the needs of cyclists.

Don't miss...

→ Bidasoa rail trail, Irrisarri Land Adventure Park (Igantzi),
Bertiz Natural Park

Arazuri - Ororbia - Ibero. Arga riverside park



Arazuri, Ororbia
and Ibero



13,9 km (there and back)



Signposted

There are lots of options for attractive, gentle walks or bike rides in the Pamplona District Riverside Park. To avoid the heavy foot and bike traffic on the walks through the capital, we propose a route at the west end of the park, touring the villages of Arazuri, Ororbia and Ibero.

It is a linear section which has recently been completed and is expected to reach Etxauri. The route is a pleasant one without significant slopes and the surface, mostly compacted gravel, is excellent.

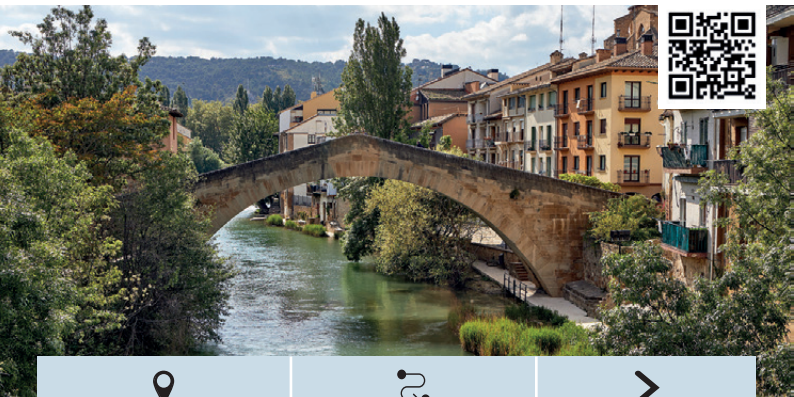
On the way, the route crosses the Arga river several times; sometimes over bridges with a lot of history behind them, such as the Zubiaundi bridge in Arazuri, the mediaeval style bridge in Ororbia (which the route passes by) or the Isterria bridge in Ibero, and, at others, over more recent bridges, such as the footbridges in Ororbia and Ibero or the new bridge in Arazuri.

You can find other interesting ideas for rides in and around the park starting from other points on the riverside park website (www.mcp.es/parque-fluvial/paseos).

Don't miss...

→ Pamplona's parks: Taconera, Medialuna and Yamaguchi (Planetarium), Pamplona citadel

Estella - Villatuerta - Estella. Along the banks of the Ega



Estella and Villatuerta



12,6 km (there and back)



Signposted

A recently renovated round trip which can begin in either Estella or Villatuerta. Along much of the way, the path follows the course of the Ega river, passing through the fertile irrigated lands of Villatuerta, where you can appreciate the fresh vegetables which you can try later in one of the local bars or restaurants.

The surface is in very good condition, with concrete sections at the entrance to both Estella and Villatuerta, and practically no slopes, bar a small incline at the boundary between the two municipalities where a footbridge crosses the Ega river. This makes it an ideal route for locals who travel frequently between the two points and choose the bicycle as their means of transport.

The route is flanked by riverside vegetation, the characteristics of which are explained on different information panels along the way.

The route coincides with the Way of St James and the EuroVelo 1-3 route.

Don't miss...

→ Estella, Monastery of Iratxe

4

EASY
ROUT

Ayegui - Sima de Igúzquiza - Ayegui.

Hidden Tierra Estella

**Ayegui****7,6 km (there and back)****Partially
signposted**

On this route, you will discover one of the most enigmatic spots in Tierra Estella: the Igúzquiza chasm, also known as the “Rose chasm”. The route starts from Ayegui, a village near Estella and home to the monastery of Iratxe. There you can recharge your batteries at the wine fountain and visit the museum dedicated to its culture.

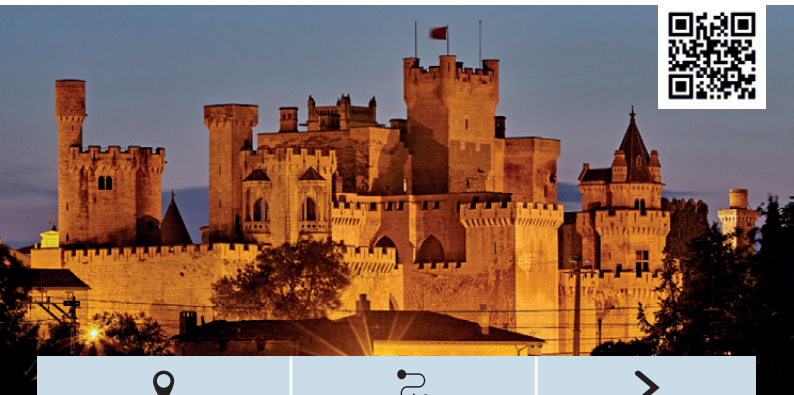
If you want to access the lower part of the chasm, it is best to park your bike near the information panel and walk along the pedestrian path.

The Igúzquiza chasm is the scene of a tragic story that occurred during the Third Carlist War (1872-1876), a story of bandits and murder which can be discovered in more detail on the Igúzquiza Local Council website. It is also an area of great natural interest whose particular topography makes for a microclimate which allows species more often found in wetter latitudes to prosper inside the chasm. But not only is the chasm spectacular, the whole route offers beautiful views of both Montejurra and the other mountain ranges that surround this part of Tierra Estella, all dotted with holm oaks and vineyards.

Don't miss...

→ Estella, truffle museum (Metauten)

Tafalla - Olite - Tafalla. The heart of Central Navarre



Tafalla and Olite



13,4 km (there and back)



Partially
signposted

This route, which is part of the Central Zone MTB Space, connects two of the most emblematic towns in the area and gives you the opportunity to discover the essence of Central Navarre in one easy bike ride.

In the built-up part of Tafalla, the most important town in the district with an important historical and cultural heritage, you ride in bike lanes. Not so in Olite, where the absence of lanes of this kind is compensated for by light traffic.

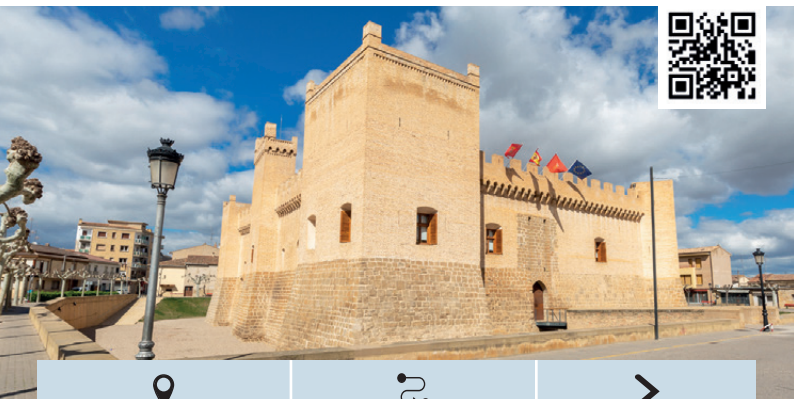
The route, which has a compacted gravel surface and practically no slopes worthy of the name, is signposted between the two towns. Along the way, it passes through areas with vegetable gardens irrigated by channels and ditches, and then, in the vicinity of Olite, the “capital of Navarra wine”, vineyards become more and more prominent, engulfing the headquarters of the Navarre Viticulture and Oenology Station.

Once in Olite, it is impossible not to succumb to the charm of this mediaeval town, whose cobbled streets and majestic castle transport you to its heyday.

Don't miss...

→ Olite, Ujué, San Martín de Unx

Falces - Peralta - Funes - Marcilla. **Mink territory**



From Falces to Peralta



15,5 km (there and back)



Signposted

This route, set up by Falces, Peralta, Funes and Marcilla, runs along the banks of the Arga and past irrigated fields in an area called “Mink Territory, home to the densest surviving population of the European mink, in danger of extinction throughout Western Europe.

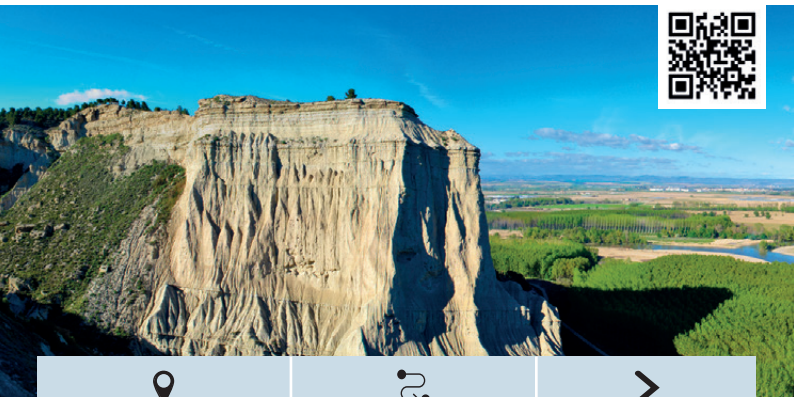
The layout allows you to design both linear and circular routes, starting from any of the four villages. The ride suggested here is the Falces-Peralta route, which is practically circular because, while all on the same bank of the Arga, it takes two different paths, avoiding the right-hand bank to help preserve the environment. Following the left-hand bank, and just over 1 km from Falces, you cross the Sotobajo wetland, a space of high ecological value where there are several information panels to help you interpret the natural wealth of the area.

An easy route with well-kept gravel paths and completely flat, inviting users to discover a natural environment full of charm.

Don't miss...

→ Marcilla castle, Barranco de Peñalén ravine

Villafranca. Confluence of the Arga and Aragón



Villafranca



8,8 km (circular route)



Signposted

A circular route that ventures into the riverside woodland of Villafranca, a little known spot in Navarre of great ecological and scenic value, forming as it does a rich ecosystem that ensures the survival of animal species such as the European mink, otter, heron or kingfisher, and native flora, such as tamarisks, ash trees and alders.

The route is over well-maintained tracks with no slopes at all, making it suitable for everyone. The first part passes through crop fields to the riverside wood called Ramal de la Mina, where you can see the Aragón river for the first time. The route then advances along the bank of the river until it reaches the confluence with the Arga. At this point, you can see the majestic Barranco de Peñalén, a watchtower over the Ribera Alta, at whose feet the two rivers merge before joining the Ebro in Milagro, three kilometres downstream.

Continue the route through the area known as Soto Nuevo to distance yourself from the watercourse and ride, once again, through crop fields until you get back to the starting point.

Don't miss...

→ Sendaviva Nature Park, Bardenas Reales Natural Park, Marcilla castle

Corella - Cintruénigo - Fitero.

Health and cultural route along the Alhama river



From any of
the 3 locations



29,1 km the option chosen
(can be shortened)



Signposted

The original route, 40 km long, was opened in 2019 and was designed by the Corella Cyclists' Association in collaboration with the three local councils in Navarre's Ribera region. This suggestion skips the branch of the route to the Fitero spa and back, cutting the initial length to 29.1 km. You can modify the route on the fly, opting for trips to and from any of the three localities or choosing a shorter section which follows the course of the Alhama river and joins them up.

The network combines asphalted and concrete sections with gravel tracks and paths, mostly in good condition. Except for two small slopes, one on the way into Cintruénigo and the other on the way out of Fitero, the rest of the route is practically flat.

Along the way, you will find information panels on the flora and fauna in the area, and in each of the three localities you can enjoy their great cultural wealth in the form of important monuments, such as the Cistercian monastery in Fitero or the imposing Baroque buildings in Cintruénigo and the city of Corella.

Don't miss...

→ Tudela, Tarazona rail trail, Fitero spa

Bidasoa Rail Trail



Between Oiiregi (Navarre)
and Irun-Behobia (Gipuzkoa)



42 km; 34 of them
in Navarre



Signposted

This rail trail reclaims a good part of the route of the “Tren Txikito” (little train) which ran between Elizondo and Irun from 1898, first as a mining train and then transporting people and goods, until its closure in 1956.

With hardly any slopes worthy of mention, the route offers an unforgettable experience through Atlantic beech and oak woods along the banks of the Bidasoa, a delightful little river which unites and gives its name to the entire district. The trail allows you to discover such beautiful Navarrese villages as Legasa, Santesteban, Lesaka and Bera.

It also marks the point of entry of EuroVelo 1, the “Atlantic Coast Route”, in Spain before it makes its way to Latasa to join the Plazaola rail trail.

Exploring this rail trail is like strolling on a fresh, shady, green carpet in spring-summer and a warm, multicoloured, welcoming one the rest of the year. A real treat for the senses.

Don't miss...

→ Irrisarri land Adventure Park (Igantzí), Bertiz Natural Park

Plazaola Nature - Rail Trail



Between Pamplona
and Andoain (Gipuzkoa)



68 km; 47 of them
in Navarre



Signposted

The Larraun and Leitzaran valleys are a true nature sanctuary, dotted with farmhouses. In amidst their leafy slopes of beech and oak trees, a small narrow-gauge railway, “El Plazaola”, used to meander tirelessly between Pamplona and San Sebastián from the early to the mid-20th century.

Its path has now been converted into a rail trail which connects Pamplona and Andoain (Gipuzkoa), and runs through a spectacular landscape of steady slopes and an abundance of tunnels. Among them, the one in Uitzu, which, at 2.7 km, is the longest tunnel on any rail trail in Europe. Although the tunnel is lit, it is a good idea to use headlamps to go through it.

Along the way, you will come across several renovated railway stations with services for cyclists in places well worth visiting, such as Latasa, Lekunberri or Leitza.

Don't miss...

→ Caves of Mendukilo in Astitz, Beigorri Adventure Park (Lekunberri)

Irati Rail Trail



Between Liédena
and Lumbier



6,4 km



Signposted

This short path between Lumbier and Liédena runs along a section of the old narrow-gauge railway that used to link Sangüesa up with Pamplona, initially for the transport of timber felled in the Pyrenees and then to transport people.

The section in the Gorge of Lumbier is now the Irati rail trail, a delightful path through one of the most beautiful places in Navarre, declared a Natural Reserve in 1987. In this spectacular gorge, sculpted by the Irati river, cyclists and walkers can observe griffon vultures in all their splendour.

In its little-more-than-6 kilometres, the route includes two tunnels excavated from the rock and is surrounded by a truly amazing landscape, which, together with the zero difficulty involved for cyclists, makes it an ideal ride for the whole family.

Don't miss...

→ Gorge Interpretation Centre (Lumbier), Gorge of Arbaiun

Vasco-Navarro Railway Nature - Rail Trail



Between Estella-Lizarra,
Vitoria-Gasteiz and Bergara
(Gipuzkoa)



123.5 km;
29 km in Navarre



Signposted

The Vasco-Navarro Railway Nature - Rail Trail brings new life to the old path of the “trenico” (little train) which joined Estella up with Gipuzkoa, via Vitoria-Gasteiz, from 1927 to 1967.

The 29-km section in Navarre starts at the old Estella railway station, now a coach station. Leaving behind the beautiful mediaeval city on the Way of St James, it passes through villages on the banks of the Ega river before continuing in Álava and Gipuzkoa.

On the way, a rich cultural and railway heritage, such as the Arquijas viaduct or the Acedo tunnel (1.4 km long), opens Tierra Estella up in a surprising and unique fashion.

This is the first rail trail certified as a “Starlight trail” for stargazing, a route allowing you to observe the night sky in all its glory.

No te pierdas...

→ Truffle museum (Metauten), Estella

Tarazonica Nature - Rail Trail



Between Tudela and
Tarazona (Zaragoza)



22 km; 13 of them
in Navarre



Signposted

A modest train which everyone called “El escachamatas” (scrub flattener), because until the track was widened in 1953 it never went at over 20 km per hour, used to depart from the monumental city of Tudela, the capital of the Ribera region. The line was closed in 1995 and then reopened as a rail trail in the summer of 2000.

The path of this old railway now allows you to enjoy a route the last 9 km of which take you into Aragón. On the ride, you can admire the vegetable gardens on the banks of the Ebro, which make for a serene landscape, the floodplains given over to irrigated crops and the foothills of Somontano del Moncayo.

Also known as the monument route, here you can enjoy the impressive architecture of Tudela cathedral, the chapel of La Virgen del Romero in Cascante or Spain’s first Cistercian convent, which dates from the 12th century and can be found in Tulebras.

The perfect combination to immerse yourself in the essence of Navarre’s Ribera region by bike.

Don't miss...

→ Sendaviva Nature Park, Tudela

© Gobierno de Navarra
DL NA 60-2025 D205
(January 2025)

Photographs by: Tourism Marketing
and Product Service, Javier Campos,
José Manuel Cortés, Oskar Montero,
Francis Vaquero



Wikiloc



Strava



Komoot



Outdooractive

www.visitnavarra.es



Navarre by bike

NAVARRA EN BICI



NAFARROA BIZIKLETAN

In the event of an emergency, dial **112**