

Navarre by Bike **MTB and enduro**



Kingdom of
Navarra

Gobierno
de Navarra



Nafarroako
Gobernua



AGENDA
2030



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**.

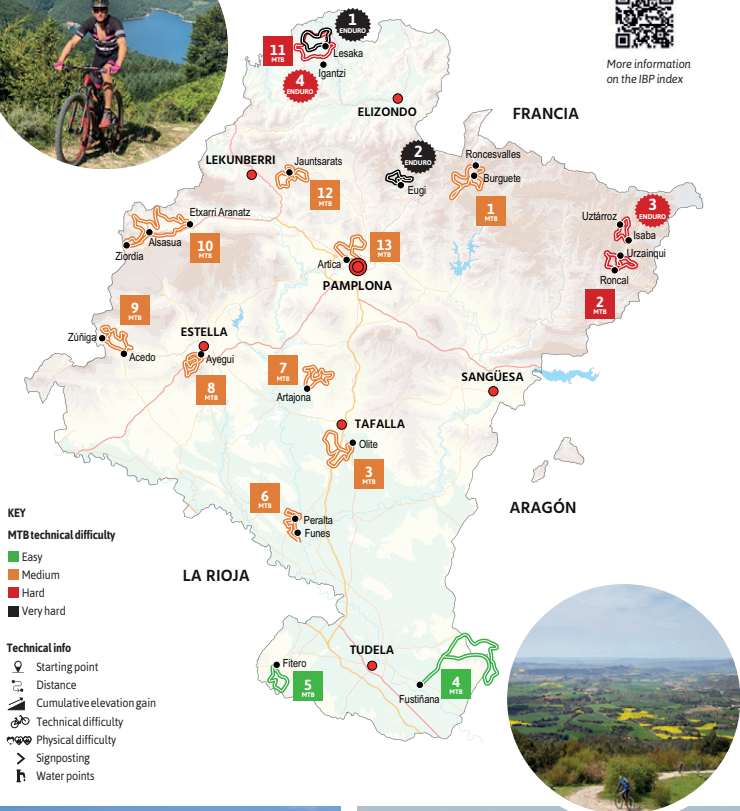
Navarre is also renowned for its **gastronomy**, offering everything from traditional *pintxos* (bar snacks) to more elaborate dishes, using high-quality local products with their own designations of origin, such as asparagus, piquillo peppers, cheese or wine.

If you want to find out more about Navarre, visit the website:

www.visitnavarra.es



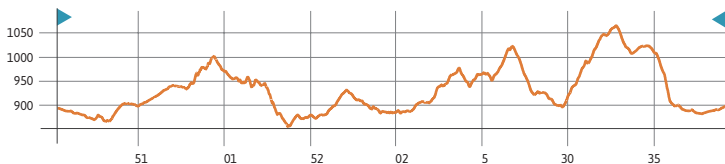
More information
on the IBP index



1
MTB

Burguete. The contraband route

> Not signposted

**Burguete****38,9 km****651 m****35 IBP Index****Burguete,
Camping Urrobi,
Espinal,
Roncesvalles**

The majestic collegiate church of Roncesvalles rises in the midst of lush forests to welcome pilgrims to the Auñamendi district, one of the most beautiful parts of the Navarrese Pyrenees. Here begins one of the routes of the Way of St James in Navarre before heading for the picturesque villages of Burguete and Espinal. The area was key in the smuggling of products to and from France, forging around it a clandestine history of expeditions under the cover of night and arduous treks.

The first 8 km of this MTB route follow the EuroVelo 3 route south, leaving the Roman ruins of Zaldúa to the left. The route then turns right to coincide with the route of the Roman road over the Pyrenees, an uphill section which involves a certain degree of technical difficulty but one of great beauty.

The second part of the route begins in Espinal, passing through spectacular forests before returning to Roncesvalles, taking in the amazing Tres Hayas viewpoint on the way.

Don't miss...

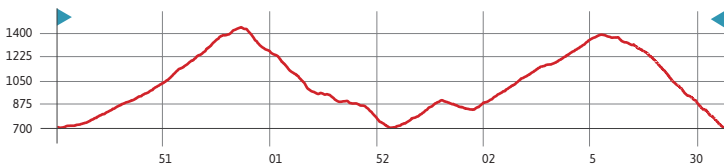
→ *Burguete and Espinal cemeteries, Roncesvalles, Way of St James*

2
MTB

Roncal. Santa Bárbara and Puntatxamar



Signposted: the sum of routes 6 and 9
of the Roncal valley MTB Space



Roncal



31,4 km



1623 m



152 IBP Index



Only Roncal

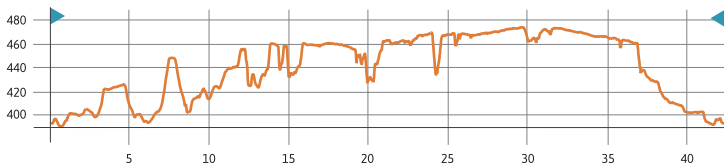
On the way to the Navarrese Pyrenees, in the east of Navarre and with the Esca river flowing through it, we find the village of Roncal, the birthplace of the famous tenor Julián Gayarre and the heart of the valley which takes its name.

The Roncal valley has an **MTB Space** with 15 decentralised routes through its entire geography. The route suggested here is the sum of two shorter routes in the MTB space. Both can be found at kilometre 15.5 in Roncal, so doing the entire ride as proposed is only optional.

In its entirety, the route accumulates a significant elevation gain with two long climbs up the steep slopes of Santa Barbara and Puntatxamar, but the views easily make up for all the effort. Coming down from the summits is something that anyone with minimal skills on a bike can tackle. The descent from Santa Bárbara is very fast at the beginning and ends up in the upper reaches of the village. The way down from Puntxamar is undoubtedly the descent with the most flow of all the descents in the Roncal MTB Space: fast, simple and fun, it concludes at the chapel of La Virgen del Castillo.

Don't miss...

→ Villages in the Roncal valley, Julián Gayarre mausoleum (in Roncal), D.O. Roncal cheese, Belagua valley

3
MTB**> Signposted****Olite****42 km****410 m****29 IBP Index****Only Olite**

If there is one place in Navarre where all the magic of its mediaeval splendour lives on, then that is Olite. Visiting its castle and walking its cobbled streets is a must if you ever visit Central Navarre.

Between Olite and Tafalla, now the hub of the region and a town which can boast a significant historical and cultural heritage, we find Monteplano, a plateau populated by pine and holm oak trees which this MTB route circumnavigates via its trails.

Duly signposted, the first few kilometres from Olite are over in no time, passing quickly through extensive croplands before reaching the pines. At first, you find more technical trails mixed in with short stretches of road. Then, in the municipal district of Tafalla, you get to enjoy straight trails at full speed through the pine forests until you reach the chapel of Santa Brígida, a place of pilgrimage for those who live and have links with Olite.

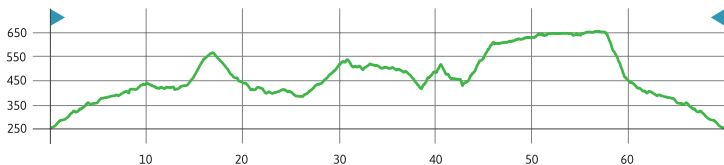
Don't miss...

→ Olite, Ujué, San Martín de Unx, D.O. Navarra wine

4
MTB

Fustiñana. The obscure side of Bardenas Reales

> Not signposted



Fustiñana



70 km



827 m



62 IBP Index



Fustiñana,
chapel of Sancho
Abarca

Declared a Natural Park, a UNESCO Biosphere Reserve and a Site of Community Interest, Bardenas Reales is an exceptional natural environment with a unique landscape. Within this vast expanse of land in south Navarre, La Bardenas Negra is without doubt the least known part.

This route, which involves no major technical complications or slopes, lets you discover a territory surprising due to the amount of pine trees to be found but which maintains that characteristic desert feel thanks to all its arid ravines. So that you can fully immerse yourself in this area, we suggest a long route where the first and last parts (8.5 km) take the same path. Its length means you should be sure to take plenty of water and avoid the hottest days of the year.

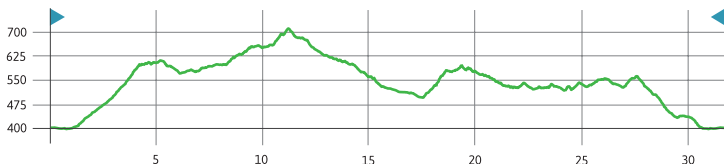
Some of the route, suitable for gravel bikes, passes through the Aragonese part of Bardenas Reales and allows you to visit the chapel of Sancho Abarca by taking a small detour at km 46.

Don't miss...

→ Bardenas Reales reception centre, Tudela, the local vegetables, Sendaviva Park, Tarazonica rail trail

5
MTB

Fitero. The Moor's lookout

> Signposted**Fitero****31,7 km****545 m****32 IBP Index****Only Fitero**

Fitero is home to one of the points with the best visibility in all Navarre, the Olmiguete lookout, a building of Muslim origin which still conserves remains of its old circular floorplan. The route taking you there starts in the village centre, the location of the majestic Cistercian monastery of Santa María la Real. This architectural gem, declared a national monument, is a must-see in Fitero, a village where many people also come to enjoy the properties of the thermal waters at its well-known spa.

The signposted MTB route starts from the old promenade and tackles slopes populated by pine trees and Mediterranean scrub up to the highest point. From there you can enjoy a spectacular 360° view of this part of Navarre, which borders La Rioja and Zaragoza.

The descent is technically simple and takes you to the village's pasture lands, passing through the Barranco del Fustal ravine before reaching the point where the route first began.

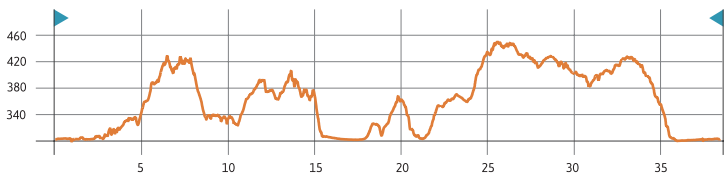
Don't miss...

→ Monastery of Fitero, Fitero spa, Tudela, Corella

6
MTB

Peralta. Barranco de Peñalén

> Not signposted



Peralta



38,5 km



667 m



42 IBP Index



Peralta
Funes

This is an area of outstanding natural beauty, a large part of which is included in the Natura 2000 biodiversity protection network. Important pages in the history of the old Kingdom of Navarre have also been written here, such as the regicide of Sancho Garcés IV, who was pushed off the Peñalén viewpoint in Funes by his brothers in the 11th century. From this privileged vantage point over the confluence of the Arga and Aragón rivers, you can see the route you have taken.

The ride begins in Peralta, going around the Sierra de Vallacuera, a common location for cycling events. The second part of the route takes you through the Barranco de Peñalén ravine. The area is dotted with trails for all levels and here we have selected an intermediate-level one, which requires some skill on a bike.

The route chosen allows you to discover what is known as Navarre's Ribera Alta region, combining nature and history to enjoy a unique experience.

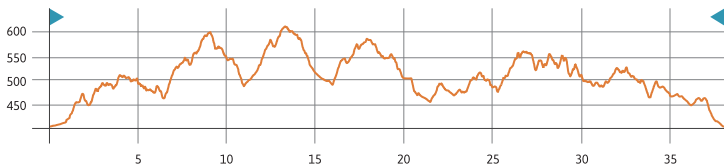
Don't miss...

→ Marcilla castle

7
MTB

Artajona. Trails through the Kingdom

> Partially signposted

**Artajona****38 km****966 m****71 IBP Index****Artajona**

With the same resourcefulness as their forefathers, the inhabitants of Artajona claim a leading role in the world of MTB thanks to the extensive network of local trails. Not in vain was the village an independent kingdom between 1150 and 1158. Kings, queens, bishops and noblemen have lived within its fabulous mediaeval walls and beyond them an imposing network of trails has been carved out for the enjoyment of MTB fans.

The route begins in the lower part of the village and, halfway along, takes you to a modern structure, the Artajona dam, built on the Navarre Canal to form a small inland sea. A little further on, more constructions, this time very old ones, the Artajona dolmens in El Portillo de Enériz. It is in this part, the Sierra de Ibarbero, where the most legendary trails are to be found.

This route, of medium difficulty, offers a true delight for the senses, with fun trails with plenty of flow.

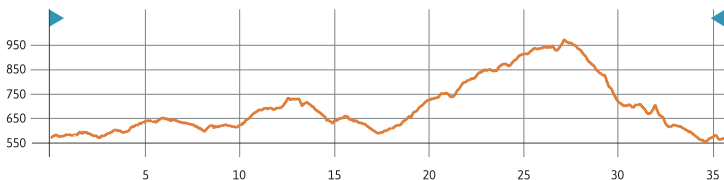
Don't miss...

→ Artajona, Puente la Reina, Andelos Roman archaeological site

Ayegui. Sacred trails



> Not signposted



Ayegui



35,5 km



906 m



57 IBP Index



Ayegui,
Igúzquiza,
Azqueta

Montejurra is the sacred mountain of Carlism and its trails have cult status for MTB enthusiasts. These paths have witnessed all kinds of encounters, from the bloody battles of the Carlist wars to the friendliest competitive cycling events held on the slopes since the earliest days of the sport.

The route begins in the northern part of the mountain, a wetter area dominated by holm oak forests. Then it heads west, climbing Mount Luquin until it reaches the flat area near the top of Montejurra. Although not actually included in the route, you can climb to the summit where the communications aeriels are located by taking the track to the right at kilometre 27.1.

The way back to Ayegui is a nice descent which, while not dangerous, requires a certain degree of attention to the terrain. In short, a route full of trails of all kinds, but without great technical demands to ensure maximum enjoyment.

Don't miss...

→ Monastery of Iratxe, Estella, Vasco Navarro rail trail

9

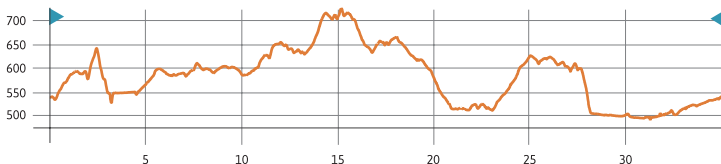
MTB



Acedo. The secret Berrueza



Not signposted



Acedo



35 km



700 m



43 IBP Index



Only Acedo

The Berrueza valley is acknowledged as an “MTB paradise”, a reputation built on the prestigious competitions held in the area.

On this route, which can be extended towards the Sierra de las Dos Hermanas if you wish, you are going to explore part of the southern slopes of the Sierra de Lokiz. There you will find very enjoyable trails with a medium or even low level of technical difficulty, albeit with some elevation gain in specific parts of the middle section which call for greater physical effort. This difficulty is evened out with much smoother first and last sections along the Vasco Navarro rail trail.

The route takes paths through holm oak forests and includes some of the more characteristic landmarks on the path of the old Vasco Navarro “trenico” (little train), such as the Arquijas viaduct and tunnel.

Don't miss...

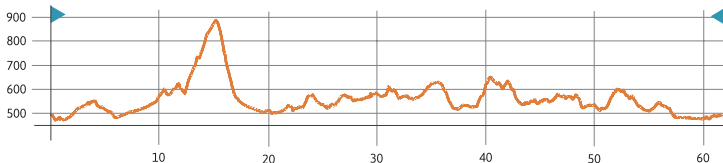
→ Metauten truffle museum, Estella, Navarra asparagus

10
MTB

Etxarri Aranatz. Tour of Sakana



Not signposted

**Etxarri
Aranatz****61,5 km****1102 m****72 IBP Index****Etxarri Aranatz,
Alsasua, Ziordia,
Urdiain, Iturmendi,
Bakaiku**

The Sakana district is the opening which separates the Sierras de Aralar and Urbasa-Andia, the two breathtaking mountain massifs that rise majestic in western Navarre. At the bottom of the valley, Etxarri Aranatz is the starting point of a route which can be adapted for different levels.

The long ride proposed here, based on the Travesía BTT event organised in Alsasua, a pioneering mountain bike event in Navarre, does not involve any great technical difficulty and some parts of it are even an easy ride. From the spot known as Dantzaleku, you can cut the route short and go directly to Urdiain.

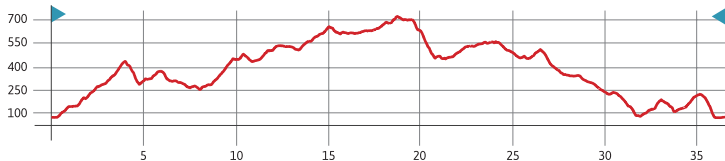
The first part runs along the slopes of the Sierra de Aralar and is the most spectacular, crossing the Etxarri oak forest before tackling the hardest climb, up to Intsusburu. The second part then begins, skirting several villages in the area and inviting you to get to know some of them. It is a long but not excessively hard route that takes you along some of the best trails in the area.

Don't miss...

→ Sanctuary of San Miguel de Aralar, Urbasa Natural Park,
the dolmen route and the oak trees of Etxarri Aranatz

11
MTB

Signposted



Lesaka



36,5 km



1633 m



169 IBP Index



Only Lesaka

The bike route through the mountains around Lesaka is a unique experience if you want to explore the rich natural and cultural heritage of this village in northern Navarre, located in the region known as Cinco Villas, or Bortziariak in Basque.

Lesaka has several routes organised by the **Bizibide MTB Centre**. Of these, the Burdin Bidea route, with steep slopes and notable elevation gain/loss calling for caution and wise effort management, is the most demanding. The objectives of the route are Mount Frain, Alto de Piedad and the Ikatzbidea and Burnaizegi routes, on the boundary with Artikutza. They all offer spectacular panoramic views which well make up for the effort required in the climb. The final descent leads to the Ikatzulo fountain and then to the Alkaiaiga district, where you can join the basic enduro route and climb to Ponpolli.

A demanding proposition for the physically fit and those who love a challenge in awe-inspiring natural environments.

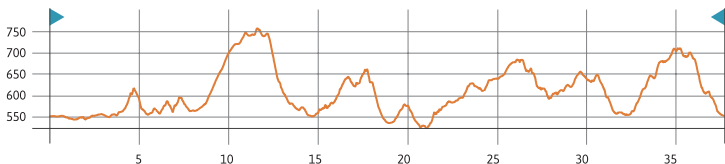
Don't miss...

→ Bera, Irrisarri Land Adventure Park, Bidasoa rail trail, Bertiz Natural Park

12
MTB

Basaburua. The mysticism of the north

> Not signposted

**Jauntsarats****37,6 km****1192 m****85 IBP Index****Jauntsarats,
Erbiti**

Basaburua, “the upper part of the forest” in Basque, is representative of green Navarre, where the paths are imbued with all the mysticism of the rich Basque culture. Basajaun, “the lord of the woods”, guides you along ancient tracks used since time immemorial by shepherds and all kinds of merchants, winding through majestic beech and oak forests.

This fascinating route begins in Jauntsarats and takes you through the Basaburua district via a number of its enchanting villages, such as Udabe, Erbiti or Aizarotz. The route invites you to immerse yourself in a lush natural area dotted with traditional Basque farmhouses and known for its great food.

The shade provided by the towering trees and the serenity of the woods and villages that it passes through make this route ideal for the summer months.

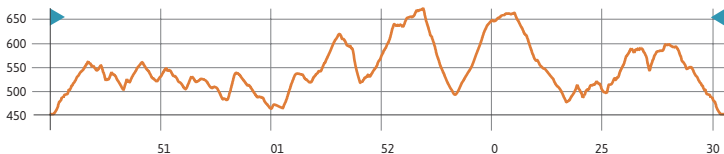
Don't miss...

→ Ancient oak trees of Jauntsarats, Plazaola rail trail, cider houses

13
MTB

Artica. Around Mount San Cristóbal

> Not signposted



Artica



30,3 km



1150 m



114 IBP Index



Artica

Mount Ezkaba or San Cristóbal at the northern boundary of the capital is a popular place for hikers, cyclists and history lovers. The scene of a number of battles over the years, the fortification built during the last Carlist war was later converted into a prison and played a leading role in one of the bloodiest episodes of the Spanish civil war.

The route around the mountain, popularly known as San Cristóbal after the fort sitting on top of it, begins in Artica, skirting the range to the east through the area called Canal de Ezkaba to the village of Ezkaba itself. Passing through a small valley full of crop fields, you reach the Sierra del Auzalor, which you circumnavigate along paths and small stretches of trodden land.

On the way back, you pass through the secluded valley of Ezcabarte once again to take on the last part of the route, riding very beautiful trails which run along the slopes of San Cristóbal amidst pine and holm oak trees.

Don't miss...

→ Pamplona, pintxos, Arga riverside park

1

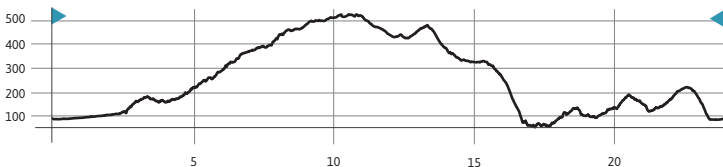
ENDURO



BLACK



Lesaka. Bizibide



Lesaka



23,5 km



882 m



Signposted



The Lesaka area piques the interest of tourists curious about the most authentic local traditions and mountaineering and cycling enthusiasts in search of adventure. Very close to the border with France, with the Bidasoa river running by it and surrounded by a splendid display of nature, Lesaka is an ideal starting point for trips and routes by bike, all in the **Bizibide space**; some with sections which involve great technical difficulty.

This route, called Enduro, starts in the vicinity of the Urraba brook and climbs via the Ikatzulo fountain to the top of Agiña. From there, linking up beautiful trails, you face two medium-level descents: "Irasmendi" and "Zalain Zoko". After a short stretch along the Bidasoa rail trail, take a trail to the right that leads to Ponpolli. A quick, easy descent takes you to the Berrotaran brook before tackling the last climb of the day. The descent via "Mil Kurbas" (Thousand bends) takes you back to the starting point. A route that promises thrilling emotions on two wheels.

Don't miss...

→ Bidasoa rail trail, Bertiz Natural Park, Bertiz Adventure Park

2

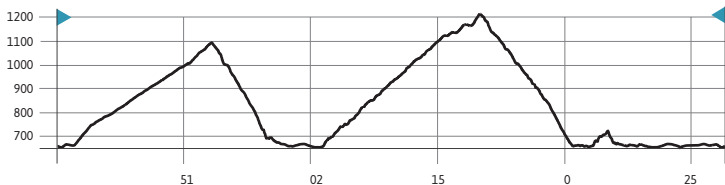
ENDURO



BLACK



Zubiri-Eugi. Eremua



Eugi



22,6 km



1452 m



Signposted, except
for the part which
joins up the two
banks and the ride
back to Eugi



The Eugi reservoir vividly reflects the natural charm of this village, surrounded by forests and nestled deep in the Esteribar valley. Nearby, hidden in the Quinto Real beech forest, are the monumental ruins of the old munitions factory, built in the mid-18th century.

This route departs from Eugi and links up several sections suggested by the **Eremua MTB centre**. The first part follows the route called Nafar Whistler. After a short stretch by road, a track leads to Mount Arzabal. The descent from the top offers some 2 km of maximum enjoyment and thrilling experiences. The second part takes you to the other side of the reservoir. From the car park, there is an uphill path through the Burdindogi beech forest. When you reach the top of Guitiko Gaina, you start going downhill on one of the longest and most complete descents in the area.

You can choose to do only one of the sections, on either side of the reservoir.

Don't miss...

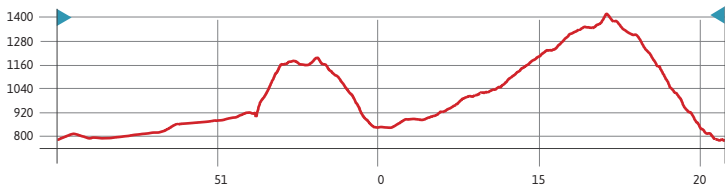
→ Eugi munitions factory, sausages in Zubiri

3

ENDURO



Roncal valley. Larra-Belagua



Isaba



20,7 km



1233 m



A number of
sections signposted
interspersed with
others which are not



In the picturesque Roncal valley, Isaba stands out as one of the most delightful villages in the Navarrese Pyrenees. At the foot of the Ezkaurre and Ardibidegainia crags, at the confluence of three rivers which form the Esca, the image of its typical houses with sharply pitched roofs is unmistakable; a very appealing environment to take on sporting challenges such as this enduro route. The **Roncal Valley MTB space** offers several more enduro and MTB routes.

This ride combines three routes from the original project with two new sections. It starts in Isaba, following route 16 to kilometre 6, where you turn left to start a new climb towards the Xabalkoa area. There you join route 13, which takes you to Uztároz on a technically complicated but tremendously enjoyable descent

The last part of the ride coincides with route 12. At km 16.7, you follow the second new section, unsigned, which takes you on a vertiginous course back to Isaba, a brand new descent just over 3 km long and with an elevation loss of almost 700 metres.

Don't miss...

→ Villages in the Roncal valley, Belagua valley, Gorge of Mintxate, D.O. Roncal cheese

4

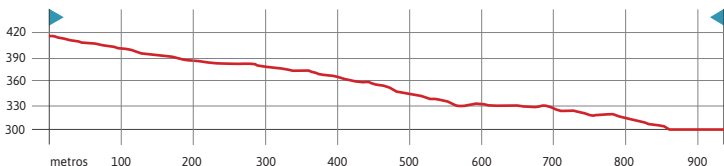
ENDURO



RED



Descents at IrriSarri Bike Park



Igantz/ Yanci



12 km



133 m



Signposted



IrriSarri Land is the only bike park with its own uphill trailer truck service in the north of Navarre. Located in Igantz, in the Bortziriak district, this adventure park and rural resort offers numerous services aimed at the MTB community, such as bike and protective equipment hire, training, workshops and sale of clothing and parts.

In recent years, the park has been promoting enduro, downhill and free-ride mountain biking, creating a course with sensational jump and berm areas, ideal for descending at high speed through spectacular woodland. It also has gentler descents and a pump track to initiate yourself in the more extreme world of mountain biking. There are 7 descents: 2 black, 2 red, 2 blue and 1 green (the blue and green routes require an intermediate level of skill); all with an elevation loss of 140 m and about 1.5 km long.

To reach the top of the slopes, you can choose to pedal up, paying a cheaper ticket price, or use the trailer truck, which you can pay for on entering the park. You can make up to 20 descents in just one day.

Don't miss...

→ Bertiz Natural Park, Baztan valley, Bidasoa rail trail

© Gobierno de Navarra
DL NA 56-2025 D201
(January 2025)

Photographs by: Photographs by: Bizibide Lesaka,
Larra Belagua Bike, J. Manuel Cortés, Javier Campos,
Montejurra Bizi, Olloki Team CC, Oriol Conesa,
Lizarralde MTB, Francis Vaquero,
Iñigo Aranguren, Patxi Uriz, Oskar Montero,
Iñaki Tejerina, Eremua



Wikiloc



Strava



Komoot



Outdooractive

www.visitnavarra.es



Navarre by bike



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