

# Navarre by Bike Road



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](http://www.visitnavarra.es)**



More information  
on the IBP index



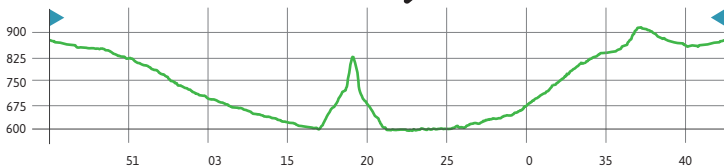


1  
ROAD



## Burguete. Arce and Aezkoa valleys

> Not signposted



Burguete



42,6 km



628 m

40

IBP Index



There are drinking-water fountains in all the villages on the way.



Minor roads in good condition with very little traffic.



Mountain passes: Ascents such as Karrobide or Lapizea are not considered mountain passes.

The Navarrese valleys of Arce and Aezkoa have a charm all of their own. Arce is to the south of Roncesvalles, following the course of the Urrobi river as it makes its way through a rugged landscape of ravines and forests. The Aezkoa valley is an extensive green carpet and is home to the Irati forest, the queen of forests in the area.

This short route passes through both valleys starting in Burguete, in the north, and goes down to Arce palace at one of the thin ends of the Itoiz reservoir. After passing through a well lit tunnel, you face a quick descent and then a long climb through the Iñarbe gorge, passing through the villages of Oroz Betelu and Olalde until you reach Garralda. This area is home to the much-photographed Zamariain viewpoint, which you will have to leave for another day because you cannot get there by road bike. The view is spectacular, particularly in autumn.

Garralda marks the point of return to Burguete with one last short but intense climb up Lapizea, which takes you to a final and much more comfortable stretch.

### Don't miss...

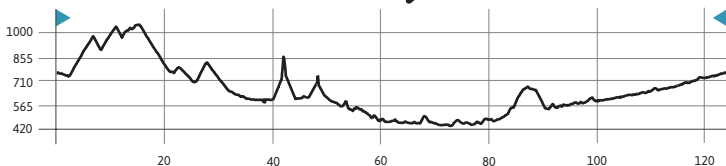
→ Granaries in the Aezkoa valley, Orbaizeta Arms Factory, Aoiz

2  
ROAD



## Ochagavía. Navarre's mountains

> Not signposted



 <b>Ochagavía</b>	 <b>123 km</b>	 <b>1581 m</b>	<b>132</b> IBP Index	There are drinking-water fountains in all the villages on the way.
✓ Minor roads, some without hard shoulders, but with little traffic.		✓ Mountain passes: Jaurrieta, Erremendia, Abaurrea Alta, Iso		

This route through the pre-Pyrenean basins starts in Ochagavía, in the heart of the Navarrese Pyrenees, and will delight you with a wide variety of landscapes in just 120 km. It begins in the most mountainous part, linking up the climbs to Jaurrieta, Erremendia and the Abaurreas. After passing the village of Aribé and another brief climb, you begin to descend through the Arce valley, following the course of the Urrobi river, which takes you to the banks of the Itoiz reservoir.

At this point, you face two short but intense climbs that bring you closer to the village of Aoiz, where the transition from an Atlantic to a Mediterranean landscape is more than evident. Carry on towards Lumbier, which is where the return journey starts. Along the way, a small complication awaits you in the form of the Iso mountain pass. Here you can stop for a while and make a small detour from the road to enjoy the spectacular views of the gorge of Arbañun from above. Then all you need to do is ride up the Salazar valley on a pleasant road that takes you back to Ochagavía.

### Don't miss...

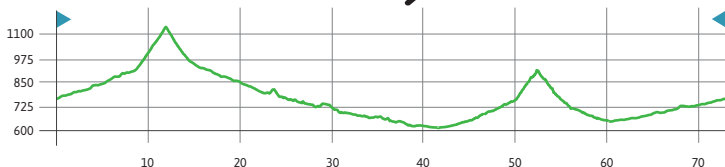
→ Irati forest, Gorge of Lumbier

3  
ROAD



## Ochagavía. Roncal and Salazar

> Not signposted



 Ochagavía	 72,6 km	 741 m	<b>50</b> IBP Index	There are drinking-water fountains in all the villages on the way.
✓ Minor roads, some without hard shoulders, but with little traffic.			✓ Mountain passes: Laza, Igal	

Another of the many cycling options in Navarre's Pyrenean valleys starts in Ochagavía, the most populated village in the Salazar valley and one of the gateways to the Irati forest.

This route connects this picturesque village with the village of Roncal, both considered among the most beautiful in Spain, so it is well worth crossing the passes between them by road; first Laza and then Igal to get back.

The two passes have intermediate level slopes and are quite short so they are quite doable for cyclists in decent shape who want to enjoy a magnificent landscape and appreciate the charm of these two beautiful villages.

### Don't miss...

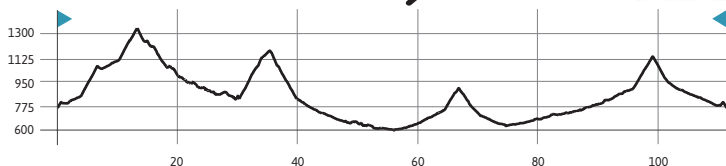
→ Villages in the Salazar valley, villages in the Roncal valley,  
D.O. Roncal cheese, Belagua valley

**4**  
**ROAD**



## Isaba. The bear route

➤ Not signposted



Isaba



111 km



1593 m

**116**

IBP Index



There are drinking-water fountains in all the villages on the way.



Minor roads in good condition with very little traffic.



Mountain passes:  
Belabarce, Matamachos,  
Igal, Laza

The area between the Roncal and Ansó (Huesca) valleys is where bears live in this part of the Pyrenees, hence the name given to a route that passes through what are, some say, among the “most beautiful villages in Spain”, such as Ochagavía and Roncal.

The route starts in Isaba and crosses the Belabarce pass to reach Ansó. The return journey to the Roncal valley crosses the Matamachos pass, where a time trial is held every year on the Garde side. After this village, head south. Before reaching Burgui, turn right towards Vidángoz, where Alto de Igal begins. It's a short, easy climb that connects the Roncal valley with the Salazar valley in order to pass through a number of the villages in the latter, such as Ezcároz or Ochagavía, the most populated village in the valley.

The route then climbs the last mountain pass of the day and the easiest of them all, Laza, which takes you back to Isaba.

### Don't miss...

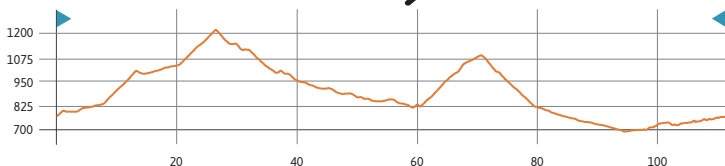
➔ Villages in the Roncal valley, Gorge of Arbaiun, Irati forest, D.O. Roncal Cheese

5  
ROAD



## Isaba. Roncal valley

> Not signposted



Isaba



55,6 km



918 m

64

IBP Index



There are drinking-water fountains in all the villages on the way.



Minor roads in good condition with very little traffic.



Mountain passes:  
Belabarce, Matamachos

This is a different version of the bear route previously described, the difference being that it does not pass through the Salazar valley. On descending the Matamachos pass and entering the Roncal valley, you turn right and go straight back to Isaba.

It is easier in terms of both elevation gain and distance covered, making it ideal for those who are not in such good shape who want to experience the Pyrenean valleys and discover all their beauty for the first time.

### Don't miss...

→ Villages in the Roncal valley, Julián Gayarre mausoleum, Belagua valley

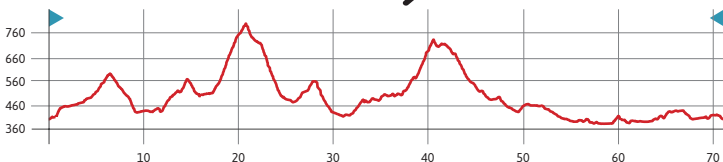


**6**  
ROAD



## Sangüesa. History of a Kingdom

> Not signposted



Sangüesa



71 km



1077 m

**80**

IBP Index



Sangüesa, Yesa, Leyre,  
Liédena, Aibar, Cáseda



Minor roads with very little  
traffic.



Mountain passes:  
Leyre, Aibar

Eastern Navarre is home some iconic places in the Kingdom's history, such as the castle of Javier, the birthplace of Navarre's patron saint, Saint Francis Xabier, the monastery of Leyre, Gallipienzo or Sangüesa, where this cycling route starts.

On the way, you'll ride along one of the banks of the Yesa reservoir, also known as the "Pyrenean sea". That is where the short (just 3 km) but intense (8% gradient) climb to the monastery of Leyre begins. The reward, some spectacular views.

After riding few kilometres along the old road to Liédena, you then face the hardest part of the route; first, climbing a tough slope on the road heading towards Lumbier and then, after reaching La Venta de Judas, climbing the second mountain pass of the day, Alto de Aibar.

This is where the easiest part of the route, through the Aragón valley, begins. If you like, you can ride up to Gallipienzo to enjoy the spectacular views from this wonderful hilltop village.

### Don't miss...

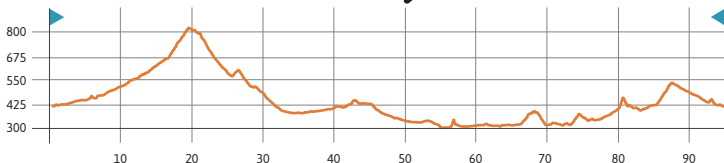
→ Gorges of Lumbier and Arbaiun, Roman ruins of Santa Criz,  
San Martín de Unx, Ujué

7  
ROAD



## Tafalla. Central Navarre

➤ Not signposted



Tafalla



94 km



900 m

73

IBP Index



Tafalla, Olleta, San Martín de Unx, Olite, Miranda de Arga, Berbinzana, Larraga



Minor roads with little traffic, except between Tafalla and Olleta, and between Olite and the Tafalla bypass, where it is heavier.



Mountain passes: Olleta, Alto de Artajona

This route immerses you in Central Navarre, more specifically the southernmost part, with the typical Mediterranean landscape of cereal fields and vineyards of the centre and south of Navarre.

Starting from Tafalla, the first part takes you on a ride of the Sierra de Guerinda, changing course at Pueyo to head towards Valdorba to climb to the highest point on the route: Alto de Olleta, which does not involve big slopes. Then it's downhill, passing through San Martín de Unx and on to Olite. It is in this mediaeval town with its cobbled streets and spectacular castle that the second part of the route begins.

From there, the route is an easy pedal and takes you, passing through Miranda de Arga, Berbinzana and Larraga, to Artajona, a hilltop village protected by impressive defensive walls.

On the way back to Tafalla, you have to tackle the easy pass which separates the two localities before getting back to where you started.

### Don't miss...

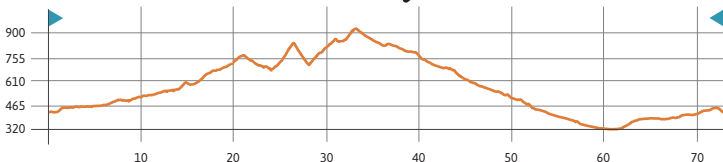
➔ Ujué, Tafalla, D.O. Navarra wine

8  
ROAD



## Fitero. Dinosaur route

> Not signposted



Fitero



73 km



827 m

53

IBP Index



Fitero, Rincón de Olivedo,  
Cornago, Grávalos,  
Corella



Quiet roads in general, except  
the NA-161 near Corella, which  
has more traffic.



Mountain passes:  
No passes, small climbs near  
Igea and Grávalos

We're in Fitero, in the extreme south-west of Navarre, a village built around the first Cistercian monastery on the Iberian Peninsula, Santa María la Real, and also well known for its medicinal water spa. From here, this route takes you through a part of La Rioja where the remains of dinosaurs have been found.

Following in the footsteps of these prehistoric beasts, it passes through the Alhama valley, gradually gaining height and crossing the Riojan villages of Rincón de Olivedo, Igea and Cornago.

The second part of the journey, on the LR-123 road, is much easier, the terrain tending to be downhill until you get back into Navarre. The end of the route passes through the town of Corella, the historic centre of which has significant large and palatial homes, before reaching Fitero again.

### Don't miss...

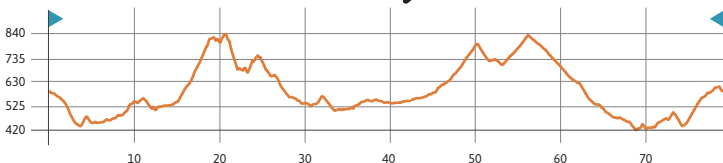
→ Tudela, Bardenas Reales, Sendaviva park, Cascante

9  
ROAD



## Bargota. Tour of Codés

> Not signposted



Bargota



79 km



1216 m

73

IBP Index



Bargota, Sansol, chapel of Codés, Názar, Acedo, Santa Cruz de Campezo, Genevilla, Aras, Viana



Minor roads and concrete tracks with little traffic, except the NA-132-A between Acedo and Santa Cruz de Campezo, where there is more.



Mountain passes:  
Chapel of Codés,  
Genevilla, Aras

Peaceful and with a wide range of routes, the mountains of western Navarre are ideal for cycle touring. This suggestion brings together some of the most notable places in the area, such as Bargota, the chapel of Codés and Viana, and ventures into the neighbouring province of Álava to take in Santa Cruz de Campezo.

Along the way, the route climbs three mountain passes: the chapel of Codés, in the sierra of the same name, Genevilla and Aras. After the first of these, a fine concrete track takes you to the village of Názar.

The first and last parts of the route follow the Way of St James, so we recommend you enjoy the multicultural atmosphere to be found on this age-old pilgrims' road, which you can experience most of all in Torres del Río, Sansol or Viana.

**Don't miss...**

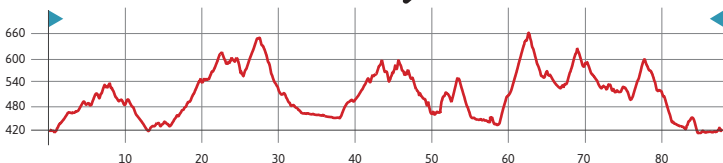
→ Monastery of Azuelo

10  
ROAD



## Estella. Valleys of Tierra Estella

> Not signposted



Estella



88 km



1112 m

85

IBP Index



Estella, Arróniz, Barbarin,  
Luquín, Urbiola, Murieta,  
Aramendia, Artabia, Eraul,  
Abárzuza, Arizala, Zabal



Heavier traffic on the NA-122, NA-718 and NA-1110, but not dangerous. The rest, minor roads and concrete tracks with little traffic.



Mountain passes:  
Eraul

We propose a very different route from all the rest, where there is only one pass to climb, Eraul, but one on which you are sure to hit the wall on the roads and concrete tracks which join up a handful of valleys in Tierra Estella.

To start out, you ride around the most best-known mountain in the area, Montejurra. The terrain is undulating, continuously rolling to test your endurance. Finally you reach Valdega, where you can get your breath back on flatter land, and carry on through the Allín valley, an area not so well known for road cycling. The majesty of the Sierra de Lokiz on one side and Belastegi, Monjardín and Montejurra on the other make this a very special area. Then it's time to climb to Eraul, at the top of which stands an ancient holm oak tree declared a natural monument. The last part of the route passes through the Yerri valley, the topography of which is similar to that of Allín. After the descent that takes you to Villatuerta, it's back to Estella on an easier stretch.

### Don't miss...

→ Monastery of Iratxe, Basilica of San Gregorio Ostiense,  
Sierra de Urbasa

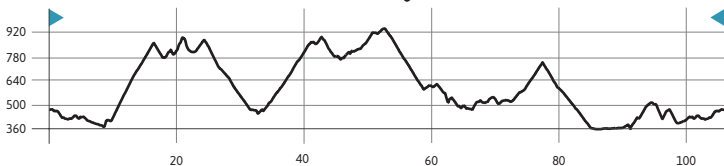






# 11 ROAD



## Zizur Mayor. The water route

➤ Not signposted



 Zizur Mayor	 106 km	 1842 m	<b>124</b> IBP Index	 Zizur Mayor, Etxauri, Goñi, Riezu, Belascoáin
✓ Minor roads, some without hard shoulders, with little traffic, except around Zizur Mayor, where it is heavier.				✓ Mountain passes: Etxauri, Goñi, Guirguillano

Watercourses, springs and a reservoir. You can explore all these on the water route in the Pamplona district, one of the most notable areas for cycle tourism in Navarre, with mountain passes and roads which have been the scene of countless sports competitions and hours of training.

Starting from Zizur Mayor, follow the course of the Arga river after it passes Pamplona before taking on the first obstacle, the Etxauri pass, 6.6 km long with an average slope of 6.5%. When you reach the top, head to the Goñi valley, where another beautiful mountain pass (10 km and a slope of some 4%) awaits. You are now in the vicinity of the Arteta and Riezu springs. Carry on to the Alloz reservoir and ride around it along roads with plenty of short but sharp slopes that take you to the Guirguillano pass, the easiest of them all. From there, you start the last descent to Belascoáin and, crossing its bridge, make your way to Arraiza, Paternáin and, finally, Zizur Mayor.

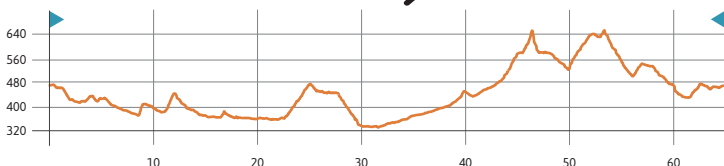
### Don't miss...

➔ Pamplona old town

**12**  
**ROAD**

## Zizur Mayor. Around Erreniega

> Not signposted

**Zizur Mayor****64,6 km****720 m****50****IBP Index****Zizur Mayor, Etxauri,  
Puente la Reina, Biurrun,  
Esparza**

**Minor roads, some without hard shoulders,  
with little traffic, except around Zizur Mayor,  
where it is heavier.**



**Mountain passes:  
None**

The Sierra de El Perdón, also called Erreniega, serves as a dividing line between the Atlantic and the Mediterranean Navarre. It fences in the capital to the south and offers unbeatable views of the Pamplona district to the north, with the Pyrenees in the background, and the Valdizarbe valley on the other side.

This route begins in Zizur Mayor and skirts the Sierra, the first part following the water route. Climbing up to the top of Guirguillano, it turns off to head to Puente la Reina, a mediaeval village where two routes of the Way of St James meet which is well worth taking a break to see. Carry on east, skirting the south face of El Perdón and riding along the beautiful Valdizarbe road, next to which stands the enigmatic chapel of Eunat. At the Biurrun junction, turn left to return to the Pamplona basin. This stretch contains the hardest slopes and takes in some of the charming villages in this part of Navarre, which have an interesting history of mining.

### Don't miss...

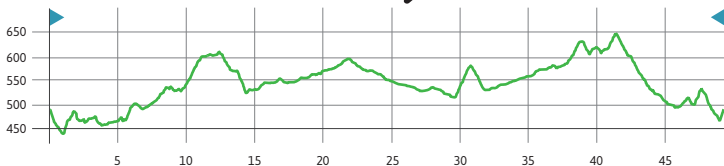
→ Pamplona old town

13  
ROAD



## Irurtzun. Tour of Ultzama

> Not signposted



Irurtzun



49 km



500 m

31

IBP Index



There are drinking-water fountains in all the villages on the way.



Minor roads, some without hard shoulders, with little traffic, except around Zizur Mayor, where it is heavier.



Mountain passes: No passes, but there are small climbs

Basaburua, the valley of ancient trees, and Ultzama, brimming with meadows and cattle barns, are two must-sees in Navarre and are ideal for cycling.

This route starts in Irurtzun, just 25 km from Pamplona, and follows the EuroVelo 1 route on asphalted sections. It passes through Etxaleku and enters the Basaburua valley before reaching Jauntsarats. From there, it takes you on a gentle ascent to the Orokieta junction, where you head straight on to Ultzama.

The route in this valley passes through one of the best-known natural wonders in Navarre, the Orgi forest with its magnificent oak trees, which you can visit more thoroughly another day to enjoy in all its glory,

After leaving the Ultzama valley, the southern part of your tour begins, and here you have to climb to Zia, the highest point on the route, before returning to Irurtzun.

### Don't miss...

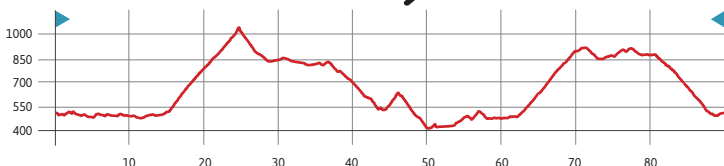
→ Plazaola rail trail, villages in the Ultzama valley, junket

**14**  
ROAD



## Alsasua. Sierras and valleys

➤ Not signposted



Alsasua



89 km



1294 m

**99**

IBP Index



There are drinking-water fountains in all the villages on the way.



Minor roads, some without hard shoulders, with little traffic, except around Alsasua, where it is heavier.



Mountain passes:  
Lizarraga, Urbasa

In Alsasua, between the imposing massifs of Aralar and Urbasa-Andia, begins a route which crosses the latter, tackling two mountain passes that are mythical for cycling in Navarre: Lizarraga and Urbasa.

The first part runs along the bottom of the Sakana valley on an ideal road for cycling, bringing together beauty, safety and a well-kept surface. Turn right in Etzarri Aranatz to climb to the Lizarraga pass, a 9-km stretch with spectacular views and an average slope of just over 5%. Descend through the Sierra de Andia, switching as you go from an Atlantic to a Mediterranean landscape. Just after passing through Abárzuza, you head down a concrete track towards Eraul, where you can enjoy extraordinary views of the surrounding environment and see a holm oak declared a natural monument. Now it's time to descend to the Urederra valley and then, once down, the way back via the Urbasa pass is shorter and simpler than Lizarraga. After crossing the spectacular plateau of the Sierra de Urbasa, there's a vertiginous descent before you get back to Alsasua.

### Don't miss...

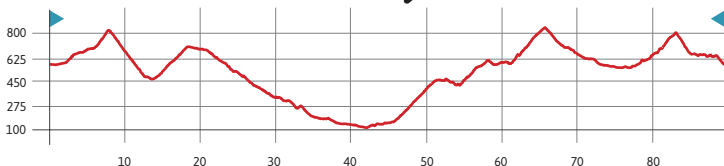
➔ Source of the Urederra river, Sanctuary of San Miguel de Aralar, Monastery of Irantzu

**15**  
**ROAD**



## Lekunberri. Navarre at its greenest

➤ Not signposted



Lekunberri



89 km



1539 m

**100**

IBP Index



There are drinking-water fountains in all the villages on the way.



Minor roads, mostly without hard shoulders. Scarce traffic, except in the villages of Lekunberri, Leitza and Santesteban.



Mountain passes: Uitz, Basakabi, Orokieta, Beruete

Larraun, Malerreka and Basaburua are some of the greenest valleys in all of green Navarre. And this route, which starts in Lekunberri in the Larraun valley, and involves two mountain passes before km 20, Uitz and Basakabi, at whose feet sits Leitza, can really help you appreciate the area. After the second of these, also known as Alto de Ezkurra, you enter Malerreka and descend to Santesteban, the main village in the district.

From there you face the Orokieta pass, one of the longest in Navarre, on a part of the route that coincides with that of EuroVelo 1. The climb does not have steep slopes and allows you to enjoy spectacular views at the rest areas over the 23-km ascent.

From the top, you can see the beautiful and placid Basaburua valley, now awaiting you with its flatter stretches and picture-postcard villages. The end of the route includes another short but demanding climb from Beruete before returning to Lekunberri.

### Don't miss...

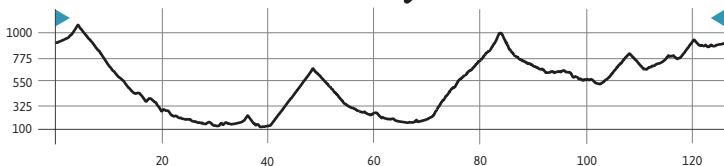
➔ Peru Harri museum, Plazaola rail trail, Leurtza reservoirs



**16**  
ROAD

## Tour of Baztan from Burguete

➤ Not signposted

**Burguete****126 km****2215 m****180****IBP Index**

There are drinking-water fountains in all the villages on the way.



Minor roads in good condition. Little traffic, except on the N-121-B before Elizondo and in the French part.



Mountain passes: Ibañeta, Izpegi, Artesiaga, Erro, Mezkititz

At the western end of the Pyrenees, the mountains are less imposing but very good for cycle touring. On this route, you enter the Baztan valley from Lower Navarre, in France, allowing you to access the area on very quiet roads.

First of all, there is an easy mountain pass, Ibañeta, which starts in the historic locality of Roncesvalles, the gateway to the Way of St James in Navarre. Then a long descent takes you to Valcarlos. After a brief spell in France, you enter the Baztan valley via the Izpegi pass, which, while stunningly beautiful, is not too demanding.

The main roads in this area have heavy traffic, so the route opts for the Artesiaga pass, the hardest of the day, linking up minor roads and passing through beautiful villages such as Arizkun, Elizondo and Irurita. After reaching the top, you then face the descent and take the road back to Burguete in Zubiri, with two final obstacles to overcome, Erro and Mezkititz, which, being short in distance and uncomplicated in terms of slopes, do not pose much of a problem.

### Don't miss...

➔ Bertiz Natural Park, palatial houses in Baztan, Santxotena museum

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DL NA 58-2025 D203  
(January 2025)

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Navarre by bike

NAVARRA EN BICI



NAFARROA BIZIKLETAN

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