



THE KINGDOM OF  
**SPAIN**  
TOURIST CONTROL  
23 / 00 / 2023

# SIERRA DE MADRID

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## SIERRA DE MADRID SPAIN THE LOWDOWN

### TRAVEL

Multiple UK airports operate flights to the Spanish capital (from £60 return). Driving via France is possible, but a long trek. Alternatively, take the overnight ferry to Santander or Bilbao, from where it's a four-hour drive to Madrid.

### STAY

We stayed with Black-Town Trails, who offer tailor-made holidays to suit your skill, needs and preferences.

### TRY

Madrid, a city famous for its history, art, food and nightlife, is less than an hour away. And then there's the beaches, a few hours' drive away.

### INFO

[www.spain.info/en/nature/sierra-guadarrama-national-park](http://www.spain.info/en/nature/sierra-guadarrama-national-park)  
[www.blacktowntrails.com](http://www.blacktowntrails.com)

**If you're looking** for a break from the British gloom, Spain is ideal. You can ride year-round and the dirt is often in prime condition in winter. An hour's drive from the capital lies the 2,428m Peñalara mountain, the highest in the Sierra de Guadarrama range. There's an abundance of great trails in the area – everything from high-alpine singletrack to

loamy pine forests, and huge bedrock slabs, boulder fields and rocks aplenty. Don't go expecting smooth bike-park motorways – this is raw, natural mountain biking with only a few manmade berms and jumps around – and be warned that you will need a guide. You can either pedal your way around or use shuttles to take the sting out of the climbing.



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## HAFJELL NORWAY THE LOWDOWN

### TRAVEL

Scandinavian Airlines fly to Oslo Gardermoen, a two-and-a-half-hour drive away. Or catch a train to Lillehammer, then a bus from there.

### STAY

Hafjell is a full-scale ski resort with all the amenities and accommodation you'd expect.

### TRY

Visit in August and make the trip to Al for the rowdy Hillbilly Huckfest.

### INFO

[www.hafjell.no](http://www.hafjell.no)

**Hafjell's main stage** may be its World Cup track, but there's more to this Norwegian bike park than just body and wheel-pummelling rock gardens. It's home to myriad flow trails that give even the likes of Whistler a run for their money. What began as undercover digging on the ski hill has evolved into a trail network spanning two lifts, with 16 options to choose from and more

springing up each year, including 'Rollercoaster', a 1.6km string of high-speed berms and floaty tabletops that's Scandinavia's answer to A-Line. Stray beyond the bike park's upper reaches and you'll discover a paradise of natural singletrack crisscrossing the high-alpine plateaux, with rocky ribbons of dirt snaking between boulders and low bushes.