

## Ruta 3: Senda del Valle hacia el Río Alberche.

### Topographic Profile



### Characteristics of the path according to MIDE

height / altitude difference	470 m		4,40	estimated duration
altitude difference	470 m		2 / 5	track difficulty
horizontal distance	18,3 Km		3 / 5	required effort

### Description

Physically demanding trail due to the distance and the accumulated gradient.

Our walk starts at the Plaza Mayor. We leave the square from the street (calle del Viento) eastwards taking the first street, Paseo de Santa Teresa to the right and crossing the road (M-855). Here we take the street (calle del General Mola) to depart from the urban area leaving the bullring to our right.



*View of the Alberche river from the Cerro Cabeza viewpoint*

Before arriving at the chapel of San Antonio, take the first detour to the right in a south-westerly direction along the (Camino rural del Valle) that will take us straight to the residential area of Santa Ana. In its southern limit, there is a sculpture in carved stone embedded in a metallic structure. At this point turn right and begin the descend towards the Alberche river.

The scenery is really spectacular at that point. We walk through a well-grown pine forest in which the

effects of the drought are beginning to be felt in some of the sick tree branches.

Halfway between the residential area and the river Alberche there is a track on our left that leads to a viewpoint.

Also, it is very frequent in this area of the track to observe the flight of vultures and other birds of prey such as kites.

Returning to the main track we begin a strong descent that will take us to the Alberche river. At this point turn right upstream to the dam of the San Juan reservoir. This section of the trail is completely flat and crosses two old bridges. It is also very common to see the national rowing team where in this stretch of the river they usually have their workouts.

Reaching the height of the N-501 road, it must be crossed twice under the motorway bridge to avoid the risk of being run over. We enter the residential area next to the road and cross it by the main road. This is where the hardest part of the route begins. An ascent of 1.5 km. but with a slope of 270 meters. At its highest point there is the Canal de Isabel II water tower.

From this point on, the path smooths with constant ups and downs. We continue without taking any detour up to the 12,5 km where we will turn right. Here the route makes a series of zigzags through the territory, looking for the best preserved roads and with greater landscape value we will get back on the road that we took to descend to the residential area of Santa Ana but this time in the opposite direction to Navas del Rey.



