

Until the endorsement of the National Park Management and Action Plan (PRUG), the legislation applied will be the one of Peñalara Natural Park.



Stay on trails: taking shortcuts causes trail erosion and is dangerous. Using footbridges and bridges protects the most fragile areas from being trodden on.



Entering Maximum Conservation Areas is prohibited unless using the authorised paths. Long stays in sensitive or wet areas are not allowed.



Collecting stones, plants, mushrooms and animals (even dead ones) is not allowed. Do not cut, damage or bother the fauna and flora. This is the last refuge for many species.



Fires are not allowed. Do not throw cigarette ends to the floor, they take years to decompose and may start a fire.



Pack out what you pack in. Do not throw rubbish or containers on the floor. Please ensure all rubbish ends up in the bins at the Park exits.



Bikes or motor vehicles are not allowed. They compact the ground, destroy vegetation and cause erosion.



Do not make noise. Noise does not allow us to listen to the sounds and silence of nature. Noise also pollutes.



Bathing, leisure activities in the water, rubbish dumping, use of detergents and soaps, and cleaning up are not allowed.



Camping is not allowed. Bivouac is allowed over 2100 meters high but only more than 50 meters away from the wetlands and peat-bogs.



Bringing pets to Peñalara is not recommended as they must be kept on a short leash at all times.



#### Peñalara Visitor Center

Opening times: from 8.00 to 18.00  
Phone: 0034918520857



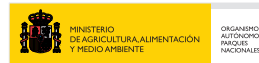
**Emergencies: 112**

[www.parquenacionalsierraaguadarrama.es](http://www.parquenacionalsierraaguadarrama.es)



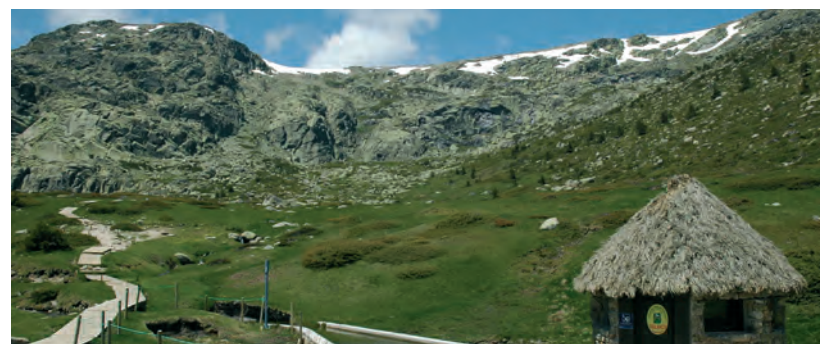
UNION EUROPEA  
Fondo Europeo Agrícola  
de Desarrollo Rural

1<sup>st</sup> edition.  
January 2015



PARQUE NACIONAL

# Trails and regulations Peñalara Peak Area



## Natural value and biodiversity

Sierra de Guadarrama National Park includes an emblematic site, Peñalara Peak Area which excels for the magnificence of its awe-inspiring landscapes, its natural values, its characteristic glacial geomorphology and for its mountaineering tradition. A unique nook previously considered National Place of Interest (1930 – 1990) and Natural Park (1990 – 2013).

The harsh environmental conditions, the height and the variability of environments enhance an ideal scenario for many unique and threatened species, whose presence is rare on the rest of the Park.

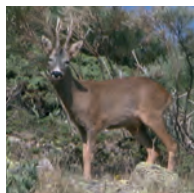


### Defining Peñalara

Peñalara Peak Area provides a myriad of natural values, due to the isolation entitled to high mountain environments, as the organisms adapted to these severe conditions end up trapped in these heights.



Its **singularity**, as it is home to species and habitats which are rare on the rest of the Mountain Range.



Its **diversity**, regarding species and habitats in such a small area.

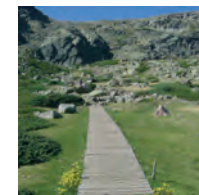
Its **fragility**, as the harsh environmental conditions, steep slopes and severe erosion, etc. cause irrevocable damage.

## Management and conservation

Peñalara Peak Area has changed since the first naturalists, scientists and mountaineers came to visit these heights. Nowadays, not only do a few mountaineers come to visit but also more than 200,000 visitors come to the Park to enjoy the environment, scarring themselves everywhere and causing a great deal of impact and conservation problems.



Management measures and regulations have been established to reconcile the visitor's enjoyment with conservation requirements. The obligation to keep to the authorised paths, walk on the wooden footbridges or keep pets on a leash at all times, as well as the creation of "Maximum Conservation Areas" and the fencing of Peñalara glacier lake are some examples of the measures and regulations developed to ensure that our presence causes as little impact as possible. Legal action will be taken for those who do not respect these regulations.



The National Park Management Department has been conducting for several years a pioneer project on environmental restoration, which consist of demolishing an alpine ski resort infrastructure and recovering the mountain natural state. In order to succeed in this daunting project, your help is vital. Please respect the areas undergoing restoration works, keep the cattle gates close at all times and do not take any shortcuts. If not doing so, many years of hard work might be ruined. Revegetating this area is extremely challenging.



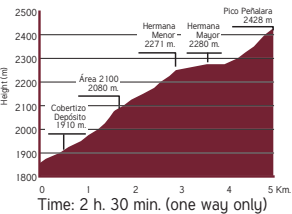


The trails marked with discontinuous lines could be slippery, steep and dangerous under wet or wintery conditions. Peñalara Area mostly consists of mountainous and steep terrain, which can be very daunting when hiking, especially during the winter (foggy, snowy or icy conditions could appear suddenly), so plan your visit carefully, calling the Visitor Centre before visiting the Park, pay attention to the Rangers' indications at all times and adapt your equipment to the unpredictable weather conditions.

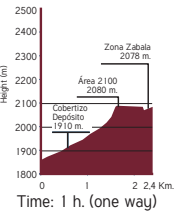
In order to avoid impacts or reduce erosion, the number of trails has been limited, remaining the traditional paths which lead to the more iconic and magnificent landscapes, and which can be combined among them. Remember that bringing pets is not recommended as they must be kept on a leash at all times.

There are some trails that go through Maximum Protection Areas, where leaving the path is absolutely forbidden. We should be aware of the fact that erosion can be generated just by walking, especially in such fragile soils with so many visitors.

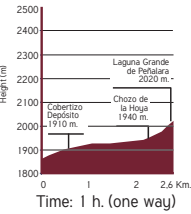
**RV2 Peñalara Peak**



**RV3 Zabala Area**



**RV7 Peñalara Lake**

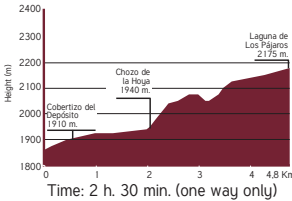


**RV2 Trail to Peñalara Peak:** trail that leads to Peñalara Peak (2428 m) the highest point of the Park, through a steep path up to Dos Hermanas. From there, the path is marked with stone piles. Maximize your precautions especially during the winter, do not overestimate your own capabilities and get informed at the Visitor Centre before starting.

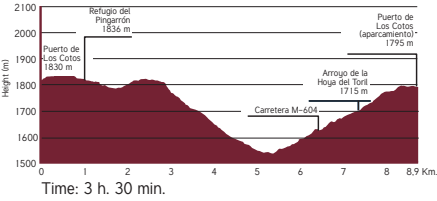
**RV3 Trail to Zabala Area:** trail through the path that leads to Peñalara Peak up to 2100 m high. From there, turn right until you find a stone hut “Refugio Zabala”. At that point Peñalara glacier shapes can be observed.

**RV7 Trail to Peñalara Lake:** trail that leads to Peñalara Lake, through the water trail. The route starts at the hut called “Cobertizo del Depósito” and goes along the water trail until reaching the hut called “Chozo de Aforos” in the “Hoya de Peñalara” area. From there, walk along the wooden footbridges up to the Lake. Due to conservation and protection reasons, abandoning the wooden footbridges is not allowed, let alone approaching the lake border.

**RV8 Pájaros Lake**

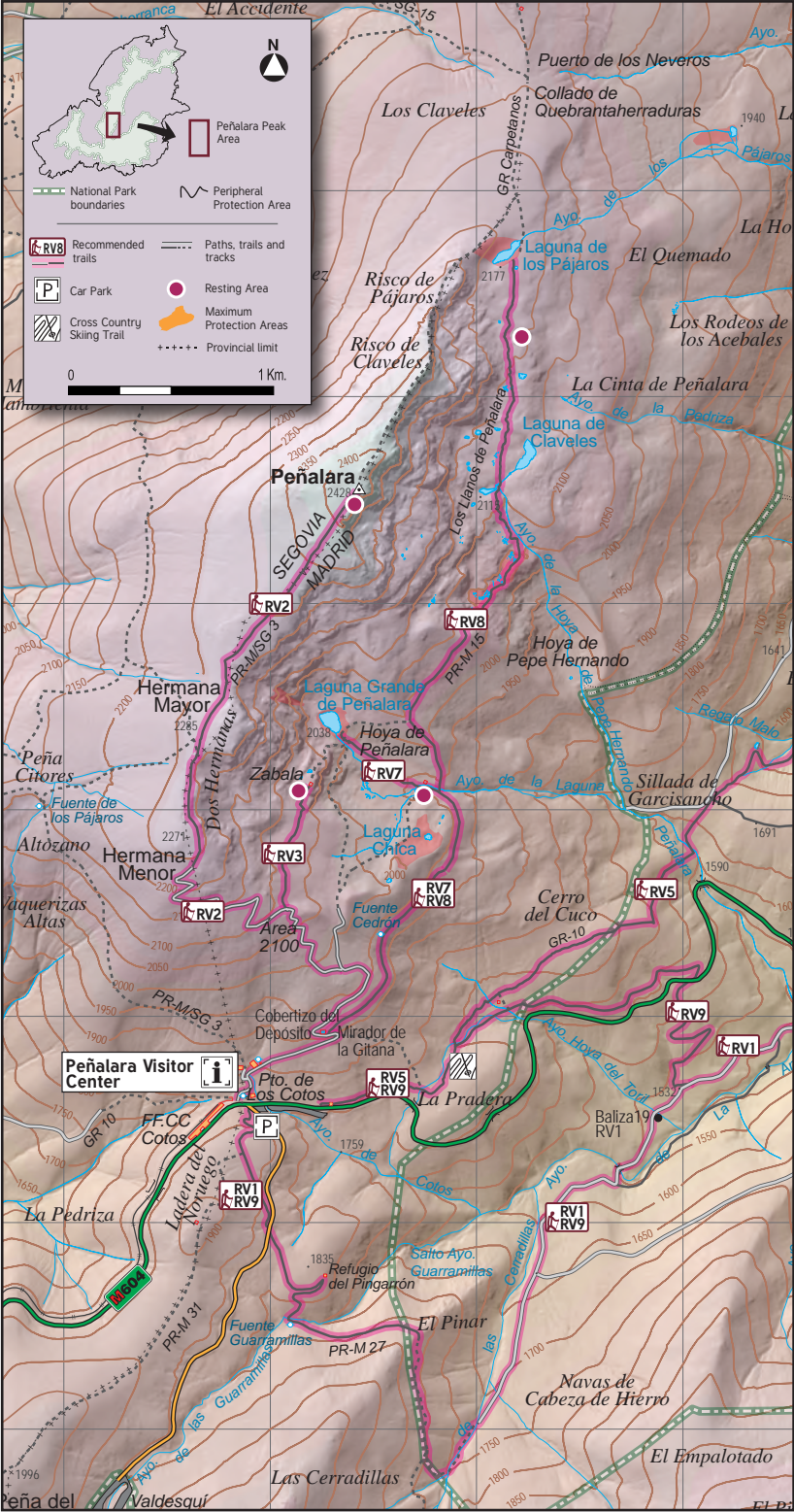


**RV9 To Hoya del Toril**



**RV8 Trail to Pájaros Lake:** Route that shares path with Trail to Peñalara Lake until the hut called “Cobertizo del Depósito” where a wooden bridge crosses Peñalara stream. Follow the path marked with stone piles and do not leave it, as it crosses Maximum Protection Areas.

**RV9 Trail to “Hoya del Toril”:** Route that allows to enjoy the magnificent pine forests of El Paular Valley. It starts at “Noruego” slope and shares the first 4 km with the “Ruta Verde n° 1” which communicates Cotos with El Paular and Rascafría. At the beginning the trail follows the Angostura stream along a narrow track that leads to the main path. At approximately 200 metres from the wooden marker number 19 (“Ruta Verde n° 1”), and after crossing a stream, turn left towards “Camino de Las Vueltas” up to the M-604 road. Cross the road extreming your precautions and follow the path alongside the road up to “Puerto Los Cotos”. During the winter the trail is modified to avoid interfering with the cross country skiing trail.



Remember to keep to the wooden footbridges and authorised paths. Do not hesitate to call or visit Peñalara Visitor Centre and pay attention to the Ranger's indications at all times.

