

# Mountains to the Med

Mountain Bike - Moderate



This exhilarating and fun ride explores the heart of the protected Sierra de las Nieves Natural Park. It largely follows an ancient mountain route, the Puerta Verde de Marbella, through the mountains and then down to the beaches and marina of Puerto Banus. This route provides spectacular views all the way, firstly across the pine forests and mountains of the park and later down to the Costa del Sol, Mediterranean Sea, Gibraltar and way over to the distant coastline of North Africa. This ride requires riders to have some MTB experience, as it covers a variety of terrain through mountainous trails, changing regularly between smooth gravelly tracks, rocky sections with loose stones and rough areas where the track has been eroded by rain. Unseasoned riders find it quite tough whereas intermediate mountain bikers love it.

The route goes from the edge of the Sierra de las Nieves Park, starting on a steadily ascending track, followed by a short sharp 500m ascent to the high point of the ride at 1280m. From here, you reward your climbing efforts with a 33km descent down to the coast, there are a few more ascents along the route but they make up a relatively small part of the ride.

Note: A shorter option of this ride is available, where we drive you up to the highest point and you enjoy the remaining 33km without the initial climb.

<b>Distance:</b>	40km
<b>Time:</b>	3-4 hours
<b>Ascent:</b>	757 metres
<b>Descent:</b>	1806 metres
<b>Max Alt:</b>	1294 metres
<b>Start:</b>	Sierra del las Nieves
<b>Finish:</b>	Puerto Banus

### Included in our prices:

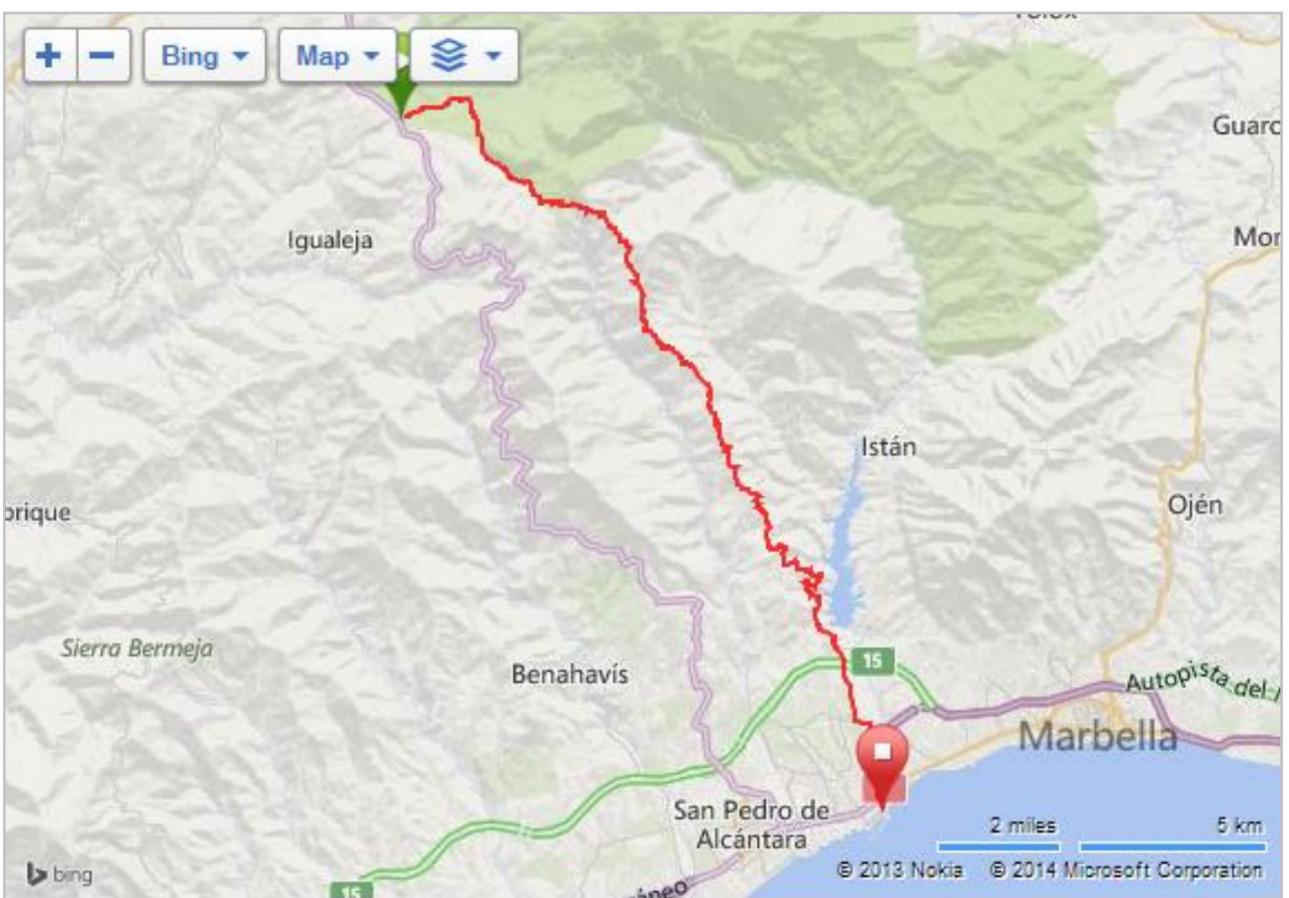
- Transport to startpoint and return to Ronda
- British Cycling qualified guide
- Bike
- Water Bottle
- Helmet

[CONTACT US](#)

€65 p.p.\* / €75 p.p.\*\*

\* Price for 3 people or more

\*\* Price for 2 people



Our guides are qualified by



Tel: 0034 638 873 279 [email: info@hikeandbikeholidays.com](mailto:info@hikeandbikeholidays.com)

Hike + Bike The Sierras, Urb. Hacienda los Pinos, Parcela E5, 29400 Ronda