

Banks of the Rio Guadiaro

Mountain Bike - Moderate to Challenging



This route takes in the valley below Ronda's famous gorge and then heads out into open countryside and along the Guadiaro River before finishing with a terrific section of twisting, undulating, technical single track which follows the river valley to the doorstep of a favourite local bar.

The path is known as "Mr Henderson's Way"; it is rocky and technical natural single track which climbs up above the river. It's a great ride for any experienced rider and a good test for competent intermediate riders who want to take their time. Along the way, we catch breathtaking views of the Tajo de Ronda gorge and Puente Nuevo main bridge and stop off at the Cueva del Gato, the Cat Cave. This large opening in the rockface marks the end of the 8km underground journey of thousands of litres of water which have poured down through the limestone mountains to create a waterfall and beautiful pool of crystal clear (but very cold!) water.

We finish the ride at Jimera Estacion where you can take a dip in the river before enjoying a well deserved drink and tapa at the local bar.

| | |
|------------------|-----------------|
| Distance: | 30km |
| Time: | 3-4 hours |
| Ascent: | 316 metres |
| Descent: | 651 metres |
| Max Alt: | 736 metres |
| Start: | Ronda |
| Finish: | Jimera Estacion |

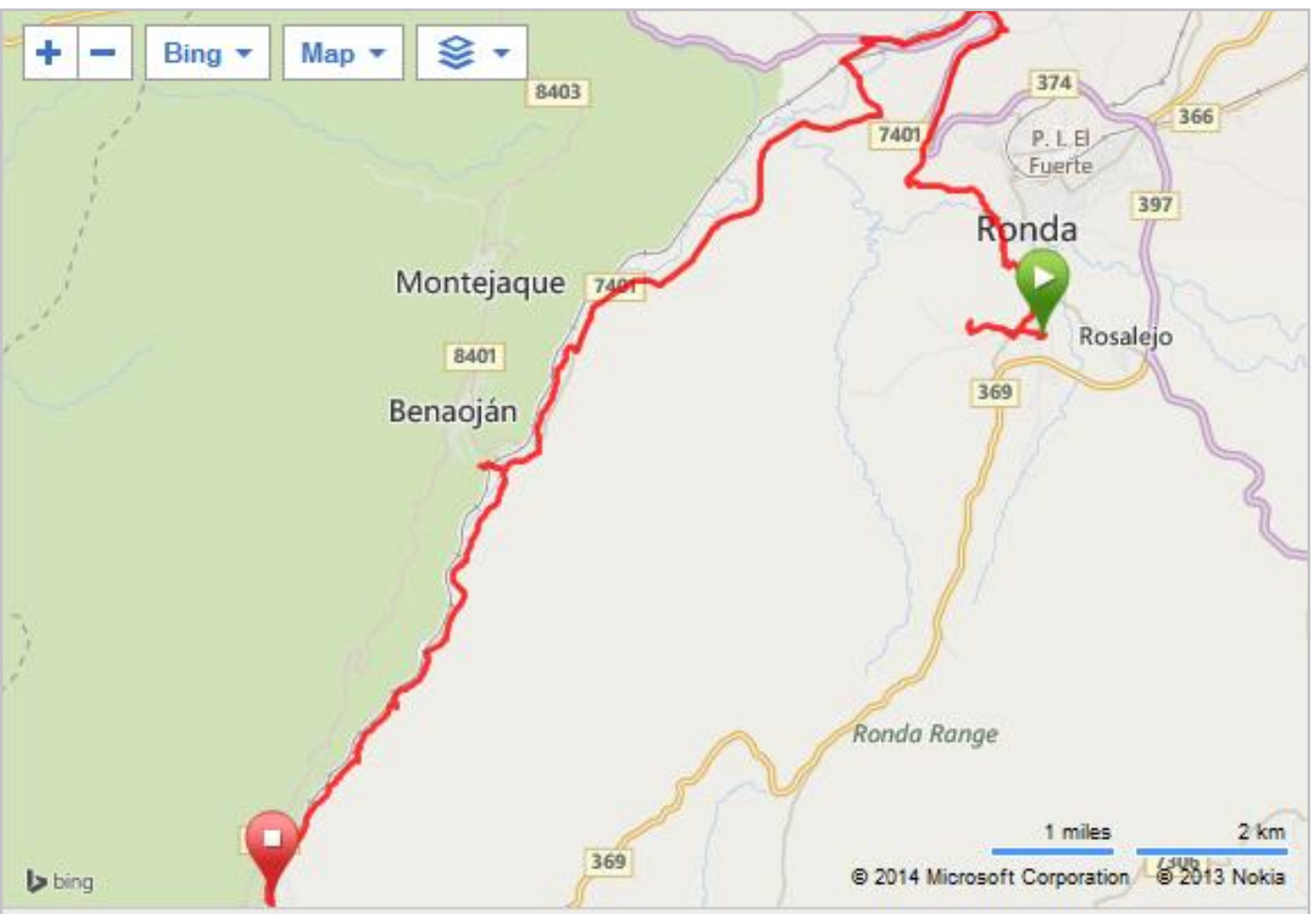
Included in our prices:

- Transport back to Ronda
- British Cycling qualified guide
- Bike
- Water Bottle
- Helmet

[CONTACT US](#)

€55 p.p.*

* price is based on a minimum of 2 people.



Our guides are qualified by



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

Hike + Bike The Sierras, 5 Plaza Prado Viejo, 29400 Ronda
Activ Turismo No. AT/MA/00221