



Costa Cálida
Región de Murcia

YOUR CYCLING GUIDE IN THE REGION OF MURCIA

EVERYTHING YOU NEED FOR
YOUR CYCLING HOLIDAYS



CYCLING
ACCOMMODATIONS



BIKE RENTAL



CLIMBS



CYCLING ROUTES

Discover the Region of Murcia by bike



Cycling Routes

Enjoy the best cycling routes in the Region of Murcia. Discover them!



Climbs

Explore the Region of Murcia by bike from its highest summits



Cycling accommodations

Rest in hotels and holiday homes specially designed for cyclists



Cycling services

The best cycling services in the Region of Murcia



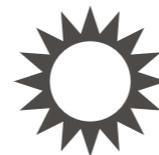


The best cycling services in the Region of Murcia



Recommended Modality

Perfect for road, MTB and Gravel cycling enthusiasts.



Climate

More than 300 sunny days a year and an average temperature of 19°.



Roads

Safe and low traffic.



Sierra Espuña

Accessible, mountainous, forested...
Discover incredible trails and road climbing!



Accommodations

More than 20 cycling accommodations in this lovely destination.



When

The best season is from February to May and from September to November.



Top 4
cycling routes

Featured cycling routes



IMBA Mazarrón Routes

Trails, roads and trials bordering the sea: perfect MTB. Don't miss them!



Espubike

Experience the heart of Parque Regional de Sierra Espuña on this spectacular MTB route.



Vía Verde del Noroeste

It runs along the old railway line that linked Murcia and Caravaca de la Cruz.



EuroVelo 8

Cycle this beautiful 6-stage route (217 km) along the Region of Murcia.



Featured cycling routes

IMBA Mazarrón Routes

MAZARRÓN



48.90 km



710 m



DIFFICULTY

Mazarrón hides a paradise for MTB lovers, with almost a hundred kilometers IMBA certified, with trails, trials, paths along the sea, and everything you need to enjoy MTB. You can choose flatter sections along the coves, or adding up meters of slope to La Perdiz.

[MORE INFO](#)



Featured cycling routes

Espubike

SIERRA ESPUÑA



146 km



4.300 m



DIFFICULTY

Visit the heart of Sierra Espuña on this spectacular MTB route. 146 km pure MTB, over 4,000 m accumulative slope. Easier in the first section between El Berro, crossing Gebas to CasasNuevas, the 36 km between that point and Las Alquerías, 1,400 positive meters, as well as the last 53 km back to El Berro, with 1,270 m, will mark the hardest section on this route.

[MORE INFO](#)





Featured cycling routes

Vía Verde del Noroeste

MURCIA - CARAVACA DE LA CRUZ



78 km



1378 m



DIFFICULTY

78 km of this old railway route between the capital of the region, Murcia, and Caravaca de la Cruz to enjoy endless landscapes and nature experiences on MTB and Gravel bikes. An ecotourist route with tunnels, aqueducts, lunar scenery, desert spots... **A perfect route for families or bikepacking!**

[MORE INFO](#)

Featured cycling routes

EuroVelo 8

REGION OF MURCIA



217 km



2.270 m



DIFFICULTY

Crossing the Region of Murcia and its Costa Cálida, a 217 km route divided into 6 stages. Paths by the sea, roads with little traffic, climbs and a diversity of landscapes to enjoy one of the most amazing sections of **EuroVelo 8**.
A perfect route for MTB, hybrid or gravel!

[MORE INFO](#)



Climbs



CLIMBS

CARRASCOY



9.58 km



873 m

A real wall! Ideal for those passionate about almost impossible challenges. Percentages above 10%, horseshoe curves and peaks of almost 20%.



CLIMBS

CRESTA DEL GALLO



5.46 km



425 m

Another of the iconic climbs! Regularly in the Vuelta a la Región de Murcia and in La Vuelta a España. The vegetation and landscapes make this climb a must.



CLIMBS

COLLADO BERMEJO (SOUTH)



7.20 km



496 m

Known as the "Cima Marco Pantani", after the victories of the "Pirata" in the Vuelta a la Región de Murcia. Spectacular horseshoe-shaped climbs in Sierra Espuña.

Climbs



CLIMBS
COLLADO BERMEJO

(NORTH)



19.04 km



982 m

1st category climb (slope from Alhama de Murcia). First smooth kilometers, the rest of the climb, except for a short landing, over 7% gradient, with some ramps at 11-12%.



CLIMBS
CUESTAS DEL CEDACERO



4.95 km



278 m

Between Mazarrón and Cartagena, a classic climb of La Vuelta into the Sierra de la Muela, Cabo Tiñoso and Roldán. A downhill section but with a kilometre at 11% followed by another at 10%.

Grand Hyatt La Manga Club Golf & Spa

BOOK



Los Belones,
La Manga Club

Located in the heart of La Manga Club, in an unbeatable natural environment next to the Parque Regional de Calblanque, Monte de las Cenizas and Peña del Águila, and Mar Menor, Hotel Príncipe Felipe offers you the possibility of countless cycling routes through the region of Murcia.

Enjoy an idyllic holiday in accommodation with the best facilities to guarantee a cycling experience you will never forget! Still no room?

SENATOR MAR MENOR GOLF & SPA RESORT

BOOK



Senator Mar Menor Golf & SPA Resort, a hotel located in Los Alcázares next to the Mar Menor, perfect for a relaxing cycling holiday in the Region of Murcia.

The hotel has a fully equipped **Cycling Center** with bicycle racks and a wide range of tools to fine tune your bike. Not forgetting its outdoor pool, heated indoor pool and SPA area. It's not all about cycling, relax body and mind for the next route in the Region of Murcia!

No doubt, an ideal hotel for demanding cyclists and triathletes looking for a quality.

HOTEL AGALIA

BOOK

CYCLING
CENTER
AGALIA



Av. Miguel Ángel
Beloqui, 7, Murcia

Hotel Agalia is a 15-minute walk from Murcia city center. Accommodation with full bike parking, route information, tool bank to tune up your bicycle, a pool and a 24-hour gym.

Hotel Agalia is an accommodation designed for cyclists who want to explore every corner of the Region of Murcia by bike, with easy access to the most demanding climbs and the most interesting cycling routes.

POSEIDON LA MANGA HOTEL & SPA

BOOK



El Poseidon La Manga Hotel & SPA, located in La Manga del **Mar Menor**, is the perfect hotel to enjoy a cycling holiday in the **Region of Murcia!**

It owns a large spa with more than 1400 m² dedicated to wellness, a large gym and a fully equipped **cycling center** for cyclists staying at the hotel.

It is ideally located for your cycling route through **La Manga del Mar Menor**.

HOTEL 525

BOOK



Calle Rio Bories,
58, Los Alcázares

Hotel 525 is a highly recommended accommodation for cyclists looking to enjoy a dream cycling holiday in the Region of Murcia.

It owns a complete Spa & Wellness area with a pool and solarium. Enjoy its indoor and outdoor Jacuzzi, sauna and steam bath, completely free of charge!

It is an ideal hotel for cyclists looking for leisure, relaxation and cycling trips in a dream setting.

Need more reasons to choose this hotel with privileged views of the Mar Menor?

HOSPEDERÍA BAJO EL CEJO

BOOK



Calle el Paso, El Berro,
Alhama de Murcia

The rural hotel **Hospedería Bajo el Cejo** is located in the hamlet of El Berro, in the heart of **Parque Regional de Sierra Espuña**, a spectacular enclave for cyclists who wish to enjoy cycling in the Region of Murcia.

The hostelry adapts to the environment, retains the traditional building **typology** and connects the building with nature.

It has 12 fully equipped rooms for cyclists and a delicious breakfast service for those who want to start the day full of energy to cycle in this protected natural space. Nature, tranquility and cycling is breathed in Bajo el Cejo.

HOTEL PUERTO JUAN MONTIEL

BOOK



Av. del Puerto
Deportivo, 1, Águilas

The **Puerto Juan Montiel Hotel**, Spa, and Nautical Base is located on the seafront in Águilas, a privileged place on the Costa Cálida in the Region of Murcia. It features a spa, marina, event halls, and the **Juan Montiel Bike Center**, a space dedicated to bicycle enthusiasts. It is an ideal destination for cycling and triathlon practice, whether you're an amateur or a professional, as it is located near the EuroVelo 8 route.

The hotel offers different bike storage areas, a washing zone, and the possibility of bike rental. Additionally, it provides the opportunity to embark on various routes tailored to different levels, combining coastal and mountain areas, either with a guide or on a self-guided basis.

DELFINES HOTEL & SUITES

BOOK



Gran Vía s/n km 1,4
La Manga del Mar Menor

Pleasant and comfortable hotel located in the area of **La Manga del Mar Menor - Cabo de Palos** with stunning views of our two seas: **Mar Menor and Mediterranean**. A perfect environment to practice any type of sport all year round such as golf, tennis, paddle tennis, cycling, running or water sports.

As well as outdoor activities in Parque Regional de Calblanque, Monte de las Cenizas and Peña del Águila, such as hiking, MTB, horseback riding on pristine beaches, etc.

Delfines Hotel & Suites is an accommodation designed for the comfort of the cyclist. It owns parking and an area equipped with everything you need to tune up your bike.

HOTEL BAHÍA

BOOK



Av. Don José Alarcón, s/n
Puerto de Mazarrón

Hotel Bahía, is located in Puerto de Mazarrón, on the shores of the Mediterranean Sea. Its location allows you to experience a range of routes and taste Mediterranean cuisine.

It has gardens for long walks, listening to the sound of the sea.

The hotel's terrace bar boasts panoramic views of the entire La Reya beach.

The hotel has a **Cycling Center** with bicycle hangers and bicycle maintenance tools.

RENTAL STORES IN THE REGION OF MURCIA



Costa Cálida
Región de Murcia



[BOOK YOUR BIKE!](#)



Featured festivities

Entierro de la Sardina “Burial of the Sardine”, **Bando de la Huerta** and **Semana Santa** “Easter or Holy Week” are key festivals to enjoy this city.



Murcia

On the fertile valley of the **Río Segura** and sheltered by the **Sierra de Carrascoy** and **Cresta del Gallo** lies the capital of the Region of Murcia.

Enjoy Murcia ‘s cultural and historical heritage to the fullest. Its historic quarter, a must-visit is the Cathedral, Real Casino, Palacio del Almudí and, of course, savouring Murcia from tapa to tapa in one of its squares in Las Flores or San Juan.

Santuario de la Fuensanta, Monasterio de los Jerónimos or Castillo de Monteagudo are just a short distance from the city.

Murcia is a lively city, where the visiting cyclist enjoys a unique experience strolling its streets, tasting the art of its rich cuisine and embracing the warmth of its people. A city that enjoys an enviable climate all year round.

[LEARN MORE](#)

Cartagena



Cartagena has been a treasured place for millennia, over 3000 years of history, where the visiting cyclist breathes in the monumental testimonies of its splendid historical past on every corner of its streets and squares.

The main legacy of its history is the Teatro Romano (Roman Theatre), built in the time of Emperor Augustus and currently being restored. But the tourist offer goes beyond, with the Museo Nacional de Arqueología Subacuática ARQVA or Barrio del Foro Romano and its Museum among many others, that make it one of the most ravishing destinations in the Mediterranean.

Need more reasons to visit Cartagena on your next cycling holiday in the Murcia region?

[LEARN MORE](#)



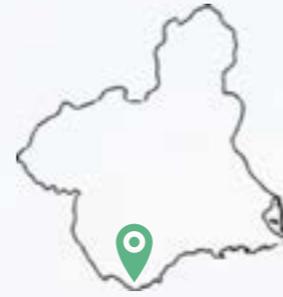
Featured festivities

Carthaginenses y Romanos “The Carthaginian and Roman” festivities in September and its **Semana Santa** “Easter or Holy Week”, will not leave you indifferent.



Featured festivities

Did you know that Lorca is home to the only Jewish Synagogue in Spain that has not been adapted by any other religion?



Lorca

Lorca is history, heritage and tradition.

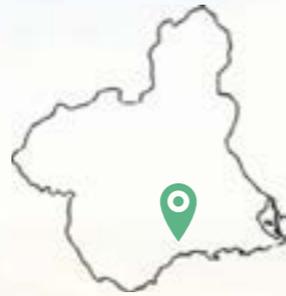
The city center was declared a Historic-Artistic Site in 1964 and its castle National Monument in 1931. Stroll through Lorca's medieval walls, Renaissance churches, Baroque palaces and Theatres. Packed with monuments, The Baroque City.

Of all its monuments, the Lorca castle is the most famous. In 2003 it was transformed into a large thematic space dedicated to the Middle Ages, nicknamed and known as La Fortaleza del Sol.

Let's experience a great landscape diversity on the cycling routes through **Lorca**, from the northern **Tierras Altas** (Highlands), the fertile **Valle del Guadalentín** and the quiet pristine coast of the **Parque Regional de Cinegre and Cabo Cope**.

[LEARN MORE](#)

Mazarrón



Besides sun and beach tourism, Mazarrón offers a range of alternatives for those who want to enjoy their stay in the Region of Murcia in a more active way.

Mazarrón is sheltered by the coastal mountain ranges of the Region of Murcia, mainly **Sierra de la Almenara and Sierra de las Moreras**.

A wonderfully different landscape offers opportunities to explore and discover by bike. A wide choice of routes and easy access to MTB trails keep cyclists who choose this destination returning year after year.

Warm beaches, crystal clear coves and an idyllic year-round climate define your next cycling trip in this beautiful corner of the Region of Murcia.

[LEARN MORE](#)



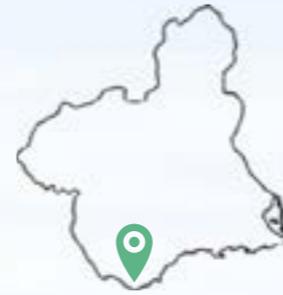
Information of interest

Did you know that “Gredas de Bolnuevo” or “Erosiones de Bolnuevo” are located in an exceptional enclave at the foot of the Sierra de las Moreras Protected Natural Area?



Featured festivities

Its **carnivals**, declared **International Tourist Interest**, will fill your days with joy, music and dance on your visit to Águilas.



Águilas

Águilas counts on 28 km of coastline is under the surveillance of its magnificent **Castillo de San Juan de las Águilas**, this municipality is located in the extreme south of the Region.

This town has been inhabited since the Paleolithic, highlighting in particular the Roman remains dated 1st to the 4th century, in particular its Roman baths.

Explore this lovely town in the Region of Murcia!

[LEARN MORE](#)

What to see in the Region of Murcia?

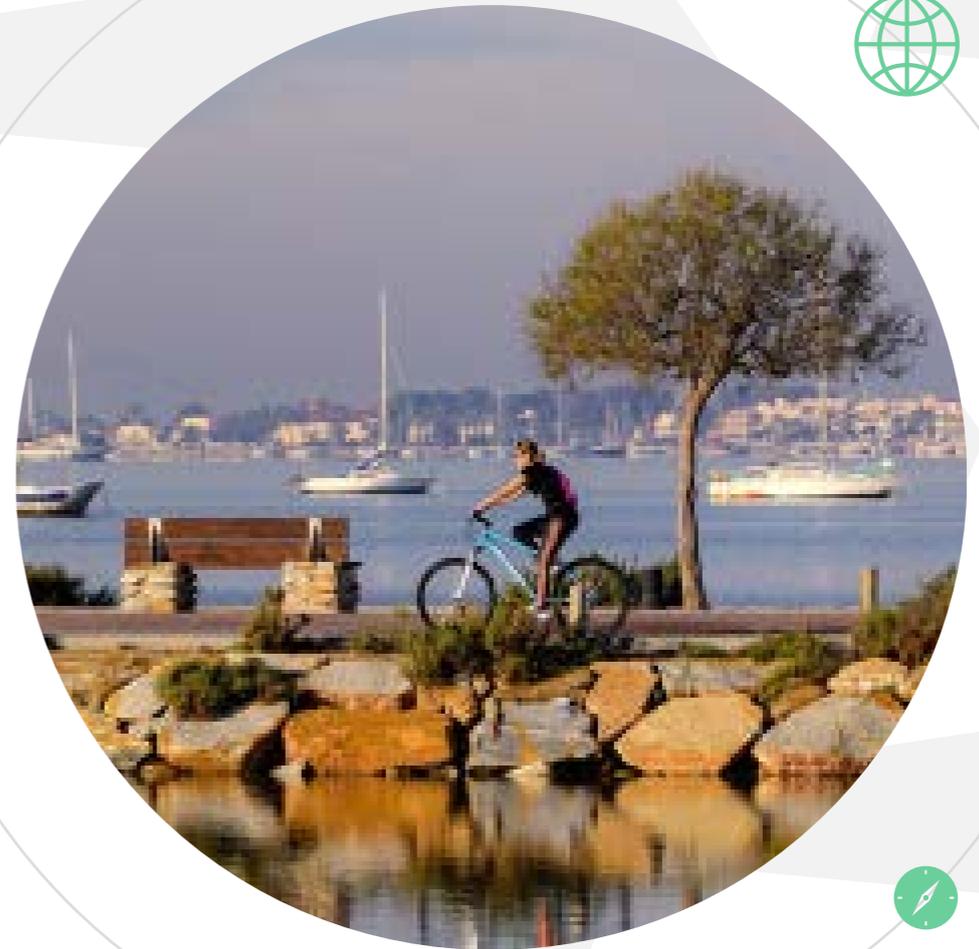
 *San Javier. Los Alcázares. San Pedro del Pinatar*

Mar Menor

Talking about Mar Menor is talking about its rich landscape and unique climatic and geographical conditions. Formed by the municipalities of San Pedro del Pinatar, San Javier, Los Alcázares and Cartagena, it is the largest saltwater lagoon in Europe, a beautiful spot to discover by bike.

We recommend that you get on your bike and explore this large coastal lagoon of 170 m² of warm water, enjoying a relaxing swim in its calm and shallow waters.

[LEARN MORE](#)



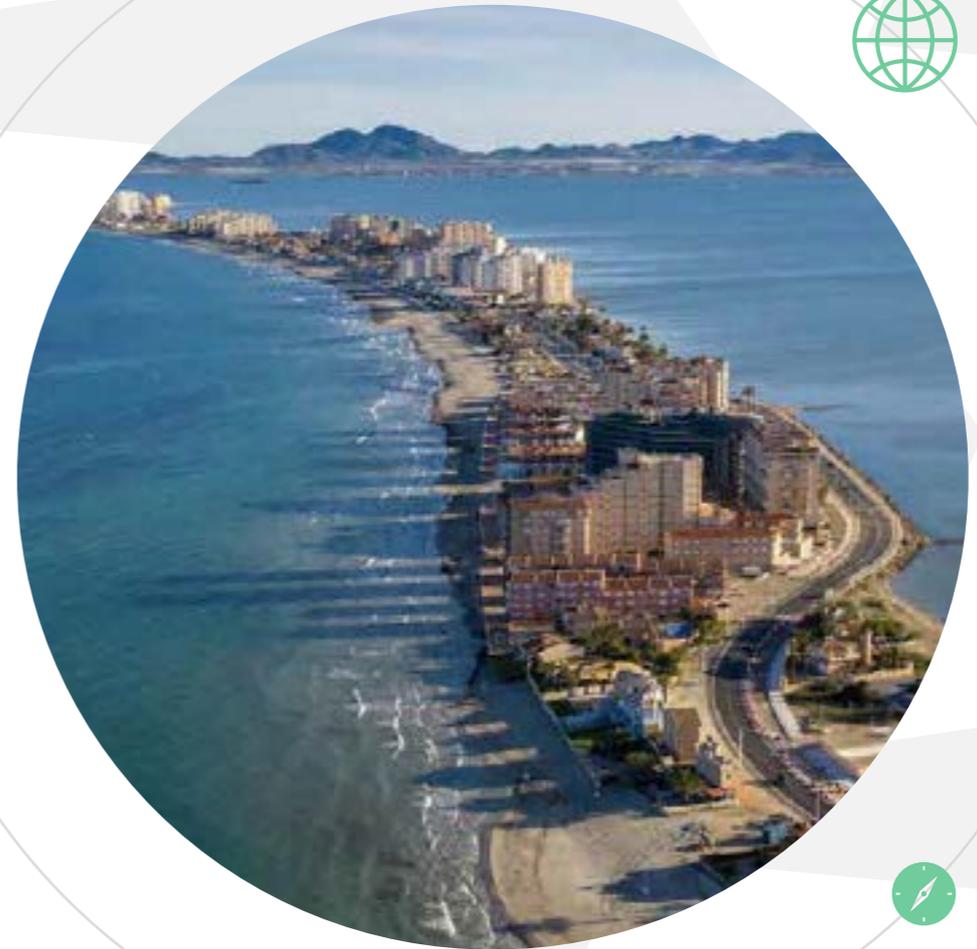
What to see in the Region of Murcia?

 *La Manga*

La Manga del Mar Menor

Tourist icon par excellence of the **Costa Cálida**, only here you can swim in two seas, the **Mar Menor** and the **Mediterranean**, and only here you can see the sun rise and set over the waters.

A string of beaches stretching for about 22 km which is a paradise for coastal lovers.



What to see in the Region of Murcia?

 *Sierra Espuña*

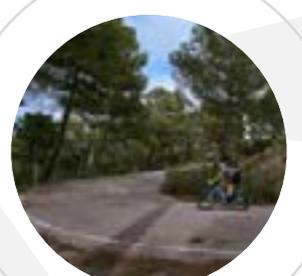
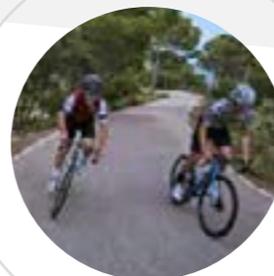
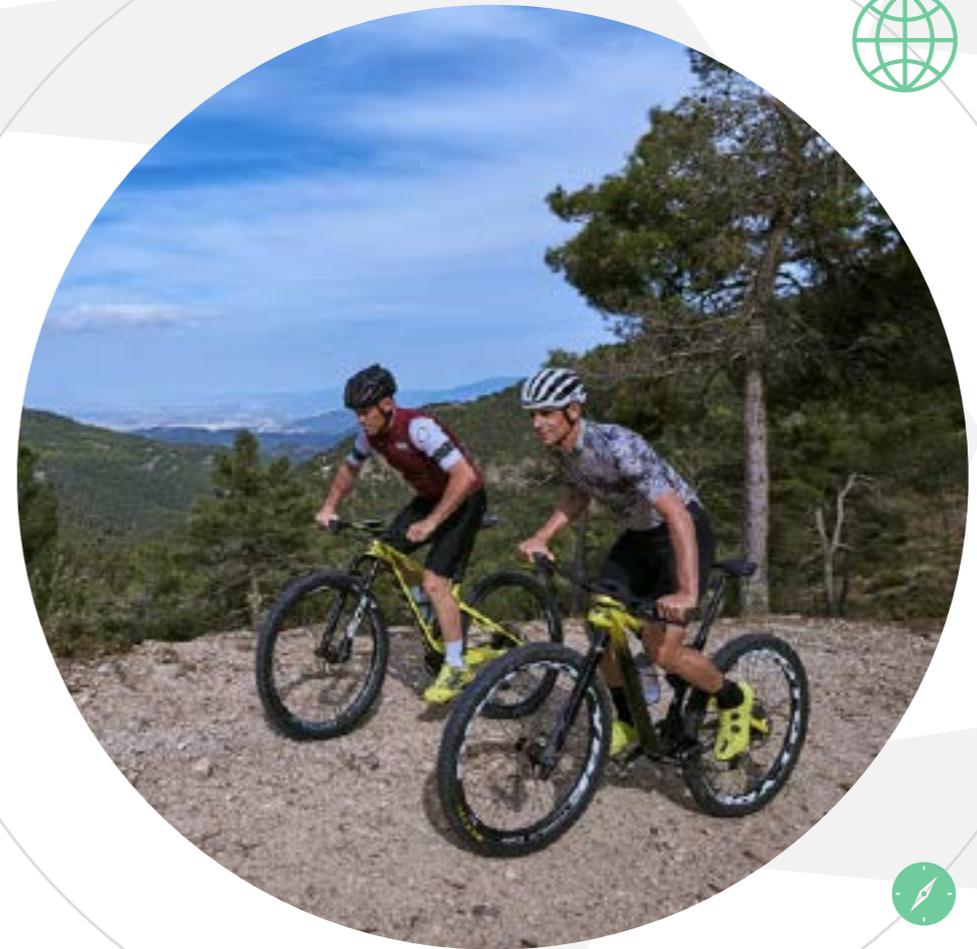
Sierra Espuña

Discover **Parque Regional de Sierra Espuña** by bike and be amazed by its varied environment for different cycling routes.

Parque Regional de Sierra Espuña has become the first protected natural area in the Region of Murcia to be approved by the Carta Europea de Turismo Sostenible, CETS (Charter for Sustainable Tourism, CETS).

Every year the number of cyclists who fall in love with this jewel of the Region of Murcia increases, both MTB, road or Gravel cyclists.

Fancy to find out?



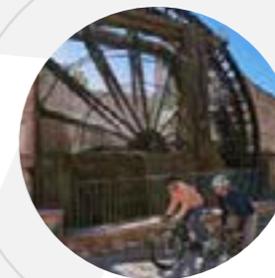
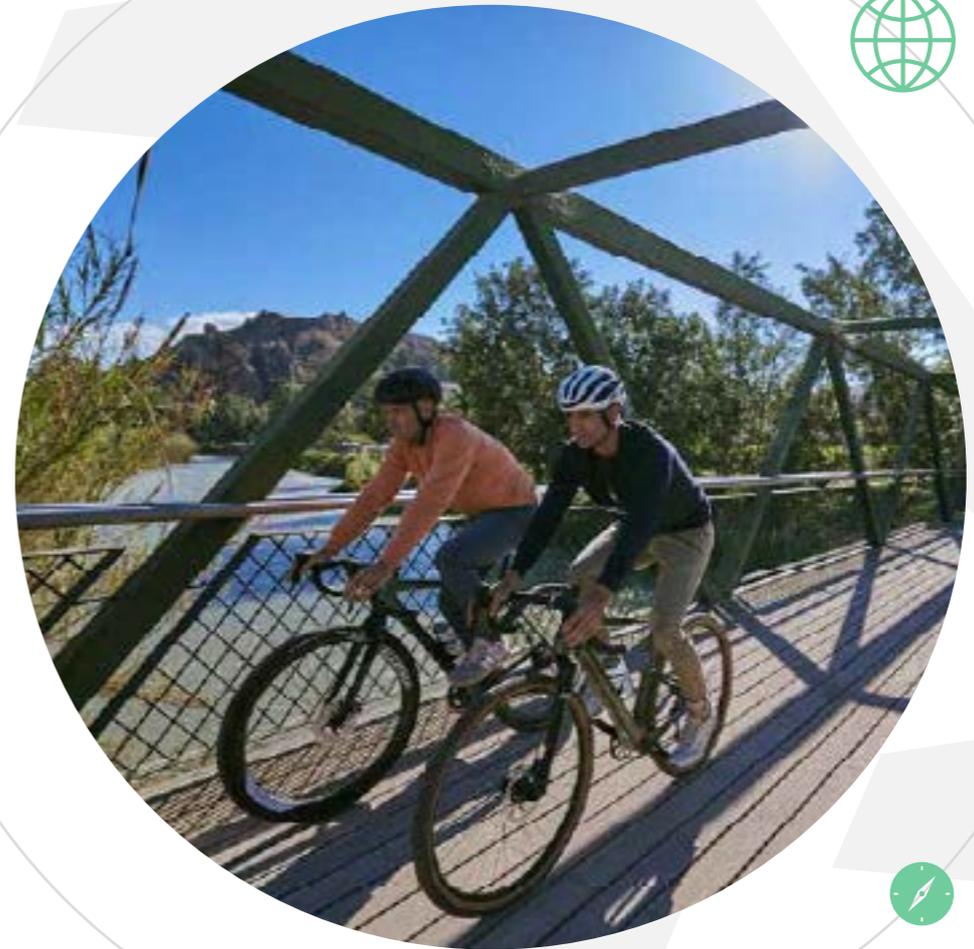
What to see in the Region of Murcia?

 Ricote

Valle de Ricote

If there is one place where you can still feel the sensitivity of Arab heritage and last Moorish redoubt, **Valle de Ricote**. The municipalities of **Abarán, Archena, Blanca, Cieza, Ojós, Ricote, Ulea and Villanueva del Segura** take us to an idyllic world.

Ricote still maintains a rich gastronomic tradition, with the local wine as the protagonist. Blanca has retained its legacy as a producer of esparto grass. In Abarán, visitors can follow a route to four of the numerous waterwheels or “ñoras”, as these devices are known locally, whose function is to transport water from the river to irrigate the most distant fertile plains, although only some of them are still in use today.



Gourmet Guide

Region of Murcia Food Scene



Marinera

A must. A truly gourmet star tapa of Murcian cuisine. Potato salad on a crunchy doughnut topped with an anchovy. If you prefer it without the salting, it is called "bicicleta" (bike).



Zarangollo

Scrambled eggs cooked with slices of courgette and onions. Ready to savour it?



Michirones

Stew made with dried beans, bacon, sausage, ham bone, dried chillies, a spicy touch and paprika.



Arroz Caldero

Cartagena and Mar Menor local rice dish. A gourmet dish you must taste!



Paparajotes

Local typical dessert from the Murcian orchard made with aromatic lemon tree leaves wrapped in a batter of flour, sugar, eggs, milk and yeast and fried in olive oil.



Café asiático

Unique and delicious coffee from Cartagena, a coffee mixed with sweet, condensed milk and a few drops of regional Licor 43, finished with lemon rind, coffee beans and cinnamon on top.

CYCLING SERVICES IN THE REGION OF MURCIA



Bike rental

Rent your bike in any of our trusted stores!



Workshops

Get your bike ready at any of our collaborating centers.



Guided routes

Discover every corner of the Region of Murcia with local experts.



Physiotherapy

Your body needs a reset? Find your nearest physio!



Biomechanics

Get the best aerodynamics with our specialized partners.



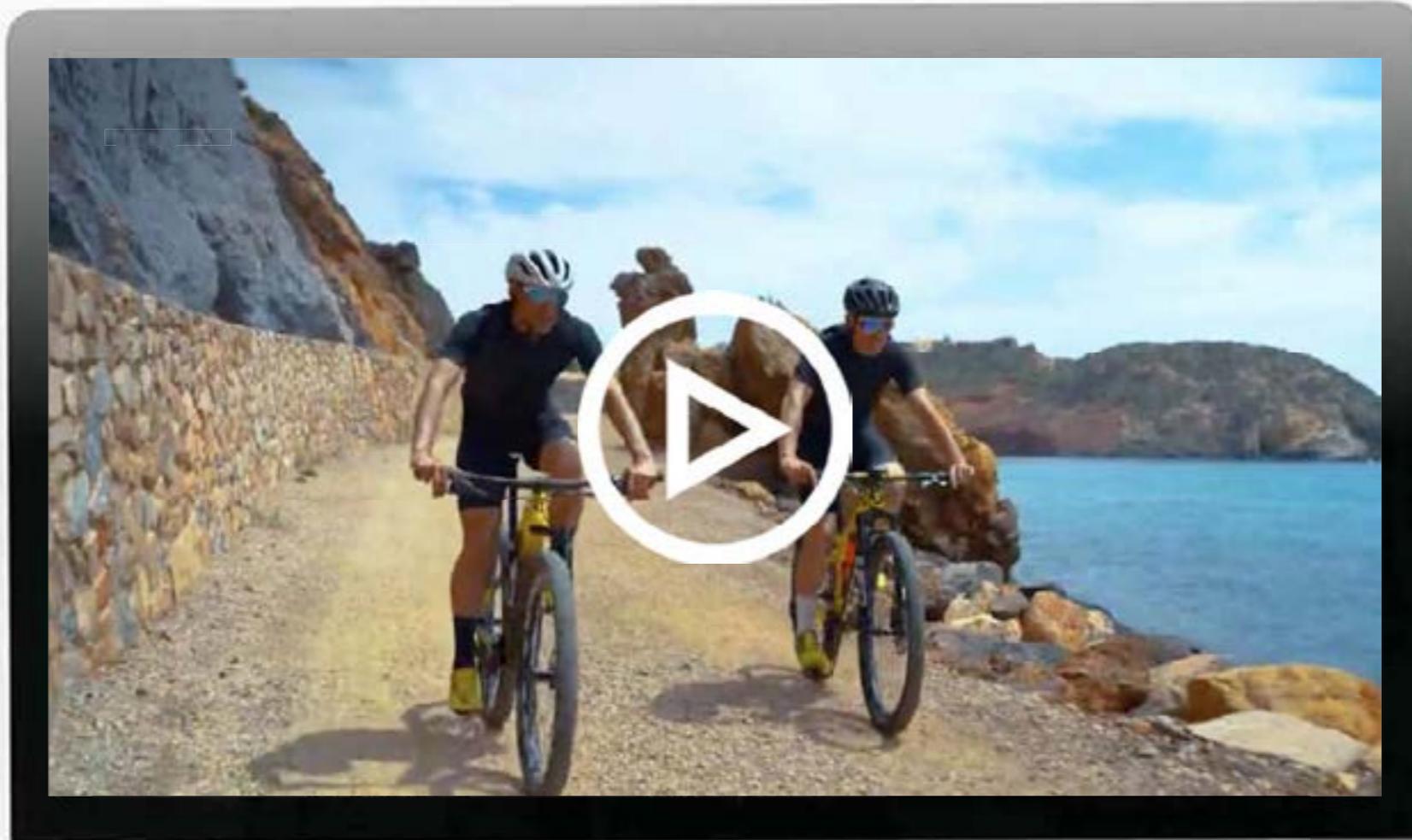
Transfers

Need us to pick you up at the airport? Book your transfer!

[MORE INFO](#)



DISCOVER THE REGION OF MURCIA *by bike*



[VIEW VIDEO](#)





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