

## 64th ANNUAL SYMPOSIUM - IAVS MADRID, 2022

### Post-symposium excursion (2-6 July), approx. 610 km - 5 nights

This program could be adapted or changed if necessary

\*\* Madrid - Rascafría / July 2

\* Itinerary (approx. 170 km):

- Madrid - Montejo de la Sierra (easy hiking)

- Montejo de la Sierra - Rascafría

We will begin the east-west transect of the Central Iberian System at its easternmost point, the Sierra de Ayllón. We will visit the relict beech forests of Montejo de la Sierra, on a narrow valley on the southern slopes of the Central Iberian System. The beech forest of Montejo de la Sierra represents an authentic landscape jewel of the Community of Madrid (easy hiking) that is normally banned from access except under the most stringent regulations. From there we will start our itinerary towards the west to reach Rascafría, in the heart of the Páular Valley, North of Madrid.

\*\* Rascafría - Ávila / July 3

\* Itinerary (approx. 130 km):

- Rascafría - Segovia (including an easy hiking)

- Segovia - Ávila

From Rascafría we will arrive at the Cotos Pass, in the Sierra de Guadarrama National Park, from where we will start the day hiking towards the 'Laguna Grande de Peñalara' (easy hiking), one of the lakes of glacial origin in the summits of the Sierra de Guadarrama. We will spend the whole day studying the catena and vegetation complexes in the Guadarrama high mountain. From the Cotos Pass we will descend on the northern slopes of the Central Iberian System to make a short stop at Segovia to visit the spectacular 2000 year old Roman aqueduct and continue towards the walled monumental city of Ávila.

\*\* Ávila - Navarredonda de Gredos / July 4

\*Itinerary (approx. 90 km):

- Ávila - Hoyocasero

- Hoyocasero - Navarredonda de Gredos (river Alberche)

From the city of Ávila, we will cross the Valle de Amblés bounded by the Sierra de Ávila, Las Parameras and La Serrota and, through the Menga Pass, entering the 'Gredos' territory, that is, the highest, central section of the Central Iberian System. We will visit and study semi-natural mosaic landscapes that have been modelled by millennia of sustainable human use (a high diversity of broom/gorse

communities, tall grass formations, planted pine forests, riverine and aquatic vegetation, etc.) that nonetheless harbor interesting species and communities integrated with multiple floristic elements.

\*\* Navarredonda de Gredos - Navarredonda de Gredos / July 5

\* Itinerary (approx. 30 km):

- Sierra de Gredos Natural Park (easy to moderate hiking)

From Navarredonda de Gredos we will arrive at La Plataforma where we will start the journey entirely devoted to studying the interesting Central Massif of the Sierra de Gredos and its high mountain vegetation (easy to moderate hiking). This vegetation develops on landforms reminiscent of a glacial past and is mainly composed of alpine pastures and shrublands of different typologies, that have undergone remarkable fluctuations throughout the Holocene due to climatic shifts and extensive human occupation.

\*\* Navarredonda de Gredos - Piedralaves / July 6

\* Itinerary (approx. 80 km):

- Navarredonda de Gredos - Piedralaves

- Eastern Massif of the Sierra de Gredos, El Pico Pass and Tiétar Valley

From Navarredonda de Gredos we reach El Pico Pass. We will travel towards the Tiétar Valley, on the southern slopes of the Central Iberian System, following the tracks of an ancient Roman road that we will have the opportunity of admiring on our way. We will move from the higher stances of the mountains under more rigorous mountain climate, towards lower (by more than 1000 m!), more thermic territories benefitting from the moisture laden Westerlies. This represents a bioclimatic and biogeographical gradient of exceptional interest. We will study the most representative plant formations of this territory comprising among others oak forests with a significant palaeotropical evergreen element.

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\*\* Piedralaves - Madrid / July 7 at

\* Itinerary (approx. 110 km):

-Travel back to Madrid through the Tiétar Valley

We will spend the morning traveling back to Madrid arriving towards noon.

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Relict beech forest (*Fagus sylvatica*) at Montejo de la Sierra (Madrid)



Pyrenean oak forests (*Quercus pyrenaica*) at Sierra de Guadarrama (Madrid)



Iberian Scott pine (*Pinus sylvestris* subsp. *iberica*) at Sierra de Guadarrama



Broom formations at Sierra de Gredos (Ávila)



Laguna Grande (a relict glacier lagoon) at Sierra de Gredos



View of the Valle del Tiétar (Ávila)