


## Montefrio and further on 137 km Loop

### ROUTE INFORMATION



ROUTE LENGTH	137.146 km
ASCENT	3365 m
DESCENT	3369 m
HILLS	↑ 46.4%   ↓ 46.1%   → 7.5%
TERRAIN	Road 
START	LAT: 37.432840, LNG: -3.974490



### NOTES

This is a big ride that starts at the house and takes us through Montefrio, Puerto Lope, Limones, Hoya de Salobar, Ventas de Carrizal, Sabariego, La Rabita, and back to the house. Recommended minimum gear ratio is 11-28 with compact or semi-compact chainring.

