



When most people hear or think of the Camino de Santiago, they usually are picturing the most popular route, the Camino Francés which begins in the Pyrenees and is the most popular pilgrimage route to Santiago de Compostela.

Although it has traditionally been a religious pilgrimage, people of all ages and backgrounds now walk the Camino for many different reasons. Over 98,000 people lace up their boots every year to take on the Camino Frances, on busy days close to 4,000 pilgrims arrive in Santiago.

Many pilgrims start their Camino Frances in St. Jean Pied de Port, in the Pyrenees mountains on the French side of the border, in Spain the Camino officially starts in the beautiful village of Roncesvalles and passes through Pamplona, Logrono, Burgos, Leon, Ponferrada and Sarria the last town where you can start in order to get your Compostela Certificate that you have made the pilgrimage to Santiago.

The Camino Frances offers travelers a unique opportunity to discover the rich history and culture of Spain, while also providing a challenging and rewarding physical journey. You can do it on foot, bicycle or even horseback, walk alone, with a partner, or in groups. However you take on the Camino, there's always a great sense of community, and you'll always see pilgrims passing each other with a welcome of 'Buen Camino!', to wish you well on your journey.

The Camino is so much more than a simple walk through Spain, to most, it's a life changing adventure that will reward you with memories that will live on forever....

I hope this guide of the Camino Frances is helpful to you in your planning and whilst you are on your way.

Wishing you a Buen Camino!!

A handwritten signature in black ink, consisting of stylized letters that appear to be 'RM'.

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Camino Getting Ready to Go: The Basics

Why walk the Camino?

People from all over the globe and all walks of life walk the camino for many different reasons. Whilst many people still walk the Camino de Santiago for religious or spiritual reasons, according to the [Pilgrims Office in Santiago de Compostela statistics of 2021](#), a full 36% walked for a religious or spiritual purpose, 20% were simply looking for a new challenge or adventure, and for the rest, it was a mix of them both. Whilst the majority of people walking are between the ages of 30 and 60, both sexes are represented in a pretty equal number across all. It's not unusual to see people in their late 70's or 80's walking it.

Many walk to get away from their everyday lives and get back in contact with nature.

If you are just looking for a new challenge, remember it is no walk in the park. Pilgrims typically walk 20 to 30 kilometers daily for about a month. Walking these distances daily can be very difficult. Apart from the physical toll it takes, it can also be mentally exhausting to just walk.

Walking for a month and getting away from it all can truly change one's outlook on life. Some people may find that their values have shifted after having walked a Camino.

No matter what your reason is, walking a Camino can be a life changing experience!

When to go:

When the best time to go is one of the biggest questions one will encounter when planning a Camino. A typical camino usually lasts anywhere from 7 to 33 days depending on route and one's own walking pace. Giving yourself a few rest days in between and at the end of your walk will also determine how long you should plan your trip for and are highly recommended.

Weather wise the best time of the year to walk are Spring - April through June and Fall Mid September to early November. The worst time to walk is August as not only can the weather on some of the routes be very hot, but August is also the major holiday month in Spain, which makes finding accommodations much more difficult no matter what route you are on, specially on the last week of the Camiino Frances from Sarria on words as it is very popular and can be near to impossible to find accommodations on in August. Even if you are not walking the Frances it is something to consider as the Norte, Primitivo and Via de la Plata all merge into the Frances towards the end.

One way to bypass the crowds of the final days is by taking the Camino de Invierno at Ponferrada. It is about 60 km longer but you will be rewarded by having a far more peaceful walk.

If you want solitude and don't mind the cold, rain or snow then the winter months are a good time to enjoy the camino. Services and albergues will be fewer so you may have to resort to staying in a Hostel every now and then but usually there will always be one Albergue open at the end of each stage. There is a list of albergues that gets updated regularly available online published by [Aprinca click here](#) to get it.

Physical preparation:

Preparing yourself physically for the Caminos stresses on your body is near to impossible, but as long as you are in a reasonably healthy state and are used to walking a few kilometers a day you should be able to make it all the way to Santiago.

Walking 10 to 30 kilometers for 6 to 8 hrs a day is not easy, but it also is not the hardest thing in the world as long as you follow a few simple rules.

Before you head out on your camino be sure to walk at least 5 to 10 kilometers every other day before setting out. Do a trail day hike in the woods with all the gear. Test your backpack and make sure it is a good fit. If you can stand a full day hiking without a problem you should be ready. But remember:

- Wear proper fitting and well broken-in footwear.
- Make sure your backpack weighs as little as possible. (aim for less than 10% of your body weight)
- Walk at your own pace... it is not a race.
- Listen to your body.
- Know your walking pace and limits.

I have seen countless pilgrims half my age push themselves too far, not get very far...Don't be one of them!

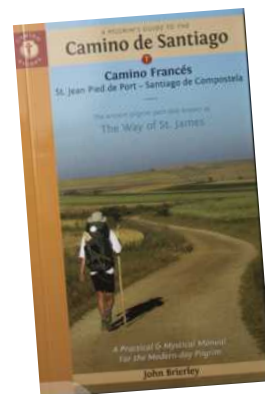
Aches and pains will happen, but as long as you pay attention to them and don't try to ignore the messages your body is sending you should, you will be fine. It's when you don't pay attention to the warning signs and just keep on pushing yourself beyond your limit day after day that your body will finally let you know it has had enough and prevent you from going any further,

Blisters and Tendonitis are the two main issues most pilgrims tend to have to deal with. The good news is that both are pretty easy to prevent by not overpacking, using proper footwear and not overpacing yourself. Taking a day or two rest days so that your body heals is way better than having to break off your camino. Listen to your body and know your limits...Know when to stop and rest, pace yourself...remember it is not a race!

Guide Books, Maps and Apps:

Guidebooks such as Wise Pilgrim or John Brierley's guides are great help If you want to know more about the route you are on and its history. Most guidebooks include extensive information about the towns and villages you will pass through and also have detailed maps and route profiles so that you will be able to see what to expect ahead. The only real negative about guidebooks is that they tend to weigh a lot, usually more than 2 or 3 t-shirts!

I therefore recommend smartphone apps such as Buen Camino, Gronze or Camino Ninja instead. They provide much of the same information but don't weigh you down, additionally they give you the added benefit of a live map, that is why you always know exactly where you are, which is very helpful when you are wondering if you are actually still on the correct route.



Book Guides:

[A Pilgrim Guide Series](#)
[Wise Pilgrim Series](#)

Apps for iPhone:

[Buen Camino](#)
[Camino Ninja](#)
[Wise Pilgrim](#)
[Camino Tool](#)
[Gronze](#)

Apps for Android:

[Buen Camino](#)
[Camino Ninja](#)
[Wise Pilgrim](#)
[Camino Tool](#)
[Gronze](#)

Finding your way:



Whilst guidebooks and maps will help you plan your journey, you really don't need them as getting lost on the Camino is virtually impossible, not only because there are many apps to help you navigate the route, but because a priest called Elías Valiña drove across the whole north of Spain on his Citroën GS packed with yellow paint, painting bright yellow arrows to indicate the right way at the various tricky crossroads along the trail leading to Santiago.

Nowadays the arrows have become an ubiquitous symbol of the camino... and can be found everywhere from t-shirts to bandanas.

Soon you will become an expert at spotting the arrows from far away, they are basically everywhere from street corners to trees, on rocks and pavements...

If you don't see them for a while, it is usually an indication that you missed one and that you are no longer on the camino!

Lodging:

There are some amazing places to stay along the camino in Spain ranging from simple rustic country houses to ultra modern 5 star luxury hotels.

Hotels and Hostales range from 1 to 5 stars, and Albergues the most common lodging used by pilgrims on the camino come in three categories: Municipal, Private and Donatio, and finally there are Pensiones which is considered better than an Albergue but not as nice as a Hostal.

The only real distinctions between Hotels and Hostales that the later have fewer than 10 rooms. Some Hostales are as good as 5 Star hotels. There are also Casa Rurales or Posadas, which are more like a B&B's and are usually only found in more rural areas.



My favorite place to sleep are the Paradores Nacionales which is a government run hotel chain that usually are found in fantastic historic locations, on the Frances there are several. Unusually there are two in Santo Domingo de la Clazada, the one featured in the movie *The Way with Martin Sheen* is in Leon and is newly renovated and then in Villafranca de Briezo and Santiago. They are a bit more pricey than Hostales, but definitely worth splurging for every now and then.



If you want the most authentic Camino walking experience, you definitely will want to stay in Albergues as often as possible. The dorm room style accommodations usually sleep anywhere from 4 to 40 people, and cost anywhere from €8 to €20 for a bunk bed per night. They are the cheapest option when walking the camino.

Albergue Municipales require you to have a *Credencial de Peregrino* in order for you to stay and don't accept reservations or credit cards. The Credencial is a Pilgrims passport you get for your pilgrimage, that gets stamped wherever you stay and proves that you are a pilgrim. You always have to show your credencial and passport when checking in. You cannot reserve a bed but you can call after 2 PM and usually they will let you if they have beds available.

Most also require you to bring a sleeping bag or sleeping bag liner and your own towel as no blankets are provided or towels. Some charge €1 extra for disposable sheets.

There is usually a curfew and lights go out at 10 pm and you have to leave by 8 am the next morning, and will not be able to stay a second night unless it is an emergency.

Municipal Albergues are usually run by the town or city they are in and are usually quite basic in their offerings. In Galicia most albergues are run by the Xunta de Galicia and are usually very nice and modern and better than the rest.

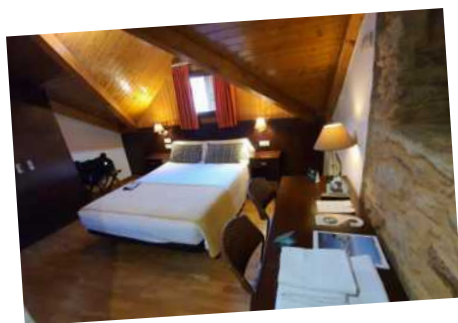
Donativo Albergues A few of the Albergues along the camino are donation based, which means that they are funded by the donations that pilgrims give. Many people believe that they can get away with leaving no or very little money and because of this they are becoming fewer and fewer because some pilgrims equate a donation to being free.

Private Albergues tend to be more comfortable than the Municipal ones but they accept reservations and don't have strict curfews, provide blankets and sheets, and some even have bunks with curtains and provide you with a fresh towel, but it is a good idea to bring your own as some charge you €1 or €2 to rent one for the night.



Albergues are a nice place to meet and hang out with fellow pilgrims seeing most pilgrims are exhausted from the day's walk. They are very nice and quiet after 10 PM... Except for the occasional snorer, so bring earplugs!

Most albergues have a kitchen where one can cook, most private albergues will offer a communal dinner and basic breakfast at an additional charge and most hotels and private albergues have washers and dryers, municipal ones mostly only offer some kind of hand washing facility and drying line. Washing machines can cost anywhere from €5 to €6 and Drying about €2 to €4.



If you are walking with another person, getting a private room is not much more expensive than getting two bunks at an Albergue, but you will be missing out on the camaraderie that develops when staying at them which is a big part of the camino experience.

One question that arises with pilgrims who have never walked the camino before is whether or not it is necessary to make reservations for their accommodation in advance. The answer is simple, you can improvise and look for accommodation on arrival, or you can book ahead from home, it all depends on what kind of experience you want to live, since having accommodation previously reserved on the Camino de Santiago has its advantages, but it also has some disadvantages. The main

advantage of booking accommodation in advance is that you avoid having to search for a place to sleep at the end of a long day's walk, and that you are also able to forward your baggage ahead and don't need to carry it. But by doing so will also be less flexible to spontaneously change your plans and the adventure factor of your trip will be gone.

In the holiday season and in August when most of Spain takes their Summer vacation, it is a good idea to book ahead one or two days in advance, as it can be quite difficult to find space upon arrival. But as long as you stay flexible or don't mind paying a few euros more for a place to sleep, rest assured you will never be left out on the street without a place to sleep at night.

Accommodation Prices range:

Albergue Municipal:	€8 to €15
Private Albergue:	€10 to €20
Donativo Albergue:	€8 to €12 Donation
Hostal:	€15 to €50
Hotel:	€30 to €150
Parador Nacional:	€70 to €350

Hotel Booking Sites and Apps:

[Bookings.com](https://www.bookings.com)
[Hostelworld.com](https://www.hostelworld.com)
[Hotels.com](https://www.hotels.com)
[Trivago.com](https://www.trivago.com)
[Agoda.com](https://www.agoda.com)
[Paradores.es](https://www.paradores.es)
[Gronze.com](https://www.gronze.com)

NOTE: If you are walking a camino in the winter be sure to get the [Aprinca](#) list of Albergues that are open [click here](#) to get it.

Eating:

Spain has some of the best restaurants and food of Europe, but if you stick to eating the Pilgrim Menu and eating in the albergues along the camino every night you would never know...

Most albergues offer a communal dinner in the evening, which is a nice way to spend your evening meeting and exchanging stories with your fellow pilgrims after a long day's hike. While it is a nice experience, most of the time the menu is the same no matter where you go: soup, salad, a main dish usually consisting of some kind of meat that comes with french fries and then a desert of flan or Tarta santiago and plenty of red wine and Casera (local 7Up) to wash it all down with. Usually the meal will cost about 12 to 15 Euros and while this is not much, after a few evenings you will notice that not only are all places serving you the same basic meal it all pretty much tastes the same, you can usually do way better for the money eating out at any restaurant in town!

The same goes for breakfast, most albergues offer very basic breakfast of toast, jam and coffee that costs you way more than a good coffee and croissant and fresh orange juice in a bar. Spain has fantastic cafe's in most any town or village along the camino where you can get good cafe con leche for about 1.20 € to 2.50 €, starting as early as 6.30 AM in the morning. If you are hungry for a snack a slice of Tortilla or a Bocado de Jamon or Queso will usually hold you over till the next meal and will only set you back 3 or 4 euros.



During lunch hours from 1 till 4 pm most restaurants serve a "Menu del Dia" which usually includes a starter, main dish and dessert and includes a drink (wine) and bread.... Sometimes they even include a coffee. A decent menu will usually run anywhere from €10 to €15, but you get so much food that you usually will not have to eat dinner and usually the food is exceptional. If you are not all that hungry you can also order a ½ Menu.



If you don't feel like eating out, most Albergues have a kitchen where you can cook your own meal. Supermarkets can be found in most villages. In big cities you will find chain supermarkets such as Gadis, Euroski & Carrefour. But remember that supermarkets are closed on Sundays so you need to stock up the day before.

Finding a good restaurant or cafe is easily done using Google Maps or asking the host at your albergue or hotel. Some of my favorite meal on the Frances: Tapas at Bar Iruna in Pamplona, Tapas on the Plaza Mayor in Logrono, communal dinner at the Hostal Punto B in Belorado - the owner is a fantastic cook, breakfast and lunch at Marcelas in Leon are very nice, Patatas Bravas at El Bodegon in Ponferrada followed by some Pulpo a la Gallega in Melide a few days later and last but not least the Arroz Negro at A Horta de Obratorio in Santiago de Compostela.

Tipping:

In Spain, tipping is entirely optional and it's not very common as wait staff get paid well and don't make their living off of tips. You may see people leaving the small leftover change at cafés and bars. At an expensive restaurant it's nowadays common to leave about a 10% tip, but most of the time, you won't see anyone other than tourists leaving a tip.



Getting there and away:

Getting to your starting point along the Camino Frances is pretty easy. Pamplona (PNA) is well connected to other European airports. Iberia and Vueling are the major Spanish airlines serving it from Madrid or Barcelona, but RyanAir and Easyjet offer very inexpensive flights from many cities in Europe. Getting into town is pretty straight forward as both are on the bus or taxi.

AIR: There are two cities with airports that you can fly into along the Camino Frances other than Pamplona (PNA), Burgos (GNA) and Leon (LEO).



RAIL: Getting to your starting point by rail is pretty straightforward. The main train lines between Madrid and Pamplona are on the AVE high speed service, to get to St Jean or Roncesvalles you need to switch to the bus service which runs several times every few hours in the summer and ONLY once a day in the afternoon in winter.

SNCF is the French rail company

Renfe is the Spanish Rail company that runs trains from Madrid. As of 2021 there are several new low cost choices such as IRYO and Ouigo that may serve Santiago soon. If you travel from Madrid North you will be leaving the Chamartin Train Station which is connected to the Madrid Metro. There are various different train services : AVE is the high speed rail service. Usually it is a bit more expensive than the rest.

Many towns along the Camino Frances are connected by the Renfe Cercanias rail, which are slower and less expensive, and usually run several times a day.

If you plan on leaving Santiago de Compostela by rail at the end of your Camino, be sure to book your train ticket well in advance as it is not unusual for the trains leaving Santiago to get fully booked days ahead, especially during long weekends and holidays.

For timetables and reservations:

[SNCF](#)

[RENFE](#)

[Ouigo](#)

[IRYO](#)

BUS: Buses in Spain are very reasonable and pretty much every little town on the Camino Frances has a bus stop that will get you to the next larger city.

Alsa and Flixbus are the major bus companies operating in Spain. In Galicia Monbus runs the intercity lines. Tickets can be purchased on the bus. If you are traveling long distances you will need to book the ticket in advance. The Santiago [bus station](#) is now conveniently located next to the train station.



For timetables and reservations:

[ALSA.com](#)

[MONBUS.com](#)

[FlixBUS.com](#)

TAXI: Taxis are available almost anywhere along the camino. If you need you can call one to pick you up along the camino if you become tired or can not walk any more. Many times they advertise their services and telephone numbers with small signs or stickers along the camino.

Safety, Medical & Insurance:

SAFETY: Spain is a very safe country, but petty crime such as pickpocketing and theft still happens, so beware of your belongings at all times even in the albergues. Always carry your passport and cash on you, do not leave them in your hotel or albergue dorm when you are not there unless you have a safe.

To keep my passport and extra credit cards safe, I use a rfid blocking hidden pocket from Eagle Creek that attaches to my belt and tucks it into my pants. For the nighttime or when sleeping or going to the shower I have a small Pacsafe safe-pouch that I can attach to the frame of the bed where I can put all my valuables in.



<https://www.eaglecreek.com/>

<https://pacsafe.com/>

MEDICAL: Doctors, dentists and Hospitals and Clinics in Spain are of international standards and are much less expensive than the USA. Most big cities have hospitals and smaller towns have emergency clinics that are called Ambulatorios. Most every town and village will have a pharmacy that can be spotted from afar because of its neon green cross. Bigger towns usually have at least one that is open 24 hrs and its location will be posted at ones that are closed as “Farmacia de Turno”.

INSURANCE: It is a good idea to have travel insurance with emergency repatriation coverage in case needed.

The **Emergency Services Telephone** number in Spain is **112**

Money and ATM's:

CURRENCY: Spain runs on the Euro. Credit Cards are accepted at hotels and most restaurants. Use banks to exchange money as exchange houses usually charge very high exchange rates.

ATM: ATM's work very well and even the smallest towns usually have a bank and ATM. La Caxia and Unicajal charge the lowest ATM fees, Santander on the other hand can be as high as €7 to €8 per transaction.

BUDGET: Calculate on spending at least anywhere between €30 to €75 a day.

Cell Phone and Wifi Service:

Most every cafe, bar and albergue and hotel in Spain offers free wifi. If you need to ask for a password ask for the “clave”

Check your service providers roaming and data charges and see if they offer an international package. If you have an unlocked cell phone you can simply buy a local prepaid SIM Card from Movistar, Vodafone or Orange upon arrival at the airport in Madrid and add call minutes and data as needed. It will save you a lot of money in data and roaming charges in the long run, as a 30 day unlimited call and text plus 15 gb data cost about €10 to €15.

Pilgrims Passport - Credencial:

Every pilgrim on the Camino should carry his Passport and also a Pilgrims Passport or Credencial, which serves as proof that you are a pilgrim and also that you have walked the stages. Some Municipal Albergues do not require it but at Pilgrims Albergues it is required.

It is a good idea to get one beforehand as many times it is difficult getting one at the start of your camino if you are pressed for time. In Roncesvalles you can purchase one at the Real Colegiata.

The Credencial is like a passport that gets stamps at every Albergue or Hotel with their unique stamp and date of passage which serves as proof that you have walked that stage. Collecting the stamps along the way is a fun exercise, asking for a “sello” will bring back good memories when you go over them years later.



To get your Compostela Certificate that states that you have completed your pilgrimage to Santiago de Compostela you need to get 2 stamps a day on the last 100 kms of Camino.

Pretty much every bar and restaurant along the last stretch of the camino has stamps making this requirement a pretty easy and fun experience.

When you arrive in Santiago de Compostela you can get a very pretty Pilgrims Certificate issued for free with your name written in latin at the Pilgrims Office which is located just below the Plaza of the Cathedral going down the ramp by the Parador Nacional. For an extra 3 euros they will give you an official distance certificate, in case nobody believes you walked so much.

You can purchase a Credencial in advance from [Casa Ivar](#) online and he will mail it to you.

Business Operating Hours:

Spain runs on EST European Standard time which is 1 hr ahead of GMT, but beware that Spain is famous for its SIESTA which means that from 1.30 to 4.30 pm most all shops CLOSE, but restaurants, bars and cafes stay OPEN!. To most first time pilgrims this is very confusing. It is also worth noting that most municipal albergues will not let you check in till after 1.30 pm even if you arrive early some will not even store your luggage, they lock the front door at 10 pm and you must leave by 8 am.



Monday - Friday:

SIESTA time: 1 pm- 3.30 pm

Stores: 9 am - 1 pm - SIESTA - 3.30 pm - 8.30 pm

Banks: 8 am - 1 pm

Restaurant: Lunch 1 pm - 4.30 pm, Dinner 8 - 12pm

Cafes: 6 am - 8.30 pm

Bar's: 9 am - 1 am

Farmacies: 9 am - 1 pm - SIESTA - 3.30 pm - 8.30 pm There is always a

Farmacia de Turno open 24 Hrs somewhere, usually there will be a sign on the door telling you where.

Supermarkets: Closed on Sundays, so be sure to stock up on Saturday.

Saturday: In small towns and villages many shops and supermarkets close at 1 pm

Sunday: Most shops except for some clothing stores and big shopping malls.

NOTE: It is also worth noting that a very high percentage of small businesses in Spain are closed for holidays in August and some catch up their vacation in September.

Albergue Municipal Hours: Check in after 1.30 pm - Door Closed 10 pm - Check out 8 am

Camino Packing Guide

What to Pack for your Camino:

Two of the biggest mistakes people make when setting off on the Camino is overpacking and overthinking what they will need for a long walk on the Camino. I myself was very guilty of this on my first camino, this is why I am including a basic packing checklist as a guideline for you to follow so that you do not make the same mistake..

Weight is your biggest enemy when walking, if you don't pay attention to how much you are carrying in your backpack sooner or later your body or feet will pay the price... A good rule of thumb is that **your pack should not weigh more than 10%** of your body weight. If you stick to that rule you will definitely have a much more pleasant and easy walk.



One thing you should know, that I didn't in my first week of the camino, was that there are washing machines or laundromats most anywhere you will stay along the way, so having clean clothes is never a problem, so you can pack way less than you think you need, as you can wash your clothes every few days.

Many "pro" pilgrims only pack one extra change of clothes and do a quick hand wash upon of their t-shirt and underwear and socks upon arriving at wherever they are staying; whilst this is a great strategy if you want to walk with the least amount of weight and clothes, you will be forced to do your wash every day and will be worrying if your clothes will be dry by morning.

I personally recommend having 3 sets of underwear and t-shirts and socks, and 1 pair of long or convertible pants and some short pants, that way you don't have to be washing every day and get more time to explore and relax.

As far as footwear in the summer I highly recommend trail runners on the Frances as the terrain is mostly flat and there are very few rough trails other than in the first few days and then at o'Cebreiro. I highly recommend that you take boots in the wet winter months and that you walk at least 50 km in them before you start your Camino, that way you will not have as many problems with your feet. Good quality hiking socks are the second most important blister prevention tool, I can't stress this enough... do not use cheap tube socks... you will pay the price in blisters!

Having a pair of flip flops will make the walk to and from the showers in the albergues more pleasant and also give you feet some fresh air and relief after a long day's walk. I personally like to take two pairs of shoes either 2 trail runners or a pair of boots and trail runners, just so I can give my feet a break and change every now and then.

IMPORTANT: Your feet expand and flatten out considerably from walking many hours a day, so it is a good idea that you purchase your footwear about half to one size larger than you normally would. I personally recommend taking 2 pairs of shoes, as it is nice not to have to wear the same shoes all the time, especially after a long day's walk. Next to your well worn shoes, your socks are going to be the most important protection against blisters, so be sure you use good quality hiking socks, not the cheap 12 pack tube socks... good socks and some blister prevention tape make a big difference. I recommend Wigwam and SmartWool or Decathlon Merino Wool socks, they may be a bit more expensive at first but you will not be paying the price in blisters later.

As far as sleeping bags go, most Municipal Albergues require you to use them or to use a sleeping bag liner as they do not provide blankets. Most provide you with disposable sheets that really are terrible, so taking a sleeping bag or liner for the summer months is recommended, as it will weigh you down less.

Luggage - Backpack Forwarding - Storage:

You can always tell a true pilgrim from the rest as they most always are lugging their big backpack along as opposed to strolling along with a small day pack. Many short term or weekend pilgrims opt not to walk with their backpacks and have their luggage forwarded on from one stage to the next as they walk the Camino.

But using a luggage transport service is a good option if you have any physical ailments or problems or simply no longer want to burden yourself with your large backpack.

The cost per bag is anywhere from €5 to €12 per stage depending on service and time of year. In the summer most routes offer this service, in the winter months the service is limited and more expensive.



One thing to keep in mind is that you need have to have a specific location (hotel or private albergue) to send your luggage to, so you will need to make a reservation at a hotel or private albergue, as Municipal Albergues do not accept reservations or luggage (they are on a first come first served basis) and will not accept your bags if you are not there.

If you have an onward trip that doesn't involve backpacking after you arrive in Santiago de Compostela an option is to send your luggage to the Correos in Santiago or else to Casa Ivar in Santiago for safekeeping till you arrive. Once you finish the Camino you will be able to pick up your suitcase in the office that Correos has next to the Cathedral of Santiago (Rúa do Franco, 4). They store them for up to 45 days so you can walk the Camino calmly and worry-free. There is a small per day fee that they charge, but you will have the peace of mind knowing your luggage is safe and sound. For mailing addresses and further details go to the websites below.

If you stay at the Seminario Menor in Santiago, you can lock up your backpack for several days in the lockers on the ground floor for only €2. Else if you just want to leave your backpack somewhere for a few hours while exploring Santiago, Pilgrims House a few blocks from the Cathedral offers free backpack storage for a few hours.

For more information on all of these these services visit:

Transport:

[Correos](#)

[Jacotrans](#)

[Caminofacil](#)

Storage:

[Casa Ivar](#)

[Pilgrims House](#)

Camino Packing Checklist

- ☐ Hiking Backpack 28L to 40L - ca. 10% of your body weight when full

CLOTHING:

- ☐ 3x T-Shirts Merino or Quick Dry Wicking Synthetic. Avoid cotton (Heavy & Slow Drying)
- ☐ 1x Long sleeve shirt For protection from sun and cold.
- ☐ 1x Long Hiking Pants Or Convertible Pants - Flexible and Light and fast drying
- ☐ 1x Hiking shorts
- ☐ 3x Underwear Ex Officio Wicking - Fast Drying
- ☐ 1x Sweater - Fleece Polartec or Smartwool
- ☐ 1x Warm Down Jacket W From October to May
- ☐ 1x Light Rain Jacket For in town or light drizzles and windy Stages
- ☐ 1x Backpacking Poncho Over backpack front zip type will keep you and your backpack dry!
- ☐ 1x Hat or Wool Cap Sun / Cold protection
- ☐ Gloves W From October to May

FOOTWEAR:

- ☐ 1 x Hiking Boots Be sure to break them in well before setting out on your camino!
- ☐ 1x Trail Runners For summer months and asphalt sections.
- ☐ 1x Flip Flops For albergue showers and airing feet
- ☐ 3 x Good Hiking Socks Merino Wool are best

SLEEPING:

- ☐ Sleeping Bag W Required in some Albergues.
- ☐ Sleeping Bag Liner S For warm weather instead of Sleeping bag
- ☐ Pillow Case Also can double as a laundry bag.
- ☐ Earplugs To get rest in Albergue

TOILETRIES & FIRST AID:

- ☐ Quick Dry Towel Most albergues don't offer towels
- ☐ Toiletry Kit Toothbrush, Travel Size Toothpaste, Razor, Soap + Shampoo, Q Tips
- ☐ First Aid Kit Ibuprofen, Vaseline, Compeed, Band Aids, Bandage, Blister Tape
- ☐ Sunscreen S&W
- ☐ Lip Balm With SPF Protection

HIKING GEAR:

- | | |
|--|---|
| ☐ Water Bottle or Camelback | 750cc to 1L Remember that each liter of water is 1kg you carry! |
| ☐ Hiking Poles | They will give you extra support on downhill and on the uphill sections |
| ☐ Knee Support Braces | If you have problems with your knees I recommend taking a pair |
| ☐ Gaiters | Keeps gravel and mud out of boots and pants |
| ☐ Headlight / Flashlight | For early morning start - Night in dorms |

ELECTRONICS:

- | | |
|--|---|
| ☐ Euro Plug Adaptor | Most electronics are 110 - 220 V so no voltage converter needed |
| ☐ Phone | Chargers, Cables, Check roaming fees & international call packages! |
| ☐ Camera | Lenses, Chargers, Cables, SD Cards, Batteries |
| ☐ Headphones | |
| ☐ Watch - Fitness Tracker Charger | |

NON ESSENTIAL EXTRAS:

- | | |
|--|---|
| ☐ Umbrella | For sun and rain / drizzle |
| ☐ Swiss Army Knife | |
| ☐ Power Bank | For extra charge for phone and other electronics |
| ☐ Compression Sacks | Keep things organized and save some space in your backpack |
| ☐ Backpack Rain Cover | |
| ☐ Guide Book - Apps | I recommend apps over books as it can weigh as much as 3 t-shirts! |
| ☐ Spoon, Fork, Knife | For on the go eating - The plastic ones you get on airline work great |
| ☐ Small Day Pack | Small bag or backpack for shopping, sightseeing trips |

NOTE: If you forgot anything or need to replace any hiking gear, Decathlon is a major sporting gear chain that has large outlets along the Frances in Pamplona, Logrono, Burgos and Leon and online. They stock pretty much anything you may need for hiking at very reasonable prices. You can also buy on Amazon.es and ship to their drop boxes that are available in most big cities in Spain. You can also use Amazon.es and get them to send to your hostel or a dropbox location along the way.

Decathlon.com

Amazon.com

Rei.com

W= Recommended in Winter S = Recommended in Summer

Camino Frances Stages

Stage 1

St Jean Pied de Port > Roncesvalles

Services: [A,H,R,B,P,\\$](#) - Bus, Train

Population: 21

Province: Pamplona

Region: Navarra

Getting there: Arrive in St Jean via bus or taxi from Pamplona or take the train from Paris to Biarritz/Bayone and transfer to SJPP.

Stay: [Albergue Real Colegiata](#)

[La Posada de Roncesvalles](#)

Eat: [La Posada](#)

See & Do:

Get your Credencial de Peregrinos stamped.
Go to the pilgrims mass at 6 pm.



Stage 2

Roncesvalles > Zubiri

Services: [A,H,R,B,C,S,P](#)

Population: 435

Province: Pamplona

Region: Navarra

Stage Distance: 26 kms

Stage Difficulty: Hard Downhill for most of the way but very steep and difficult terrain the last 4 kms.

Recommended Footwear: Boots

Scenery: Forest, mountains and pretty villages.

Rest Stop: Many along the way.

Stay: [Albergue Rio Arga W,K](#)



Stage 3

Zubiri > Pamplona

Services: [A](#),[H](#),[R](#),[B](#),[C](#),[S](#),[P](#),[\\$](#) - *Air,Rail,Bus*

Population: 199.906

Province: Pamplona

Region: Navarra

Airport: PNA

Stage Distance: 20 km

Difficulty: **Easy** Downhill most of the way, but very easy terrain and good paths.

Last 4 kms are sidewalks in the city.

Recommended Footwear: Trail Runners

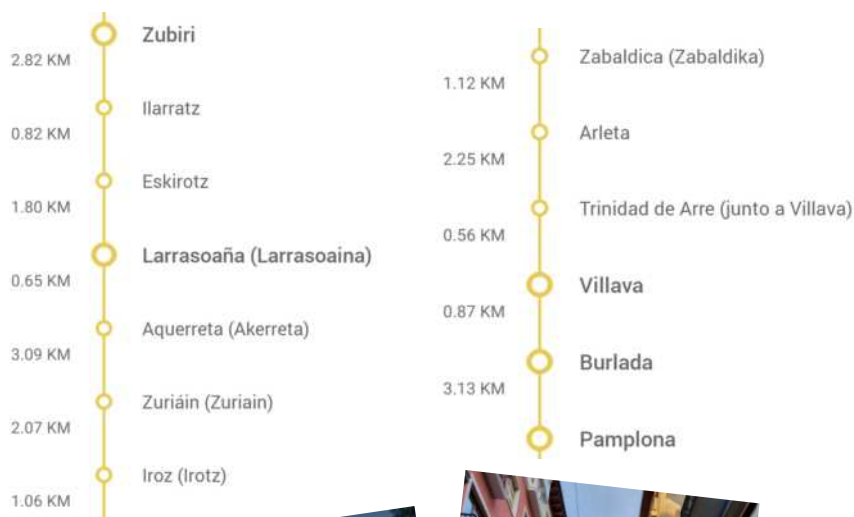
Scenery: Pretty villages along a nice path.

Stay: [Albergue Parroquial Zabaldika](#)

[Albergue Municipal Jesus María](#)

Eat: [La Manadera de Ramos](#)

[Cafe Iruña](#) - Great Tapas!



Stage 4

Pamplona > Puente de la Reina

Services: [A](#),[H](#),[R](#),[B](#),[C](#),[S](#),[P](#),[\\$](#)

Population: 2.847

Province: Pamplona

Region: Navarra

Stage Distance: 22.3 kms

Difficulty: **Moderate** Uphill till the Alto de Perdón

Then downhill through difficult rocky terrain for 3 or 4 kms, nice and flat at the end of the day!

Recommended Footwear: Boots

Scenery: Mostly open fields and pretty villages along the way.

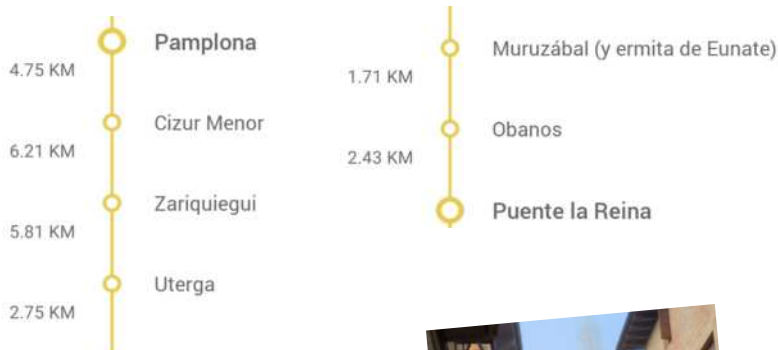
Puente de la Reina

Picturesque town with very nice architecture and churches and the historic bridge from which the town gets its name.

Stay: [Hotel Albergue Jakue](#)

[Albergue de Peregrinos Padres Reparados](#)

Eat: Restausante [Jakue](#)



Stage 5

Puente de la Reina > Estella

Services: [A](#), [H](#), [R](#), [B](#), [C](#), [S](#), [P](#), \$

Population: 13.117

Province: Pamplona

Region: Navarra

Stage Distance: 16 km

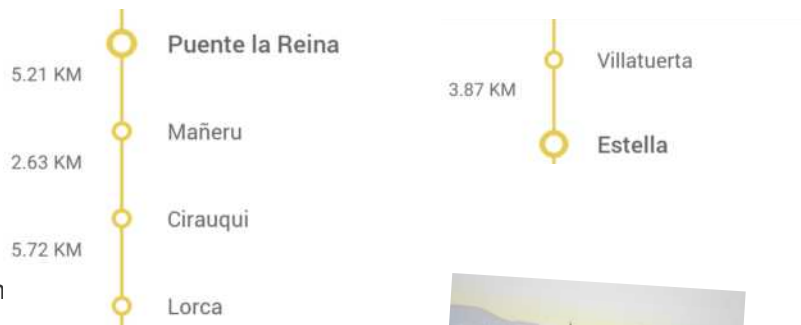
Stage Difficulty: **Easy** Uphill at first, but pretty flat at the end close to Estella.

Recommended Footwear: Trail Runners

Stage Scenery: Mostly pretty little villages and rolling hills.

Estella: Picturesque town with a very nice feel, the historic center of town.

Stay: [Albergue de Peregrinos Municipal](#)
[Hosteria de Curtidores](#)** W&D,B
[Agora Hostel](#)*****



Stage 6

Estella > Los Arcos

Services: [A](#), [H](#), [R](#), [B](#), [C](#), [S](#), [P](#), \$

Population: 1.117

Province: Pamplona

Region: Navarra

Stage Distance: 20 kms

Stage Difficulty: **Easy** Pretty flat and easy most of the way.

Recommended Footwear: Trail Runners

Stage Scenery: Picturesque villages, Rural



Los Arcos

Nice village with nice churches.

Stay: [Albergue Casa de Austria](#)

Eat: [Cafe Buen Camino](#)



Stage 7

Los Arcos > Logroño

Services: [A](#),[H](#),[R](#),[B](#),[C](#),[S](#),[P](#),[\\$](#)

Population: 151.159

Province: La Rioja

Region: La Rioja

Stage Distance: 28 kms

Stage Difficulty: **Moderate** Pretty flat for the most part.
but some downhill parts.

Recommended Footwear: Trail Runners

Stage Scenery: Mostly rolling hills along the way.

Sansol/Torres del Rio:

Stay: [Albergue Palacio de Sansol](#) [W](#),[K](#),[V](#)

Viana: Historic town worth a visit.

Logroño: Historic town with nice Plaza Mayor.

Stay: [Albergue Municipal de Peregrinos](#) [W](#),[K](#),[V](#)

Eat: Tapas Plaza Mayor area.

Shop : [Decathlon](#) for Hiking gear



Stage 8

Logroño > Najera

Services: [A](#),[H](#),[R](#),[B](#),[C](#),[S](#),[P](#),[\\$](#)

Population: 8.007

Province: La Rioja

Region: La Rioja

Stage Distance: 22 kms

Stage Difficulty: **Moderate** Pretty flat, some hills.

Recommended Footwear: Trail Runners

Stage Scenery: Vineyards, Mountains, Villages

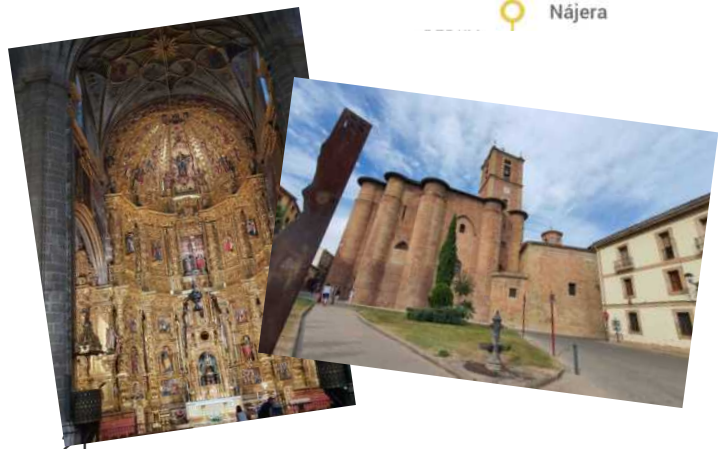
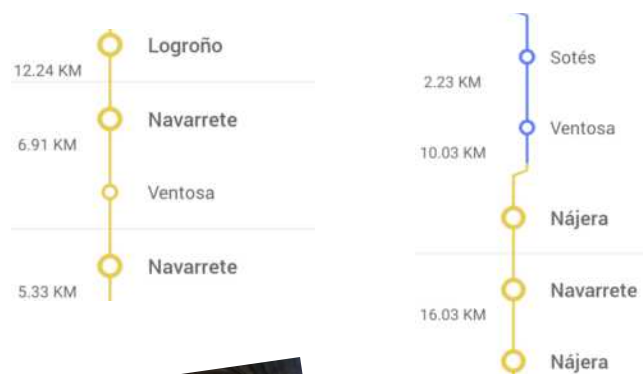
Navarete: Amazing church worth a visit!

Stay: [Albergue Municipal de Peregrinos](#) [K](#)

Najera: Historic town with a nice Plaza Mayor
and Monastery

Stay: [Albergue Municipal de Peregrinos](#) [K](#)

Eat: [Asador del Buen Yantar](#)



Stage 9

Nájera > Santo Domingo de la Calzada > Grañón

Services: [A](#),[Pa](#),[H](#),[R](#),[B](#),[C](#),[S](#),[P](#)

Population: 6.231

Province: Burgos

Region: La Rioja

Stage Distance: 20 kms or 26 kms

Stage Difficulty: Easy Flat for the most part.

Recommended Footwear: Trail Runners

Stage Scenery: Mostly open fields

Santo Domingo de La Calzada:

Historic town with nice Plaza Mayor, Cathedral.

Stay: [Albergue Cofradia del Santo](#) K,WD

[Parador Nacional de Santo Domingo](#)***** (Splurge!)

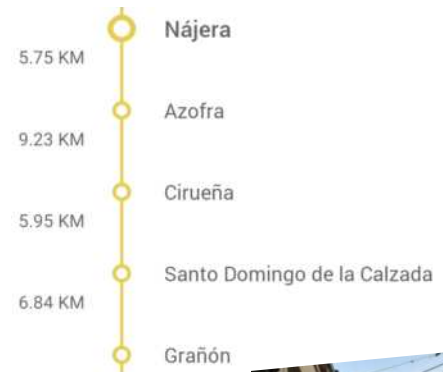
Eat: Parador Nacional de Santo Domingo.

See & Do: Look for the Chickens in the Cathedral!

Grañón:

Stay: [Albergue Parroquial San Juan Bautista](#)***** B,K,D

Eat: Communal meal at Albergue.



Stage 10

Santo Domingo de la Calzada > Belorado

Services: [A](#),[H](#),[R](#),[B](#),[C](#),[S](#),[P](#),[\\$](#)

Population: 2.100

Province: Burgos

Region: Castilia - Leon

Stage Distance: 28 km

Stage Difficulty: Easy Flat for the most part.

With a very good walking surface.

Recommended Footwear: Trail Runners

Stage Scenery: Most boring of the Camino.

Belorado: Historic town with nice Plaza Mayor and wall art.

Stay: [Hostal Punto B](#) - One of the nicest on the Frances!

Eat: Hostal Punto B - The owner is an AMAZING cook!

See & Do: Visit the [Museo del Peregrino](#) in the tourist office.



Stage 11

Belorado > San Juan de Ortega > Ages

Services: [A,H,R,B,C](#)

Population: na

Province: Burgos

Region: Castilla - Leon

Stage Distance: 28 kms or 23 kms

Stage Difficulty: Easy Flat

Recommended Footwear: Trail Runners

Stage Scenery: Mostly hilly, forest.

Montes de Oca: Cute tiny village

Stay: Many options

Eat: Many options

San Juan de Ortega: Historic monastery.

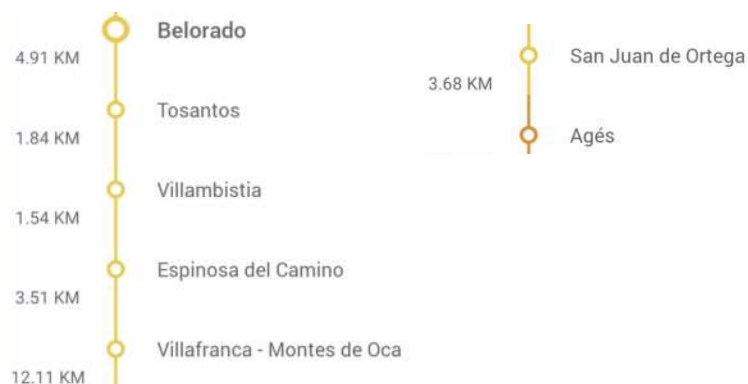
Stay: [Albergue Fagus](#)

Eat: At albergue

Ages: Small stone village with nice outskirts.

Stay: [Albergue Municipal de Ages](#) [W&D,B,K,D](#)

Eat: Albergue restaurant has a Peregrino Menu



Stage 12

San Juan de Ortega or Ages > Burgos

Services: [A,H,R,B,C,S,P,Ti,\\$](#) - Air, Rail, Bus

Population: 174.489

Province: Burgos

Region: Castilla - Leon

Airport: RGS

Stage Distance: 28 km

Stage Difficulty: Moderate Flat for the most part.

Midway there is a rocky uphill section.

Recommended Footwear: Boots (especially when wet)

Stage Scenery: Mostly hilly, with a long walk up and down hill.

Rest Stop: Atapuerca is a World Heritage site. Museum about the in Burgos at the Museo de Prehistoria..

Burgos: One of the most beautiful cities on the Frances!

Stay: [Albergue Municipal de Peregrinos de Burgos](#)**** [W,K,V](#).

Eat: [Cerveceria Morito](#)



Stage 13

Burgos > Hornillos Del Camino

Services: [A](#),[H](#),[R](#),[B](#),[C](#)

Population: 58

Province: Burgos

Region: Castilla - Leon

Stage Distance: 22 kms

Stage Difficulty: **Moderate** Flat for the most part.

Recommended Footwear: Trail Runners

Stage Scenery: Mostly just open fields.

Hornillos del Camino: A quaint tiny village on the camino.

Stay: [Albergue Municipal de Peregrinos de Hornillos](#) K

Eat: [Origen](#)



Stage 14

Hornillos Del Camino > Castrojeriz

Services: [A](#),[H](#),[R](#),[B](#),[C](#),[S](#),[P](#),[\\$](#)

Population: 803

Province: Burgos

Region: Castilla - Leon

Stage Distance: 22 km

Stage Difficulty: **Moderate** Flat for the most part.

Recommended Footwear: Trail Runners

Stage Scenery: Long walk up and down hill.

Hontanas: Scenic village.

Stay: [Albergue Municipal San Juan](#) K,W

Castrojeriz: One of the most scenic villages on the camino.

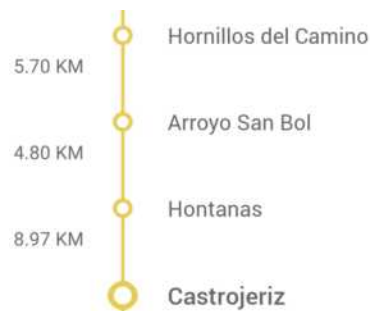
Castrojeriz is a World Heritage site that is a nice rest stop.

Stay: [Albergue San Anton](#)***** K Fantastic albergue experience!

[Verge de Monteserra](#) *** W,D,K

[Albergue Municipal San Esteban](#) K

Eat: Communal dinner at San Anton



Stage 15

Castrojeriz > Frómista

Services: [A](#),[H](#),[R](#),[B](#),[C](#),[\\$](#)

Population: 770

Province: Placencia

Region: Castilia - Leon

Stage Distance: 22 kms

Stage Difficulty: High then Easy Flat for the most part, but the first part of it is a very long climb up a mountain.

Very good surface on all the way to Fromista.

Recommended Footwear: Trail Runners

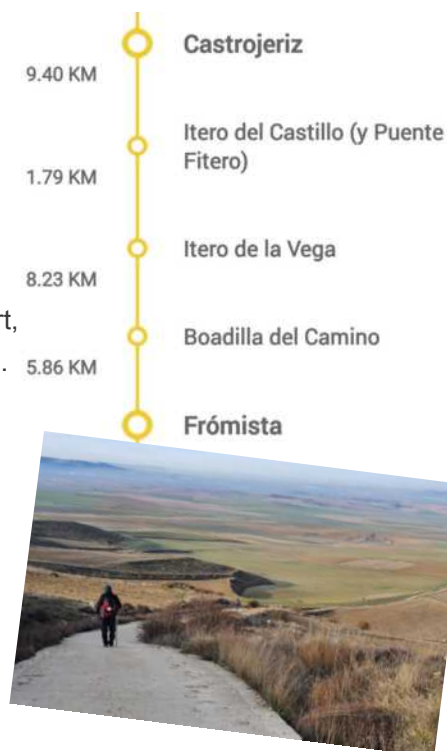
Stage Scenery: Mostly open fields. You walk past the locks just before you enter Fromista.

Fromista Is World Heritage site that has a historically important San Martin church, and Canal locks.

Stay: [Albergue Luz de Fromista](#) W&D,K

Eat: [Venta Boffard](#)

See & Do: Visit San Martin church, cross the canal locks.



Stage 16

Frómista > Carrión de Los Condes

Services: [A](#),[H](#),[R](#),[B](#),[C](#),[\\$](#)

Population: 2.096

Province: Placencia

Region: Castilia - Leon

Stage Distance: 21 km

Stage Difficulty: Easy Flat. Next to the main road.

There is also an alternative but longer route.

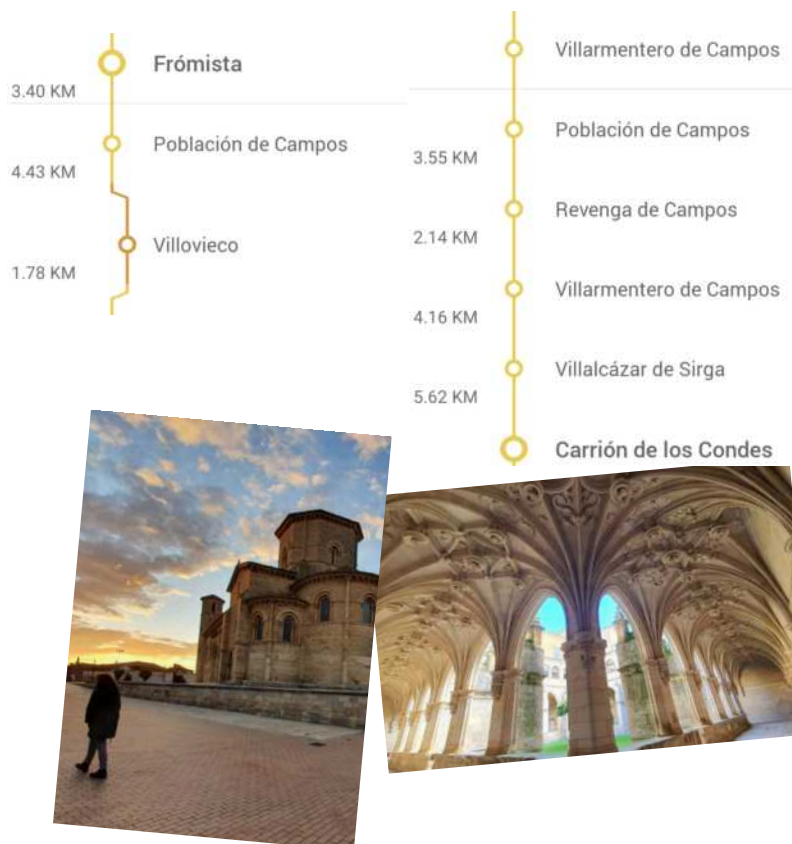
Recommended Footwear: Trail Runners

Stage Scenery: Fields, Villages

Carrion de Los Condes: An interesting town with a fantastic monastery/4* hotel on the outskirts, worth a splurge. The albergue is run by nuns.

Stay: [Albergue Santo Espiritu](#)**** Run by nuns! [K Monasterio de San Zoilo](#)***** Splurge!

Eat: [Naturale](#)



Stage 17

Carrión de Los Condes > Terradillos

> Moratinos

Services: [A](#),[H](#),[R](#),[B](#),[C](#)

Population: 59

Province: Placencia

Region: Castilia - Leon

Stage Distance: 26 kms

Stage Difficulty: Easy, Flat. Very good surface.

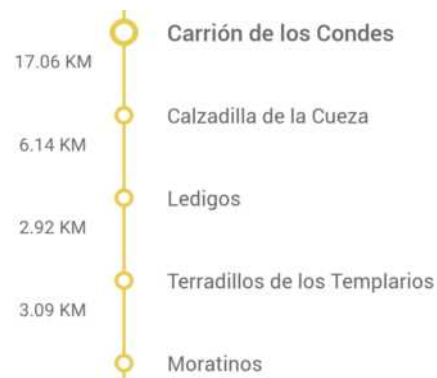
Recommended Footwear: Trail Runners

Stage Scenery: Rural, Villages.

Moratinos Tiny village with lodging and restaurants

Stay: [Hostal Moratinos](#) [W&D](#),[B](#),[L](#),[D](#)

Eat: Hostal restaurant is very good



Stage 18

Moratinos > Sahagún > Bercianos

Services: [A](#),[H](#),[R](#),[B](#),[C](#)

Population: 193

Province: Leon

Region: Castilia - Leon

Stage Distance: 26 kms

Stage Difficulty: Easy Flat. Very good surface.

Recommended Footwear: Trail Runners

Stage Scenery: Flat fields.

Sahagun: Halfway point of the Camino Frances!!.

Stay: [Albergue de la Santa Cruz](#)

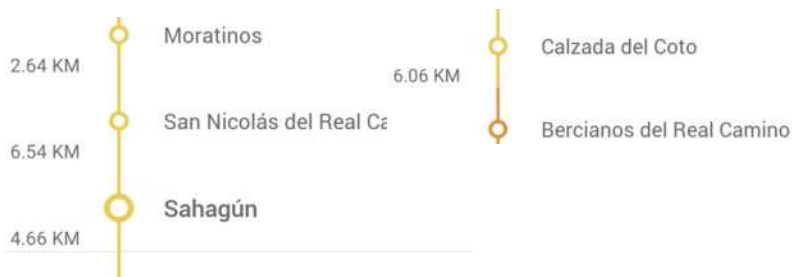
[Albergue Cluny](#) K,WD 45

Bercianos del Camino Small village with not much to offer.

Stay: [Albergue Bercianos 1900](#) K,WD,

[Albergue Santa Clara](#) NOT GOOD!

Eat: [Hostal Restaurante Rivero](#)



Stage 19

Bercianos del Real Camino > Mansilla de Mulas

Services: [A,H,S,R,B,C,P,\\$](#) - Rail, Bus Population: 4.753

Province: Leon

Region: Castilia - Leon

Stage Distance: 48 kms

Stage Difficulty: Super Easy Flat.

Sidewalk and next to the main road.

Recommended Footwear: Trail Runners

Stage Scenery: Mostly flat.

Stay: [Albergue de Gaia](#)**** W&D,K,V



Stage 20

Mansilla de Mulas > Leon

Services: [A,H,PaS,R,B,C,P,Ti,\\$](#) - Air, Rail, Bus

Population: 124.753

Province: Leon

Region: Castilia - Leon

Airport: LEN

Stage Distance: 19 kms

Stage Difficulty: Super Easy Flat.

Mostly next the main road. 50% on Sidewalks!

Recommended Footwear: Trail Runners

Stage Scenery: Most ugly of the Frances! Industrial



Leon: The second largest city on the Camino Frances. Beautiful historical center with exceptional restaurants and hotels. Leon is a good place to rest up for a few days.

Stay: [Hostal Quartier Leon](#)*** K Bunks w Curtain

[Albergue Pilgrim Alda Barrio Humedo](#)**** W&D,K,V

[Parador Nacional de Leon](#)**** Fantastic New Renovation

Eat: [Cafe Marcela](#) - Great breakfast and Lunch

See & Do: Visit the [Casa Botines](#), Barrio Humedo, Cathedral



Stage 21

Leon > San Martin del Camino

Services: [A](#), [H](#), [S](#), [R](#), [B](#), [C](#), [P](#), [\\$](#)

Population: NA

Province: Leon

Region: Castilia - Leon

Stage Distance: 26 km

Stage Difficulty: **Easy** Flat with small ups and downs.

Most of the walk is on the side of the busy main road.

Stage Scenery: Urban and industrial, busy road.

Santa Maria del Camino: Busy highway town that has little to offer other than albergues. Hospital de Orbigo

Stay: [Albergue La Huella****](#)

[Albergue Vieira B,D](#)

Eat: La Huella

— = Official Route — = Alternate Route



Stage 22

Santa Maria del Camino > Astorga

Services: [A](#), [H](#), [S](#), [R](#), [B](#), [C](#), [P](#), [Ti](#), [\\$](#) [Rail](#), [Bus](#)

Population: 11.456

Province: Leon

Region: Castilla-Leon

Stage Distance: 20 kms

Stage Difficulty: **Easy** Flat with small ups and downs.

Recommended Footwear: Trail Runners

Stage Scenery: Rural, Forest, Urban

Hospital de Orbigo: Historic bridge and town

Stay: [Albergue Verde*****](#) CD, WD, K 16

[Albergue Parroquial Karl Leisner](#)

Astorga: Beautiful town. Interesting architecture (Gaudi)

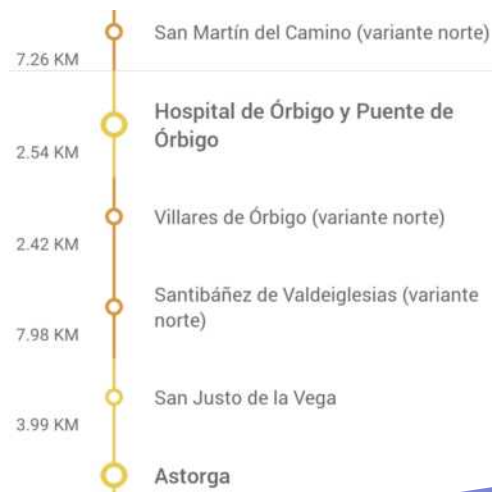
Stay: [Hotel SPA Ciudad de Astorga R,C,SPA](#)

[Albergue Municipal K,W](#)

Eat: [El Aperitivo](#)

— = Official Route

— = Alternate Route



Stage 23

Astorga > Rabanal del Camino

Services: [A,H,S,R,B,C](#)

Population: 74

Province: Leon

Region: Castilla-Leon

Stage Distance: 26 kms

Stage Difficulty: **Moderate** Small ups and downs.

Recommended Footwear: Trail Runners

Stage Scenery: Forest and stone villages.

Rabanal del Camino: A very nice little stone village situated on a hill.

Stay: [Albergue Nuestra Señora de Pilar W&D,K](#)

[Hotel La Posada de Gaspar](#)

Eat: Posada de [Gaspar](#) has a good cafe and restaurant.

See & Do: 6 pm Pilgrims mass.

— = Official Route

— = Alternate Route



Stage 24

Rabanal del Camino > Molinaseca

> Ponferrada

Services: [A,H,S,R,B,C,S,P,\\$](#)

Population: 67.384

Province: Leon

Region: Castilla-Leon

Stage Distance: 30 kms - 7 to 8 hrs

Stage Difficulty: **Difficult** Long uphill and downhill

Recommended Footwear: Boots!!

Stage Scenery: Very nice scenery!! Ghost towns, stone villages, mountains pass.

Do: Leave a stone at the Cruz de Fierro just outside of Foncebadón.

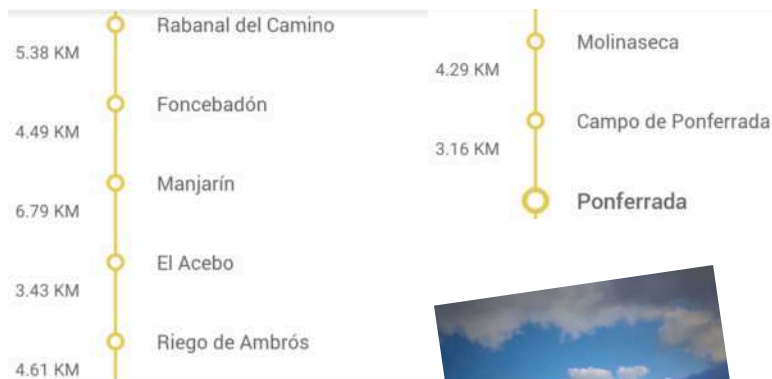
Stay: [Alda Centro Ponferrada Albergue****](#)

[Albergue de Peregrinos San Nicolas](#)

[Albergue Guiana****](#)

Eat: [El Bodegon****](#) Fantastic Place!!!!

See & Do: Place stone at Cruz de Ferro! Visit [Templar Castle in Ponferrada](#)



Stage 25

Ponferrada > Villafranca del Bierzo

Services: [A](#),[H](#),[Pa](#),[S](#),[R](#),[B](#),[C](#),[S](#),[P](#),[\\$](#)

Population: 2.806

Province: Leon

Region: Castilla-Leon

Stage Distance: 25 kms

Stage Difficulty: Easy Nice walk, mostly next to the main road.

Recommended Footwear: Trail Runners

Stage Scenery: Very nice scenery once you get out of Ponferrada Villages, Vineyards.

Villafranca del Bierzo: Very nice town situated in a valley by a river

Stay: [Ave Fenix Albergue](#)**** W&D,B,K,D

[Monasterio San Nicolas](#)

[Parador Nacional de Villafranca del Bierzo](#) (Splurge)

Eat: Communal dinner at Ave Phoenix



Stage 26

Villafranca del Bierzo > Las Herrerías

> O'Cebreiro

Services: [A](#),[H](#),[S](#),[R](#),[B](#),[C](#)

Population: 26

Province: Lugo

Region: Galicia

Stage Distance: 29 kms

Stage Difficulty: Difficult! After 20 kms it's uphill for 9 km.

The last hour or two is amazing but also amazingly strenuous!!

Recommended Footwear: Trail Runners and Boots at end.

Stage Scenery: Very nice scenery! Small stone villages, mountains.

Las Herrerias: If you want to rest before the climb to o'Cebreiro!

Stay: [La Pandela](#)**** Beautiful rooms!

O'Cebreiro: Quaint village atop the ridge.

One or two restaurants and few places to stay.

A very beautiful place!

Stay: [Casa Navarro](#)**** Open in Winter

[Albergue de Peregrinos de O'Cebreiro](#)



Stage 27

O'Cebreiro > Triacastela > Samos

Services: [A](#),[H](#),[S](#),[R](#),[B](#),[C](#),[P](#)

Population: 643

Province: Lugo

Region: Galicia

Stage Distance: 21.7 kms - 5 hrs

Stage Difficulty: Moderate 99% downhill!

Recommended Footwear: Trail Runners

Stage Scenery: Beautiful Galician countryside:

Small stone villages, rolling hills.

Take the Samos camino, it's longer, but more interesting.

Tricastella: Tiny village in a valley.

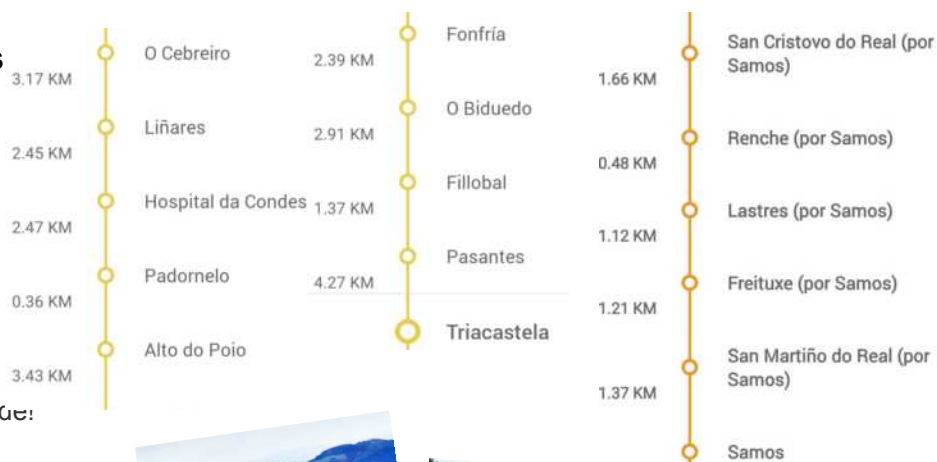
Stay: [Albergue Municipal Triacastela](#)

[Complejo Jacobeo](#)

Eat: [Bar O Escondite](#)

Samos: Tiny village in a valley with an amazing Monastery.

Stay: [Monasterio de Samos](#)



Stage 28

Samos > Sarria

Services: [A](#),[H](#),[S](#),[R](#),[B](#),[C](#),[P](#),[\\$](#) - Rail, Bus

Population: 13.343

Province: Lugo

Region: Galicia

Stage Distance: 21.3 kms

Stage Difficulty: Easy Some small hills

Recommended Footwear: Trail Runners

Stage Scenery: Beautiful scenery! Small villages,

Sarria: Scruffy town that is the last to start if you want to get the Compostela that you have walked the camino!

Stay: [Hotel Casa Matias](#)

[Hotel Alfonso IX](#)

— = Official Route

— = Alternate Route



Stage 29

Sarria > Portomarín

Services: [A](#),[H](#),[S](#),[R](#),[B](#),[C](#),[P](#),[\\$](#)

Population: 1.416

Province: Lugo

Region: Galicia

Stage Distance: 21.6 kms

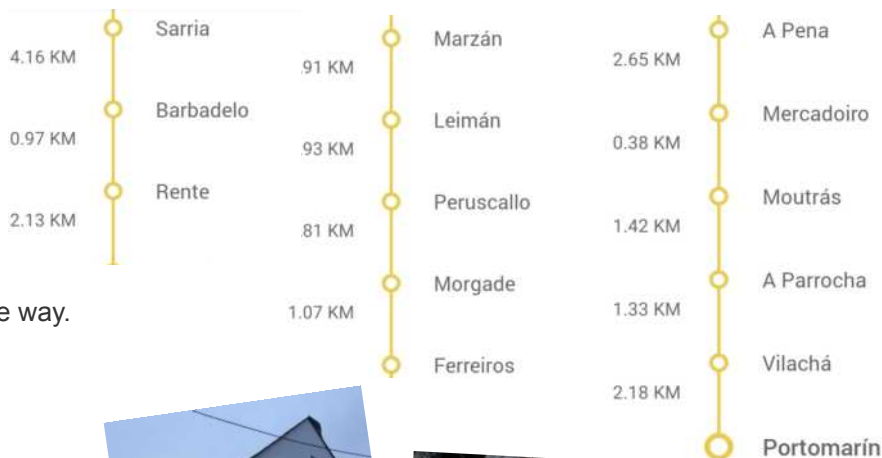
Stage Difficulty: Easy Good paths all the way.

Recommended Footwear: Trail Runners

Stage Scenery: Rural, rolling hills.

Porto Marin: New town that has been relocated overlooking the Miño river dam.

Stay: [Casona do Ponte](#) W&D,B,K



Stage 30

Portomarín > Palas de Rey

Services: [A](#),[H](#),[S](#),[R](#),[B](#),[C](#),[P](#),[\\$](#)

Population: 3.443

Province: Lugo

Region: Galicia

Stage Distance: 27 kms

Stage Difficulty: Easy Easy walking

Just off the main road.

Recommended Footwear: Trail Runners

Stage Scenery: Rural rolling hills.

Stay: [A Casiña di Marcelo](#) W&D,K Bunks w Curtain



Stage 31

Palas de Rei > Melide > Arzúa

Services: [A](#),[H](#),[S](#),[R](#),[B](#),[C](#),[P](#),[Ti](#),[\\$](#)

Population: 6.053

Province: A Coruña

Region: Galicia

Stage Distance: 28 kms

Stage Difficulty: **Easy** Easy walking all the way, winding on and off the main road.

Recommended Footwear: Trail Runners

Stage Scenery: Rolling hills, Tiny Villages

Melide: Small town centered around the Camino, nicer than Arzua.

Stay: [Albergue - Hostal San Anton****](#)

Eat: [Ezequiel Pulperia](#)

Castañada: Fantastic albergue municipal before Arzua

Arzua: Small town centered around the Camino. Lots of albergues to stay!

Stay: [Albergue Tres Abetos](#) W Bunks w Curtain
[Albergue Cima do Lugar W&D](#)

Eat: [Furancho da Santiso](#) - Good Menu



Stage 32

Arzua > O' Pedrouzo

Services: [A](#),[H](#),[S](#),[R](#),[B](#),[C](#),[P](#),[Ti](#),[\\$](#)

Population: 6.053

Province: A Coruña

Region: Galicia

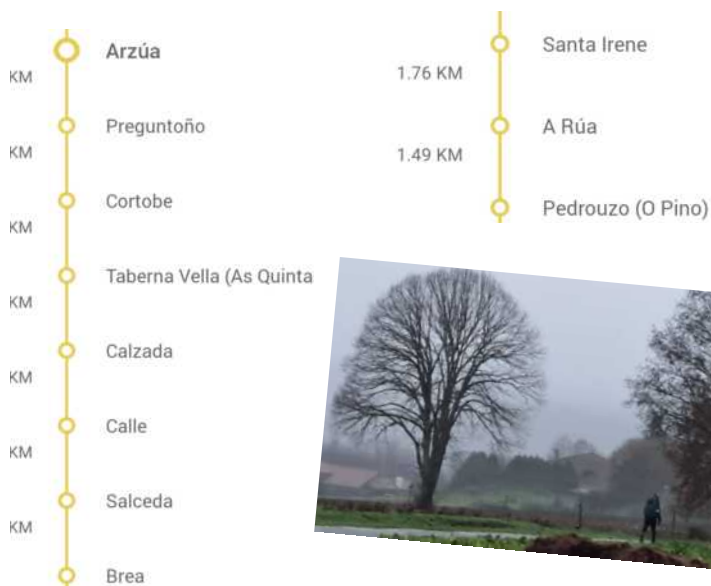
Stage Distance: 18 kms

Stage Difficulty: **Easy** Short day!

Recommended Footwear: Trail Runners

Stage Scenery: Rural with rolling hills.

Stay: [Albergue Municipal](#)



Stage 33

O'Pedrouzo > Santiago de Compostela

Services: [A,H,Pa,S,R,B,C,P,Ti,\\$](#) - [Bus](#), [Train](#), [Air](#)

Population: 96.000

Province: A Coruña

Region: Galicia

Airport: SCQ

Stage Distance: 19 km

Stage Difficulty: Easy

Terrain: Mostly flat but with some small hills

Recommended Footwear: Trail Runners

Walking Surface: Road, Walking Path, Streets

Scenery: Villages, Hilly Countryside



Highlights of the Day: Arriving in Santiago de Compostela

[Getting Compostela](#) - Meeting up with fellow pilgrims again

Worthwhile Seeing and doing:

Pilgrims Mass at the [Cathedral](#)

Cathedral Museum

[Portico de la Gloria Tour](#)

[Pilgrims Museum](#)

Coffee at the [Parador](#)

Tea in garden at [Costa Vella Hotel](#)

Visit the [Pilgrims House](#)

Sunset on the Cathedral Plaza



Places to Stay: [Albergue Seminario Menor](#) [W&D,B,K,V,S](#) Cheap single rooms 15 min walk to Cathedral
[Seminario Mayor](#)*** [B,L,D](#) By the Cathedral - Pilgrims get when asking when reserving
[Hotel Alda Aligia](#)**** [W&D,B](#) Central - Cozy rooms.
[Parador Nacional Hospital Real](#)**** [B,L,D](#) By Cathedral - Splurge
[Hotel Costa Vella](#) *** [B](#) Center - Hotel with very nice garden
[Hospederia Talea](#) Decent small hotel in center

Places to Eat: [A Horta d'Obradoiro](#) (Michelin Guide Recommended) Reservation needed
[Casa Manolo](#) - Good for groups
[Enxebre](#) - Close to Cathedral - Parador
[Cafe Bar DA CA](#) - Locals eat here - Cheap and good. Close to Seminario Menor
[Masa](#) Pizza by the slice
[Abastos 2.0](#) Tapas and Seafood (Michelin Guide Recommended)
[A Porta Verde](#) Vegan

Places to Relax: [Cafe La Morena](#) - Great Coffee and Breakfast
[Cost Vella](#) - Nice Garden - Quiet Spot
[Pilgrims House](#) - Luggage storage - Quiet Spot - Camino Debrief

Shop: [Decathlon](#) for new hiking gear.

Services Codes: **A**= Albergue **H**= Hotel **Pa**= Parador **S**= Supermarket **R**= Restaurant **B**= Bar **C**= Cafe **P**= Pharmacy
Ti= Tourist Info **W**= Washing Machine **W&D**= Washer-Dryer **B**=Breakfast **L**=Lunch **D**=Dinner **K**= Kitchen **V**=Vending
Machine **\$**= ATM
**** = Fantastic Worth a visit!

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