

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 less than a few thousand walk the Lebaniego.

The Camino Lebaniego is a short 3 day Camino that goes from San Vicente de la Barqueta on Camino del Norte in Cantabria and ends up in the Monasterio de Santo Toribio de Liebana just outside of Potes next to the Picos de Europa mountain range. The monastery holds and venerates part of the “Lignum Crucis”, the True Cross is said to be the real cross that Jesus of Nazareth was crucified on, according to Christian tradition, which is claimed to be the largest piece held.

The Lebaniego offers pilgrims a unique opportunity to discover some of the most scenic and spectacular countryside of Spain, while also providing a challenging and rewarding physical journey into the Picos de Europa.

A 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, the Camino Lebaniego will reward you with some of the most spectacular views of any Camino.

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

Wishing you a Buen Camino!!

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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 2 to 3 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.The number of Albergues on the Camino Lebaniego are very limited so it is wise to call or book ahead.

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 Hostal 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:

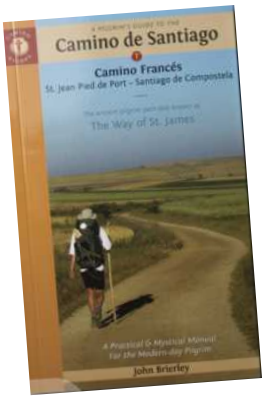
- Wear proper fitting and well broken-in footwear.
- Make sure your backpack weighs as little as possible. (aim for less than 10% of your body weight)
- Walk at your own pace… it is not a race.
- Listen to your body.
- Know your walking pace and limits.

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 other routes you are on and its history. But sadly there is no printed guidebook that I could find about the Lebaniego.

I therefore recommend smartphone apps such as Buen Camino, Gronze or Camino Ninja. They provide much of the information you will need, 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:	Apps for iPhone:	Apps for Android:
A Pilgrim Guide Series	Buen Camino	Buen Camino
Wise Pilgrim Series	Camino Ninja	Camino Ninja
	Wise Pilgrim	Wise Pilgrim
	Camino Tool	Camino Tool
	Gronze	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 yellows arrows to indicate the right way at the various tricky crossroads along the trail leading to Santiago. On the Lebnaniego the arrows are RED

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:

The number of Albergues on the Camino Lebaniego are very limited so it is wise to call or book ahead.

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 Calzada, 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.

M**unicipal Albergues** are usually run by the town or city they are in and are usually quite basic in their offerings.

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

Hotel Booking Sites and Apps:

Bookings.com
Hostelworld.com
Hotels.com
Trivago.com
Agoda.com
Paradores.es

Parador Nacional: €70 to €350 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 or Tortilla or a Bocadillo 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.

Be aware that on the Lebaniego services are very limited; some villages do not have bars or restaurants so it is wise to bring some spare food or call ahead.

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 Lebaniego is pretty easy. Santander (SDR) is well connected to other European airports. Iberia and Vueling are the major Spanish airlines serving it from Madrid or Barcelona.Getting into Santander to the bus or train station is pretty straightforward as both are on the bus or taxi.

AIR: The city you can fly into to start the Camino Lebaniego is Santander(SDR) or Bilbao (BIO).



RAIL: Getting to your starting point of San Vicente de la Barqueta is pretty straightforward. The main train lines between Madrid and Santander are on the Alvia high speed service.

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: Alvia is the high speed rail service.

If you plan on ending your camino in Potes, the bus is going to be your best option to get fully booked days ahead, especially during long weekends and holidays.

For timetables and reservations:

RENFE
Ouigo
IRYO

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



Alsa and Flixbus are the major bus companies operating in Spain.. Tickets can be purchased on the bus. If you are traveling long distances you will need to book the ticket in advance. The Santander bus station is conveniently located next to the train station.

For timetables and reservations:
ALSA.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 form 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 San Vicente you can purchase one at the Albergue.

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 a certificate that states that you have completed your pilgrimage, you can do so at the Monasterio de Santo Toribio de Liebana or at the Pilgrims office at the monastery or in Potes.

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

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; whist 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 there are no regular baggage transfer services on the Lebaniego per say but you could always call a local Taxi and ask them to transport your luggage or backpack.



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.

Decatlon.com
Amazon.com
Rei.com

W= Recommended in Winter S = Recommended in Summer

Camino Lebaniego Stages

Stage 0



San Vicente de la Barqueta
Services: *A,H,R,B,P,$ - Bus, Train*
Population: 4.158
Province: Santander
Region: Cantabria

Getting there: Arrive via bus or taxi from Santander or take the train from Santander but beware that it is a 2 km walk to town.

Stay: Nomada Hostel
Eat: Cafe Bar Manatial

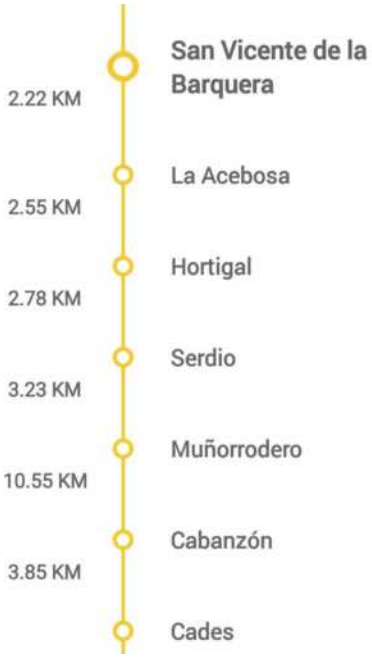
See & Do:
Get your Credencial de Peregrinos.

Stage 1

San Vicente de la Barqueta > Cades
Services: *A,H,R,P,$*
Population: 76
Province: Santander
Region: Cantabria







Stage Distance: 22 kms
Stage Difficulty: Hard Uphill for most of the way.
Recommended Footwear: Boots
Scenery: Fields, forest, pretty villages

Stay:
Albergue de Carábo
Eat: At Albergue

Stage 2

Cades > Cicera or Cabañes

Services: *A,H,R,B,C,S,P*
Population: 68
Region: Cantabria

Stage Distance: 26 kms
Stage Difficulty: Hard Uphill for most of the way.
Recommended Footwear: Boots
Scenery: Forest, mountains and pretty villages.

Rest Stop: Not many along the way.

Stay: Albergue de Peregrinos de Cisera K Albergue de Cabañes







Stage 3

Cisera > Potes > Santo Toribio de Liébana

Services: *A,H,R,B,C,S,,$ - Bus*
Population: 1.506
Region: Cantabria

Stage Distance: 20 km
Difficulty: Moderate Uphilll most of the way, but very good paths.
Recommended Footwear: Trail Runners
Scenery: Pretty villages and amazing landscape.

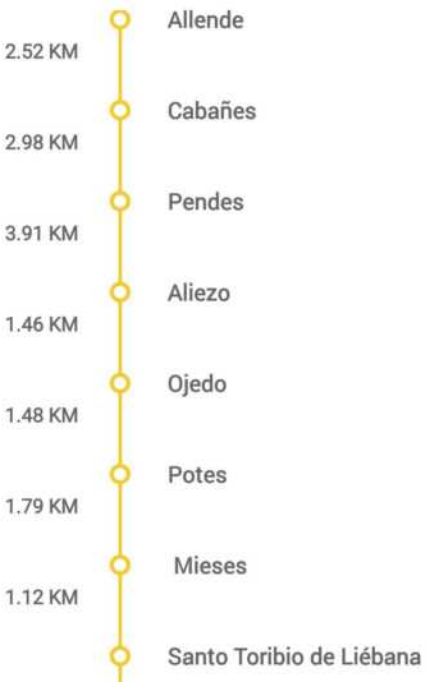
Stay: Albergue de Peregrinos de Potes

Eat: El Bodegon









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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