



CAMINO INGLES

CORUNA - FERROL TO SANTIAGO DE COMPOSTELA

4 Stages 68 km - 5 Stages 113 km

The Camino Ingles, or the English Way, is one of the pilgrimage routes that leads to the Cathedral of Santiago de Compostela. It is named "Ingles" because it was historically used by English pilgrims who sought to visit the shrine of St. James the Great in the Middle Ages.

Pilgrims traditionally took this Camino from Northern Europe, Britain, and Ireland on their way to Santiago, and it was also an important trading route.

The Camino Ingles is considered to be one of the shortest and easiest of the Camino routes, with a total distance of around 100 kilometers.

Unlike other Caminos, the Ingles has two traditional starting points: the port cities A Coruña and Ferrol.

Even if A Coruña is a larger and more attractive town than Ferrol, only a few pilgrims start from there because it's situated less than 110 km from Santiago de Compostela.

The Camino Ingles is not as well-trodden as the Frances and offers a more peaceful and intimate pilgrimage experience. Despite its shorter distance, the Camino Ingles is still a challenging and rewarding journey that can provide many of the same benefits as the longer Camino routes.

The Camino Ingles from A Coruña or El Ferrol to Santiago de Compostela is a short but beautiful one that can easily be completed in 3 to 5 days.

Wishing you a Buen Camino!!



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A Coruña - Santiago de Compostela 4 Stages

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Camino Getting Ready to Go: The Basics

When to go:

The Camino Ingles can be walked at any time of the year. However, the most advisable months are those of spring and summer, given their pleasant temperatures and because most all albergues along the way will be open. The weather on the Camino Ingles is mild all year round. In theory, it is possible to walk it year-round, however people mostly walk this way from March to mid-November when the weather is dry and mild.

Intense summer temperatures are not a real issue on the Camino Ingles, with the average summer temperature being 25 degrees celsius. Whilst the fall and winter months are not the most pleasant to walk due to the increased chances of rain, temperatures are not all too low. However you may find many albergues closed during these months.

You should know that it is a fairly crowded route, in high season which peaks in August, you will find it full of pilgrims as it can be completed in under a week and is quite popular with Spaniards, so it may be hard to find accommodation on long weekends or holidays.

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!

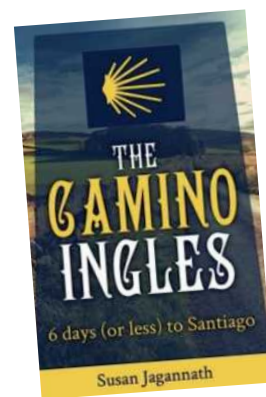
Aches and pains will happen, but as long as you pay attention to them and don't try to ignore the messages your body is sending you should, you will be fine. It's when you don't pay attention to the warning signs and just keep on pushing yourself beyond your limit day after day that your body will finally 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 Pilgrim Route 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!

For this reason I recommend smartphone app such as Buen Camino, Gronze or Camino Ninja instead, as they provide much of the same information and don't weigh you down, but also give you the added benefit of having a live map so that 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 they have become an ubiquitous symbol of the camino... and can be found everywhere from t-shirts to bandanas.

After a day or two you become an expert at spotting the arrows that are basically everywhere from lampposts to trees to rocks...



Lodging:

There are some amazing places to stay along the Ingles 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.

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.

Private Albergues tend to be more comfortable than the Municipal ones and offer blankets and washing machines, but are also more expensive.

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 due to the fact that some pilgrims equate a donation to being free. Most albergues have a kitchen where one can cook, most private albergues will offer a communal dinner and basic breakfast at an additional charge.



The distinctions between Hotels and Hostels depend on the services offered. Some Hostels 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 rural areas.

My favorite place to sleep are Paradores Nacionales which are government run hotels that usually are found in fantastic historic locations on the Ingles. There is one in El Ferrol overlooking the port and in Santiago next to the cathedral. They are a bit more pricey, but definitely worth splurging for every now and then.



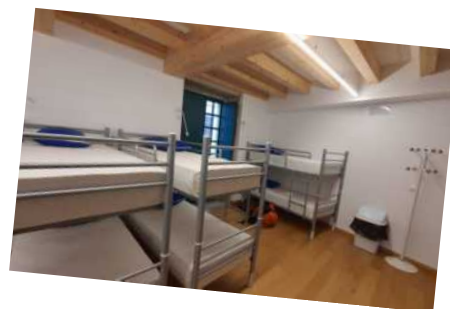
If you want the most authentic Camino walking experience, you definitely will want to stay in Albergues as often as possible. The dorm rooms usually can sleep anywhere from 4 to 40 people, and cost anywhere from €8 to €15 for a bunk bed per night. They are the cheapest option when walking the camino.

Most Municipal Albergues require you to have a sleeping bag or sleeping bag liner as no blankets are provided or towels. Some charge €1 extra for disposable sheets.. Most private albergues provide blankets and sheets, some even 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.

At Municipal Albergues 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.

Also most Albergues 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 passport you get at the start of your pilgrimage, that you get stamped wherever you stay. You always have to show your credencial and passport when checking in. You can call after 1 PM and usually they will tell you if they have beds available... but you cannot reserve a bed and they don't accept credit cards.

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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 hotels and 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.

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 and Food:

Northern 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 (a 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, except if you opt to go via Polla de Allende instead of the Hospitales Route, as the Hotel Allendesa there has the best Pilgrims Menu of any I have ever had!

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 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.



Finding a good restaurant or cafe is easily done using Google Maps or asking the host at your albergue or hotel. But there are a few places I highly recommend you eat: In Betanzos eat Tortilla... it is famous for it!

Getting there and away:

Getting to A Coruña or El Ferrol, the starting of the Camino Ingles is pretty easy.

AIR: You can fly to A Coruña or Santiago airport from Madrid and Barcelona. Getting into town is pretty straight forward as both are on the bus or taxi in A Coruña

RAIL: A Coruña and El Ferrol are both reachable by train.



The main train line between Madrid and A Coruña are on the AVE high speed service, to get to El Ferrol you need to switch to the Renfe Cercanias service which runs several times a day.

From Santiago it is a short 40 min hop on any train to A Coruña, but getting to Ferrol by train from Santiago is not practical as it takes many hours so take the bus instead.

Renfe is the Spanish Rail line 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 reachable via 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. Intercity and Alvia are the other options.

Most towns and villages along the Ingles are close to the Renfe Cercanias rail, which are slower and less expensive, but 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:

[RENFE](#)

[Ouigo](#)

[IRYO](#)

BUS: Buses in Spain are very reasonable and literally every little town has a bus stop that will get you to the next larger city. Avanza and 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 distance you will need to book the ticket in advance.

The new bus station in Santiago is now conveniently located next to the train station.

Monbus connects Santiago with A Coruña and Ferrol a few times a day. The duration of the trip is about 1.2 hrs to A Coruña and about 2 or 3 hours to el Ferrol, depending on the route that the bus takes.

For schedules and reservations:

[MONBUS](#)



TAXI: Taxis are available almost anywhere along the camino and are not very expensive. If you need you can call one to pick you up along the camino if you become tired or can not walk any more. Uber is available in most cities.

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. A 30 day unlimited call and text plus 15 gb data cost about €10 to €20.

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 Ferrol you can purchase one at the Catedral de San Julian (Rua Igrexia s/n) or at the Oficina de Amigos de Peregrinos Comoselam on Avenida Marina s/n.

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 and will bring back good memories when you go over them years later.

In order 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 first street to your right 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 but there is always a Farmacia de Turno open 24 Hrs somewhere, usually there will be a sign telling you where.

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

Sunday: Most all shops except for some clothing stores and big shopping malls. *Supermarkets are closed on Sundays*, so be sure stock up on Saturday.

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, is that there are washing machines or laundromats most anywhere you will stay along the way, so clean clothes are never a problem.

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 t-shirts and socks and underwear, 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 I highly recommend trail runners on the Ingles as it is very flat, that said whatever you decide to take boots or trail runners, you walk at least 50 km in them before you start your walk, that way you will not have as many problems with blisters and sore feet. High 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.

As far as sleeping bags go, most Municipal Albergues require you to use one 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.

Just remember that each liter of water and all those snacks you carry also count to the total weight...

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 one size larger than you normally would. I personally recommend taking 2 pairs of shoes, either one boot and one trail runner or two sets of trail runners 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 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 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.

Luggage - Backpack Transfer Service & 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.

Using the luggage transport service is a good option if you have any physical ailments or problems or simply don't want to burden yourself with a large backpack.,



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.

The cost per bag is anywhere from €5 to €12 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.

If you have an onward trip that doesn't involve backpacking after you arrive in Santiago de Compostela an option is to send your non backpacking luggage to the Correos in Santiago or else send it to Casa Ivar in Santiago for safe keeping 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.

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 the Pilgrims House close to 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 in Santiago:

[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 Long sleeve front zipper type that goes over backpack is easy to put on!
- ☐ 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 your roaming fees & international 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 on the Ingles has large outlets in A Coruna and Santiago. They stock pretty much anything you may need for hiking at very reasonable prices and are of decent quality. You can also buy on Amazon.es and ship to their drop boxes that are available in most big cities in Spain.

Decathlon.com

Amazon.com

Rei.com

W = Recommended in Winter S = Recommended in Summer

Camino Ingles **A Coruña to Santiago** Stages

Starting Point

A Coruña

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

Population: 244.500

Province: A Coruna

Region: Galicia

Airport: LCG

Worthwhile Seeing and doing:

Pilgrims Mass at Cathedral

Torre de Hercules Lighthouse - Oldest in the world.

Getting there:

Air: from Madrid to LCG

Train: from Madrid and Santiago

Bus: from Santiago de Compostela



Stage 1

A Coruña > Sergude

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

Population: 25

Province: A Coruna

Region: Galicia

Distance: 18.1 km

Stage Difficulty: Easy

Terrain: Mostly downhill, Uphill after Negeira

Walking Surface: City Streets, Suburban Road

Scenery: City, Rolling Hills

Rest Stop: O Burgo [A](#),[H](#),[S](#),[R](#),[B](#),[C](#),[P](#),[\\$](#),[\\$](#)

Highlight of the Stage: Views leaving A Coruna

Stay: [Albergue de Sergude-Carrai](#) 30 W&D, K

Very nice albergue!

Eat: [Casa Adolfo](#)



Stage 2

Sergude > Hospital de Bruma

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

Population: 25

Province: A Coruña

Region: Galicia

Distance: 12.45 km

Stage Difficulty: Steep long 4 km uphill at end of stage

Walking Surface: Mainly road, Some dirt path

Scenery: Rolling Hills, Forest

Rest Stop: As Travesas [B,C](#)

Stay: [Albergue San Lorenzo](#)**** 26 W&D,K,V

Very nice albergue!

[Albergue Peregrinos de Bruma](#) 22 W&D,K

Eat: [Casa Grana](#)



Stage 3

Hospital de Bruma > Sigüeiro

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

Population: 3845

Province: A Coruña

Region: Galicia

Distance: 15 km

Stage Difficulty: Easy

Terrain: Mostly downhill

Walking Surface: Dirt path, Some Road

Scenery: Forest, Villages

Rest Stop: O Castro - Breakfast

Stay: [Albergue Camiño Real](#) 16 W&D,K

[Albergue Miras](#) 14 W&D,K,



Stage 4

Sigüeiro > Santiago de Compostela

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

Population: 96.000

Province: A Coruna

Region: Galicia

Airport: SCQ

Distance: 15 km

Stage Difficulty: Easy

Terrain: Mostly flat or downhill

Walking Surface: Dirt path, Some Road

Scenery: Forest, Villages

Rest Stop: Poligono do Tambre [B](#), [C](#)

Worthwhile Seeing and doing:

Pilgrims Mass at 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

Don't miss!!:

Eating at A Horta d'Obratorio

Pilgrims Mass

Stay: [Albergue Seminario Menor](#)***** 254 [W&D](#), [B](#), [K](#), [V](#) 15 min walk to Cathedral Cheap single rooms

[Seminario Mayor](#)*** [B](#), [L](#), [D](#) By Cathedral - Pilgrims get when asking when reserving

[Hotel Alda Aligia](#)**** [W&D](#), [B](#) Central - Cozy rooms.

[Parador Nacional](#)**** [B](#), [L](#), [D](#) By Cathedral - Splurge

[Hotel Costa Vella](#) *** [B](#) Center - Hotel with very nice garden

Eat: [A Horta d'Obratorio](#) (Michelin Guide Recommended) Reservation needed

[Casa Manolo](#) - Good for groups

[Enxebre](#) - Close to Cathedral - Parador

Relax: [Cafe La Morena](#) - Great Coffee

[Cost Vella](#) - Nice Garden - Quiet Spot

[Pilgrims House](#) - Luggage storage - Quiet Spot - Camino Info



Camino Inglés El Ferrol to Santiago Stages

Starting Point

El Ferrol

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

Population: 66.754

Province: A Coruna

Region: Galicia

Worthwhile Seeing and doing:

Pilgrims Mass at Cathedral

[Museo Naval](#)

Coffee or lunch at the Parador Nacional

Getting there:

Air: from Madrid or Gijon or Ribadeo

Bus: from Santiago de Compostela

Stay: [Parador Nacional](#)**** [B,L,D](#) - Splurge
[Hostal La Frontera](#) * Center - Hotel with very nice garden



Stage 1

El Ferrol > Pontedeume

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

Population: 7.800

Province: A Coruna

Region: Galicia

Distance: 28.4 km

Stage Difficulty: Moderate

Terrain: Mostly flat but some uphill sections

Walking Surface: City Streets, Suburban Road

Scenery: City, Rolling Hills

Rest Stop: Neda [A,H,S,R,B,C,\\$\\$](#)

[Albergue de Peregrinos de Neda](#) 28

Highlight of the Stage: Leaving Ferrol

Stay: [Albergue Rio Eume](#) W&D, B,L
[Albergue de Peregrinos de Pontedeume](#) 20



Stage 2

Pontedeume > Betanzos

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

Population: 12.960

Province: A Coruna

Region: Galicia

Distance: 19.6 km

Stage Difficulty: Moderate

Terrain: Mostly flat, 4 km uphill at end

Walking Surface: Mainly road, Some dirt path

Scenery: Rolling Hills, Forest

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

[Albergue de Peregrinos de Mino](#) 16

Stay: [Albergue Rio Mandeo](#) **** [W&D,B,L,D,C](#)

[Albergue de Peregrinos de Betanzos](#) 37

Eat: Tortilla Espanola!!! Betanzos is known for its tortillas!!! [El Iberico](#)



Stage 3

Betanzos > Hospital de Bruma

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

Population: 3845

Province: A Coruna

Region: Galicia

Distance: 23.7 km

Stage Difficulty: Moderate

Terrain: Up and downhill.

Walking Surface: Dirt path, Some Road

Scenery: Forest, Villages

Rest Stop: Presedo

Xx Albergue de Peregrinos de Presedo 16

Stay: [Albergue San Lorenzo](#) **** 26 [W&D,K,V](#)

[Albergue Peregrinos de Bruma](#) 22 [W&D](#)

Eat: [Casa Grana](#)



Stage 3

Hospital de Bruma > Sigüeiro

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

Population: 3845

Province: A Coruña

Region: Galicia

Distance: 12.52 km

Stage Difficulty: Easy

Terrain: Mostly downhill

Walking Surface: Dirt path, Some Road

Scenery: Forest, Villages

Rest Stop: O Outeiro

[Albergue de Peregrinos de Poulo](#)

Stay: [Albergue Camiño Real](#) 18 W&D,K

[Albergue Miras](#) 14 W&D,K,



Stage 4

Sigüeiro > Santiago de Compostela

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

Population: 96.000

Province: A Coruña

Region: Galicia

Airport: SC

Distance: 15 km

Stage Difficulty: Easy

Terrain: Mostly downhill

Walking Surface: Dirt path, Some Road, City Streets

Scenery: Forest, Villages

Worthwhile Seeing and doing:

Pilgrims Mass at 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



Don't miss!!:

Eating at A Horta d'Obratorio

Pilgrims Mass

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

Eat: [A Horta d'Obratorio](#) (Michelin Guide Recommended) Reservation needed
[Casa Manolo](#) - Good for groups
[Enxebre](#) - Close to Cathedral - Parador

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

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

I hope you enjoyed this guide and that you get good use out of it. If you have any questions or comments, please feel free to contact me at rolf@magener.com