SUGGESTED ROUTE

The Pilgrims' Way to Santiago does not start at a specific point nor does it consist of a single itinerary. Indeed, the Way can be reached from many different places all over Europe. This publication proposes the route that has traditionally been the best-known and the most popular: the French Way. This route runs along four major roads in France and enters Spain through two points in the Pyrenees: Roncevalles (Navarre) and Somport (Aragón). Here we present the route that goes from the neighbouring French town of Saint-Jean-Pied-de-Port, an emblematic town on the Pilgrims' Way, to the city of Santiago.

The Way is divided into 15 stretches, in an attempt to combine the stamina of the average cyclist with the places of historic and artistic interest along the route. Nevertheless, each cyclist must adapt the route to his or her particular characteristics. The Way must never become a race to reach Compostela. As you will see, at the end of each stretch, the cyclist will find pilgrims' hostels that are very reasonably priced.

At some of the hostels pilgrims travelling on foot take preference over other travellers, a tradition that must be complied with. Along almost all of the stretches, there are other alternative accommodation options for pilgrims to choose from.

- River
- Road
- Trail
- Grass path
- Railroad
- Highway
- Border

- Fountain
- Lagoon
- Hostel
- Summit
- Monastery
- House
- Wayside cross or Monument

- Crossroads. Turn-off from the main road
- Large town
- Small town
- Village or hamlet
- Town along the way

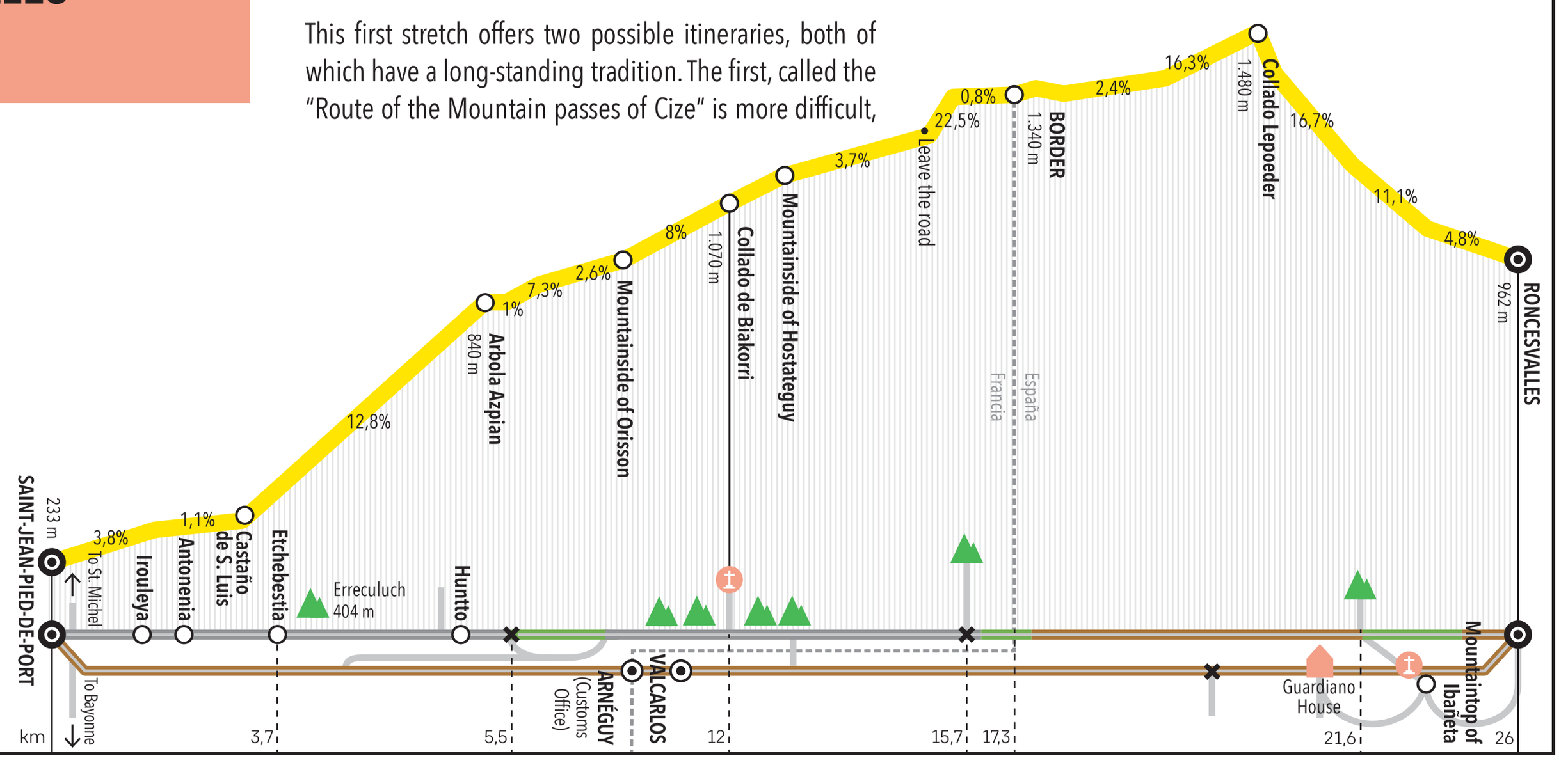
Source: El Camino de Santiago en bicicleta, Carlos J. Crespo, S.A. de Xestión do Plan Xacobeo

SAINT-JEAN-PIED-DE-PORT
> RONCESVALLES

Distance: 26 km (Cize route)
Minimum elevation: 233 m
Maximum elevation: 1.480 m
Level of difficulty: difficult-advanced
Places of cultural interest: Saint-Jean-Pied-de-Port, Mountaintop of Ibañeta, Roncesvalles

In the French town of Saint-Jean-Pied-de-Port, the Way of Saint James looks out over Spanish territory. A mere 30 kilometres separates the north and south face of the Pyrenees Mountain range along one of the most beautiful and inspiring stretches of the Pilgrims' Way.

This first stretch offers two possible itineraries, both of which have a long-standing tradition. The first, called the "Route of the Mountain passes of Cize" is more difficult, but also more rewarding. The traveller comes across sweeping views of the Pyrenean landscape and lush woods of deciduous trees all along the way. The second route, through Valcarlos, is more accessible but does not offer such spectacular scenery.

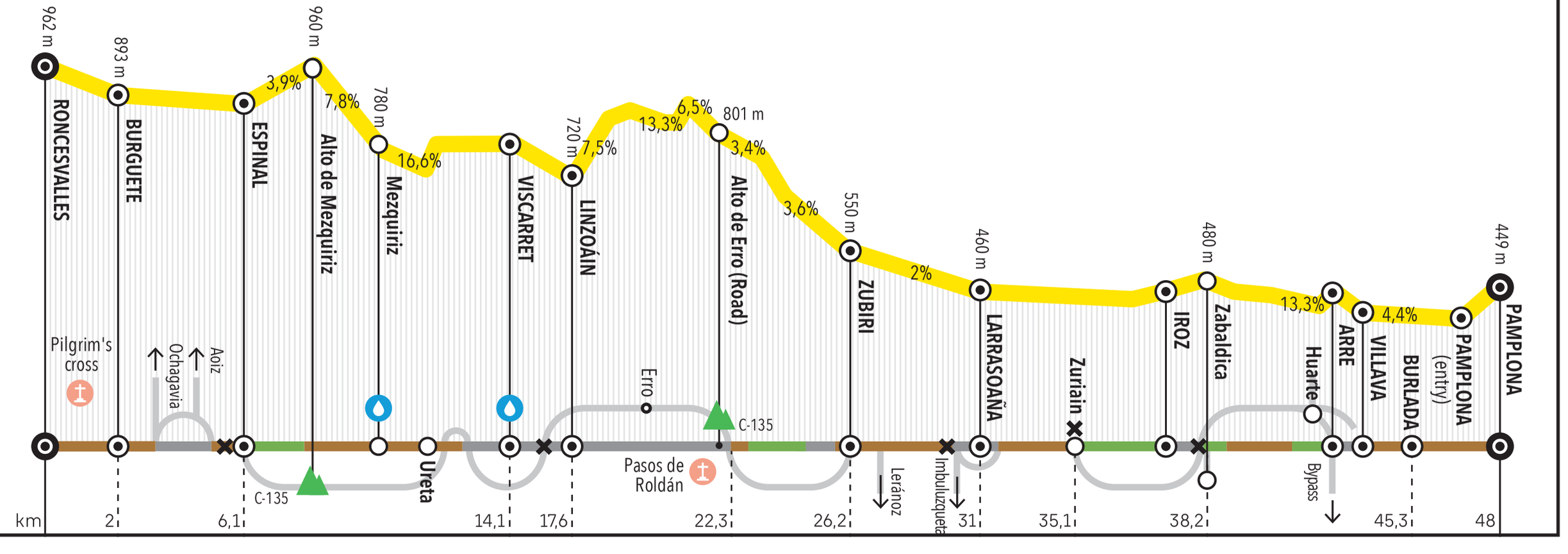


RONCESVALLES
> PAMPLONA

Distance: 48 km
Minimum elevation: 420 m
Maximum elevation: 962 m
Level of difficulty: moderate-difficult
Places of cultural interest: Viscarret, Pasos de Roldán, Zubiri, Villava, Pamplona

On this stretch of the Way we leave the Pyrenees behind. The immense Pyrenean forest gives way to small patches of oak woods and conifers, interspersed with farmlands and dry barren lands. This route invites the traveller to delight in the magnificent and carefully-conserved towns in the Navarra Region.

This stretch takes the cyclist on a roller coaster ride through narrow winding ways that make this route a veritable "leg breaker". Barring this, the way itself is not especially difficult, with the exception of the descent down the Alto de Erro and the last leg of this stretch, from Zabaldica onwards. If it is raining, it is advisable to follow the road on these two sections.

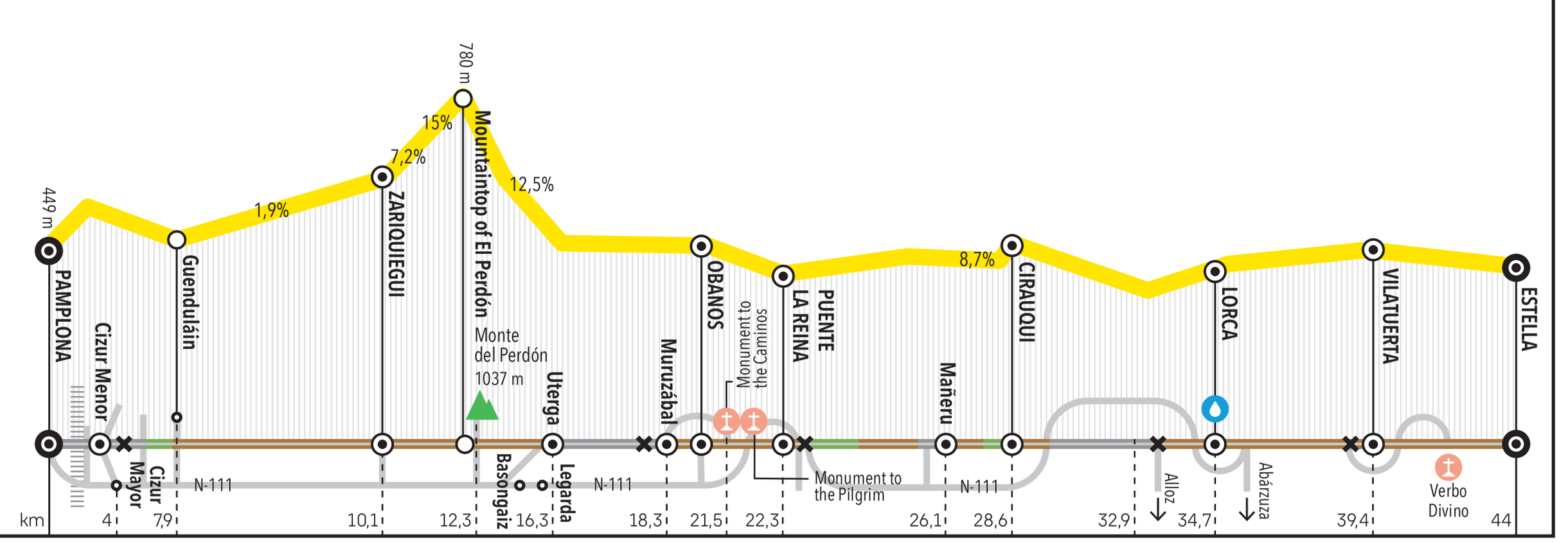


PAMPLONA
> ESTELLA

Distance: 44 km
Minimum elevation: 397 m
Maximum elevation: 780 m
Level of difficulty: moderate
Places of cultural interest: Mountaintop of El Perdón, Puente la Reina, Cirauqui, Estella

This stretch penetrates into the heart of the ancient region of Navarra. It crosses dry plains and furrowed farmlands dotted with towns and villages. After travelling halfway, the cyclist enters the emblematic town of Puente la Reina, where the two routes of the French Way, one entering Spain from Roncevalles and the other from Somport, join together as one to head towards Santiago. The symbol of this junction is this town's historic bridge built to help the pilgrims on their way for the pilgrims.

This way is relatively easy, except for the last leg, during the ascent to the Alto del Perdón. The muddy part of this stretch makes it difficult to travel in inclement weather.

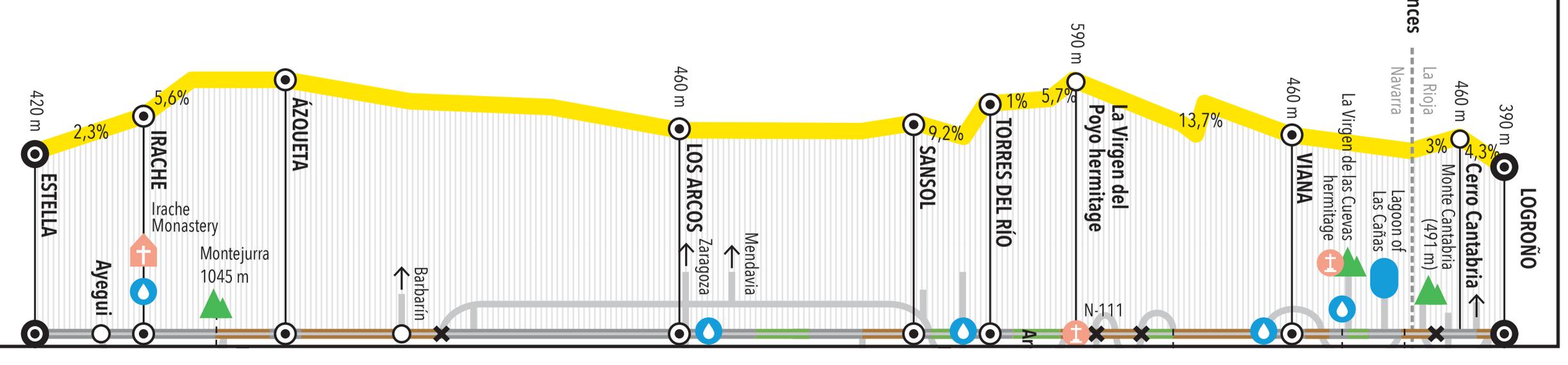


ESTELLA
> LOGROÑO

Distance: 49 km
Minimum elevation: 390 m
Maximum elevation: 590 m
Level of difficulty: moderate-easy
Places of cultural interest: Irache, Torres del Río, Viana, Logroño

This is the last leg of the stretch travelling in a south-westerly direction. After Logroño, the French Way turns west, and continues in this direction until it reaches Compostela. This stretch skirts the great Benedictine Monastery of Irache and crosses the Ebro River over the historic Piedra Bridge, at the gates of the city of Logroño, capital of the region of La Rioja. Fields of grain and vineyards line the way on our journey.

This is an arduous stretch – a "leg breaker", with a never-ending succession of steep hills to climb and where the wind becomes an unpleasant companion all along the route. During wet weather, there may also be problems with mud on the dirt ways.

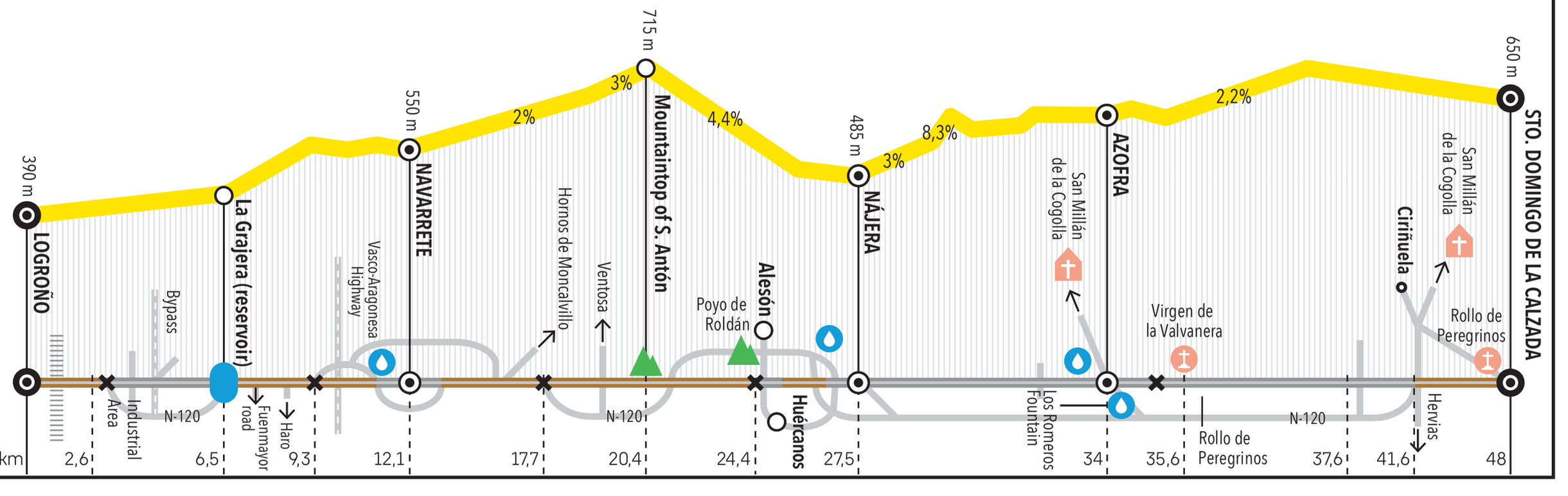


LOGROÑO
> SANTO DOMINGO DE LA CALZADA

Distance: 48 km
Minimum elevation: 390 m
Maximum elevation: 715 m
Level of difficulty: moderate-difficult
Places of cultural interest: Navarrete, Nájera, Santo Domingo

Vineyards and farmlands make up the countryside of a stretch which leads us to Santo Domingo de la Calzada, rich in history and traditions associated with Saint James and the Pilgrims' Way, as it was founded by the eponymous saint to attend to the pilgrims. The saint's influence can also be seen along the Way in this area, with a magnificent 24-arch bridge spanning the Oja River.

The hills of La Demanda, to the south, and of Cantabria to the north, flank the vast valley of the Ebro River which the cyclist crosses during this leg. The strong winds bearing down upon the valley make for tough conditions on an already arduous stretch.

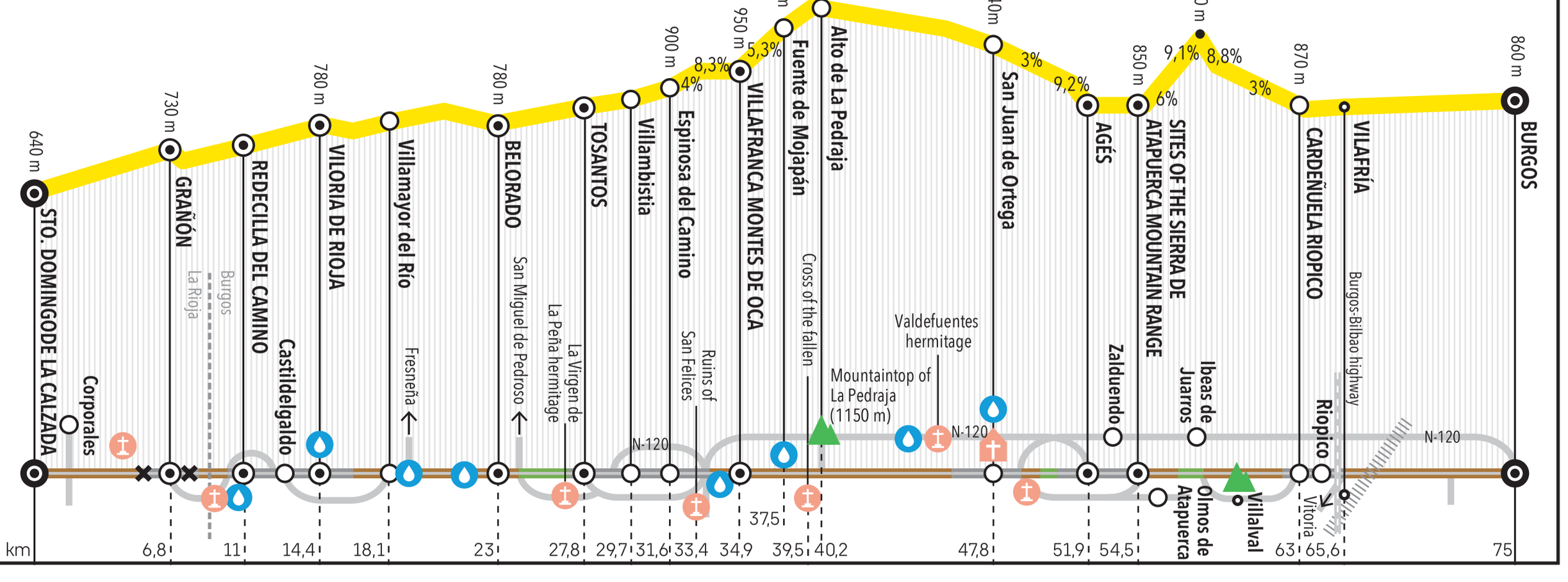


SANTO DOMINGO DE LA CALZADA
> BURGOS

Distance: 75 km
Minimum elevation: 640 m
Maximum elevation: 1.165 m
Level of difficulty: difficult
Places of cultural interest: Redecilla del Camino, Belorado, Villafranca Montes de Oca, San Juan de Ortega, Sites of the Sierra de Atapuerca mountain range, Burgos

The Oca Mountains are the most characteristic geographical feature on this stretch. The ascent up to these small peaks takes the cyclist through what is to be the last major area of woodland before entering the Bierzo region.

Once the arduous mountain pass of La Pedraja, and the highest section of the Oca Mountains is behind him, the pilgrim will see his efforts rewarded by the natural, historic and artistic setting of the Monastery of San Juan de Ortega. After visiting this beautiful set of buildings, the landscape once again becomes dominated by plains, leading us to the monumental city of Burgos.

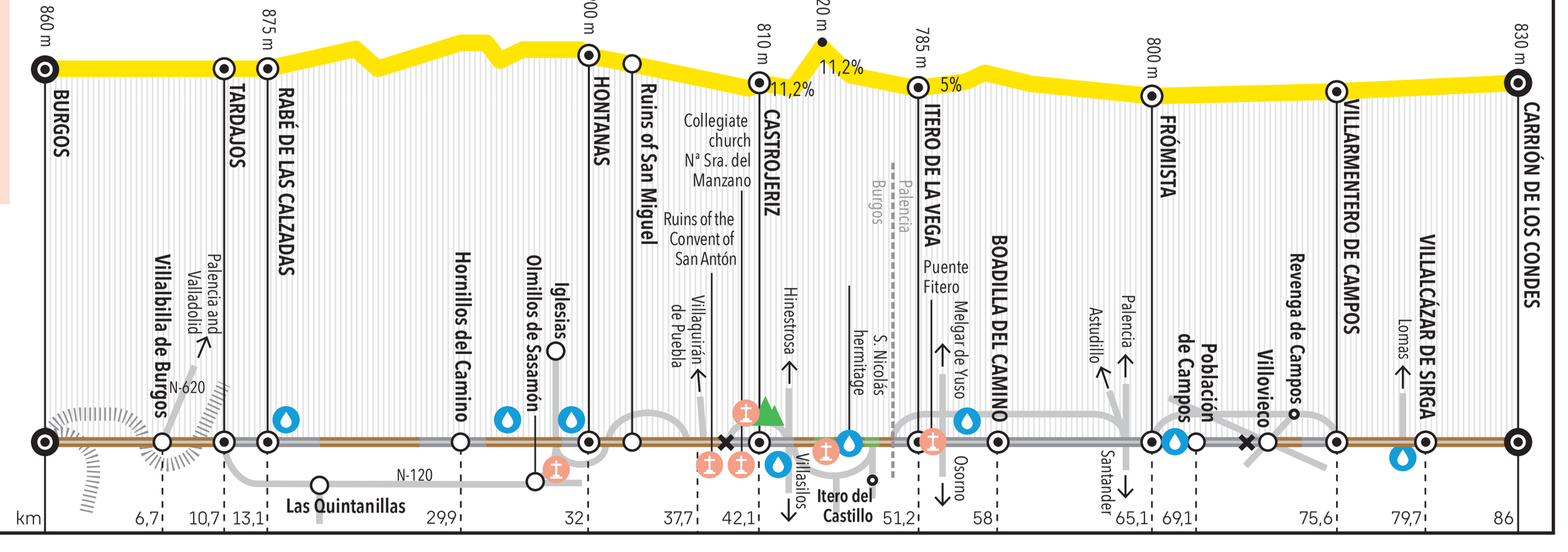


BURGOS
> CARRIÓN DE LOS CONDES

Distance: 86 km
Minimum elevation: 785 m
Maximum elevation: 920 m
Level of difficulty: moderate-difficult
Places of cultural interest: Castrojeriz, Frómista, Villalcázar de Sirga, Carrión de los Condes

Like the previous stretch, this stage is filled with numerous cultural landmarks closely linked to the Way and Saint James. Other sites of interest include Fitero Bridge, Romanesque in origin with eleven arches spanning the Pisuerga River, and the monumental heritage of towns such as Frómista, Villalcázar de Sirga and Carrión, all of which are located in the region of Palencia called Tierra de Campos.

Although this stretch appears to be flat, there is a series of hillocks which the pilgrim must tackle. As soon as he reaches the top of one hill, another appears on the horizon. The pilgrim is rewarded by the stunning views offered by these vantage points.

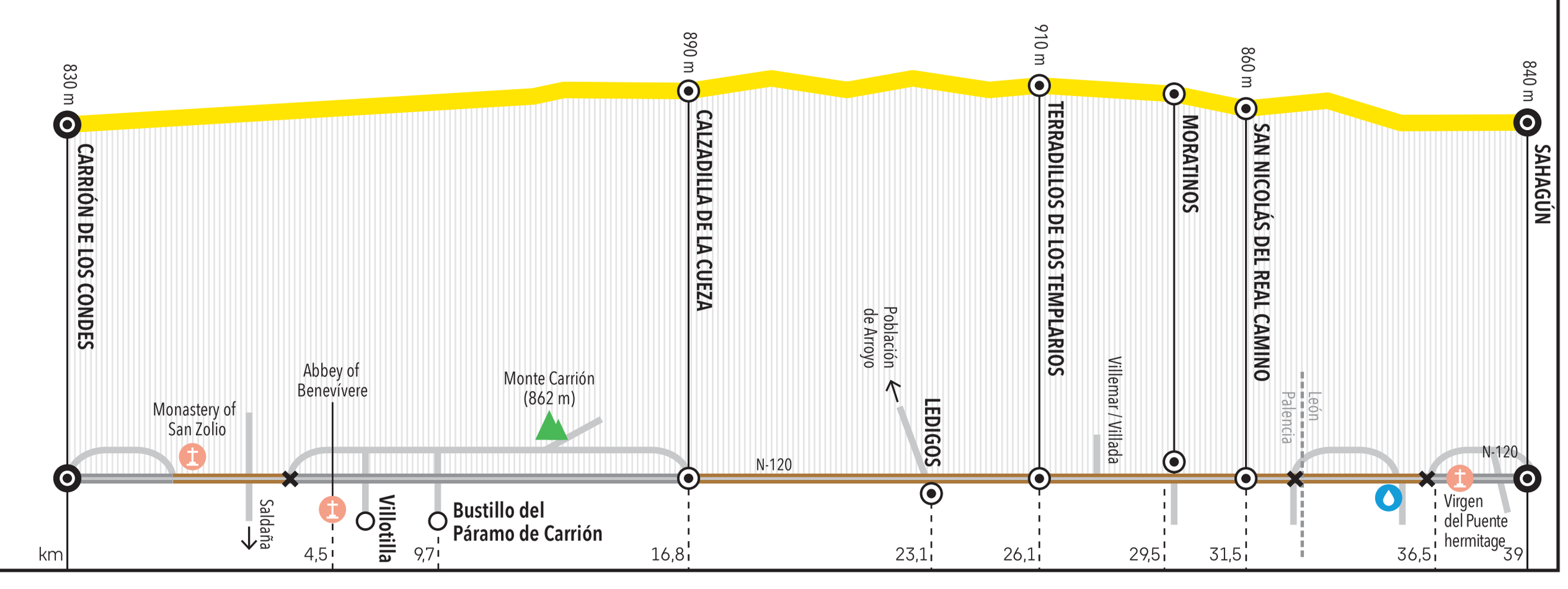


CARRIÓN DE LOS CONDES
> SAHAGÚN

Distance: 39 km
Minimum elevation: 830 m
Maximum elevation: 910 m
Level of difficulty: very easy
Places of cultural interest: Sahagún

Along this stretch, the countryside is dominated by the endless austere plains of Castile, leading the pilgrim to Sahagún, the most important historical and cultural landmark, boasting emblematic Romanesque-Mudejar churches among many other attractions.

This stretch represents a halfway mark along the Pilgrims' Way to Santiago. The unrelenting sun of the vast Castilian flatlands is hard on the traveller during the summer season. The pilgrim can find some relief in the isolated rows of poplar trees lining a few of the streams and in the shade of the narrow streets in the towns. The first 16 kilometres of this stretch go along charming little roads through farmlands, but the rest of the route largely coincides with the N-120 highway.

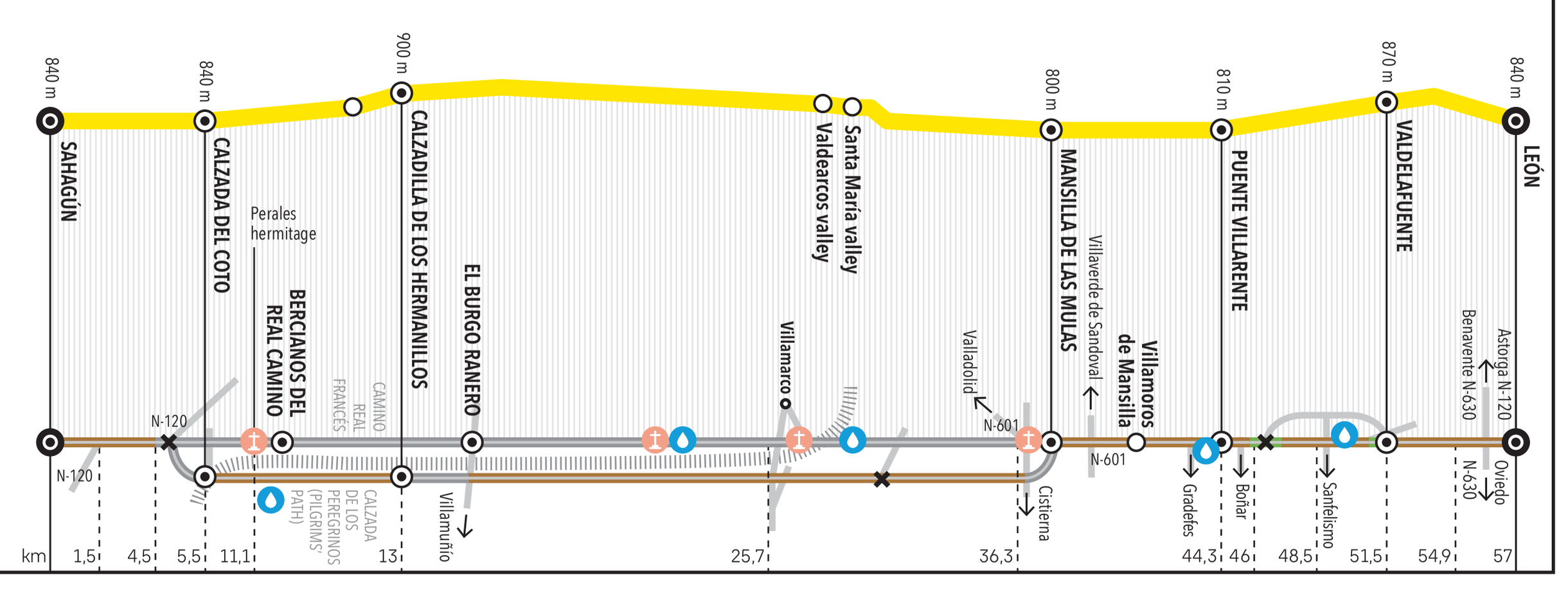


SAHAGÚN
> LEÓN

Distance: 57 km (via the pilgrim road)
Minimum elevation: 800 m
Maximum elevation: 910 m
Level of difficulty: easy
Places of cultural interest: Mansilla de las Mulas, León

After leaving Sahagún, the Way penetrates into the plains of León. The scenery is very changeable and the way is difficult and stony. In addition to the austere beauty of the plains, the pilgrim is ultimately rewarded with the appearance on the horizon of the city of León, with its exceptional artistic heritage, the most outstanding element of which is the Gothic cathedral.

Crossing this barren plain is an arduous proposition, both in summer and in winter. The pilgrims have a choice of two alternative routes on this stretch. The first, less strenous, travels along the Camino Real, and the other rougher, more solitary route, takes the traveller along the historic pilgrim road. In both cases, in summer it is advisable to set out very early in the morning and to carry an ample supply of water.

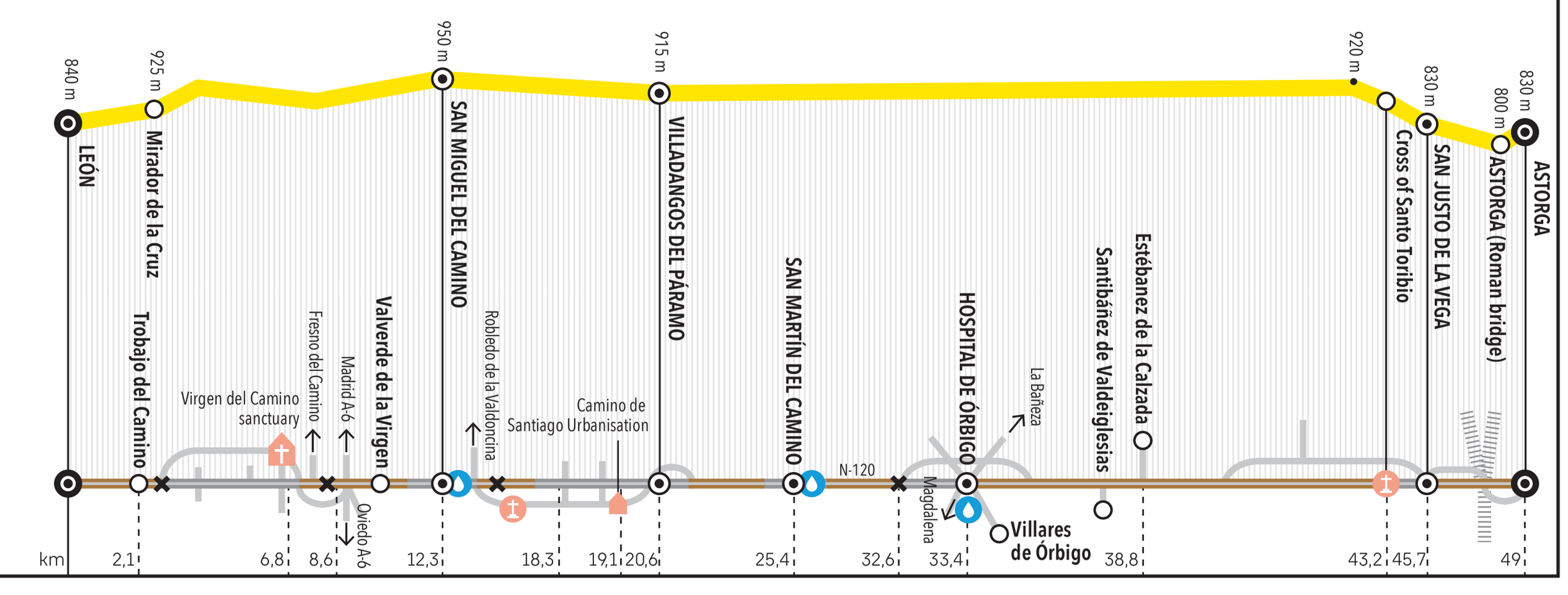


LEÓN
> ASTORGA

Distance: 49 km
Minimum elevation: 800 m
Maximum elevation: 950 m
Level of difficulty:
Places of cultural interest: Sanctuary of the Virgin del Camino (20th century), Hospital de Órbigo, Astorga

The journey to Santiago continues on through a more populated and accessible plain. The last stretch, en route to the Roman city of Astorga, takes us into the region of La Maragatería, famous for its muleteers and deep-rooted traditions.

At kilometre 33 on this stretch, the pilgrim comes across the Bridge of Paso Honroso spanning the Órbigo River, and famous for the deeds of Suero de Quiñones, a 15th century knight. During the Holy Year of 1434, fulfilling a promise to a lady and naming Saint James as his witness, this knight participated in some famous jousting tournaments on this spoto.

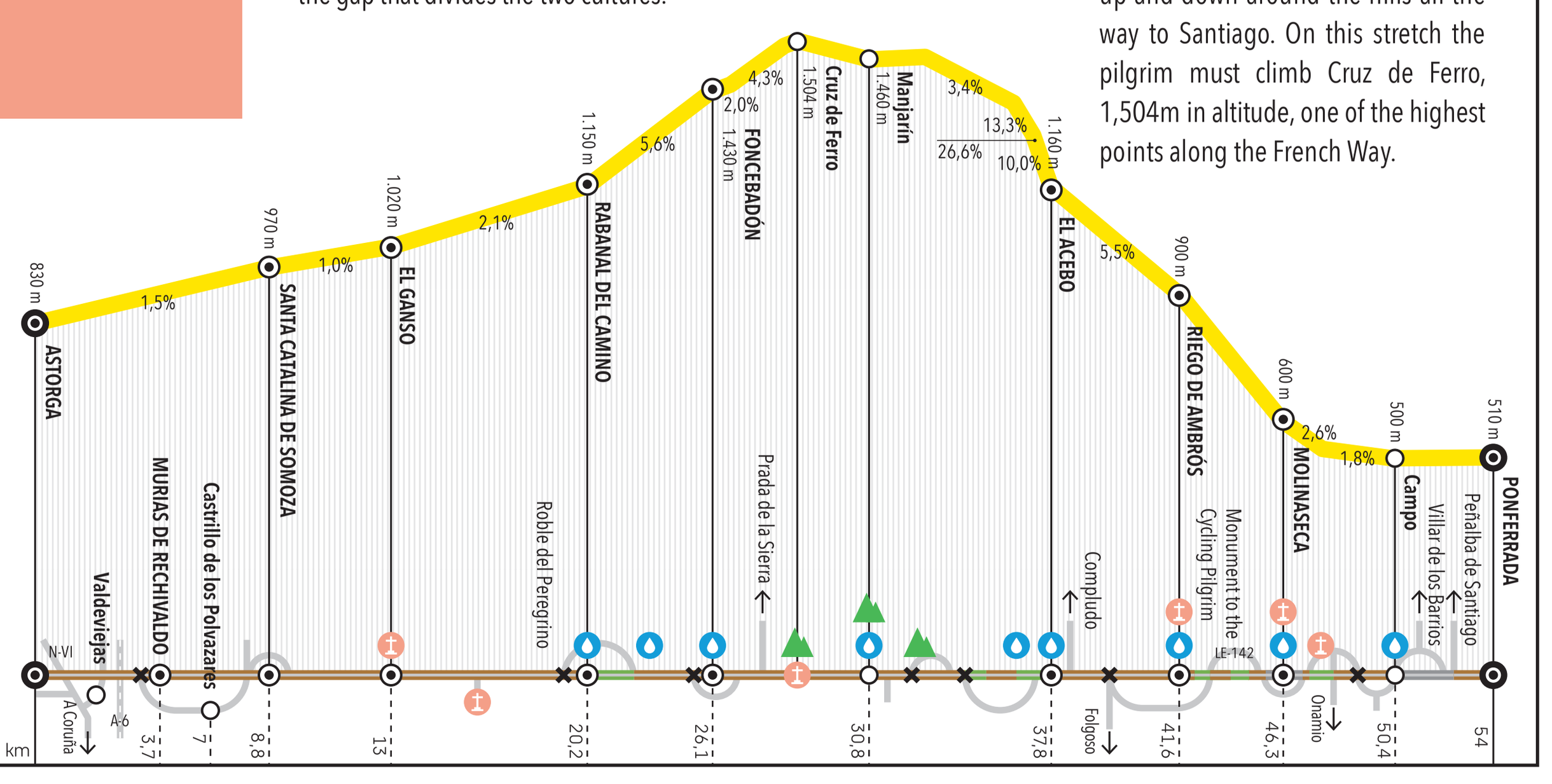


ASTORGA
> PONFERRADA

Distance: 54 km
Minimum elevation: 500 m
Maximum elevation: 1.504 m
Level of difficulty: difficult
Places of cultural interest: Castrillo de los Polvazares, Rabanal del Camino, Cruz de Ferro, Molinaseca, Ponferrada

The way continues along through the region of La Maragatería which ends roughly halfway through this stage. In the vicinity of Mount Irago, the Bierzo region begins, marking the transition between León and Galicia. Here the people, their customs and landscape act as a bridge across the gap that divides the two cultures.

Similarly, at this point the Way also undergoes a transition from the straight route of the flat plains to the sinuous ways and roads snaking up and down around the hills all the way to Santiago. On this stretch the pilgrim must climb Cruz de Ferro, 1,504m in altitude, one of the highest points along the French Way.

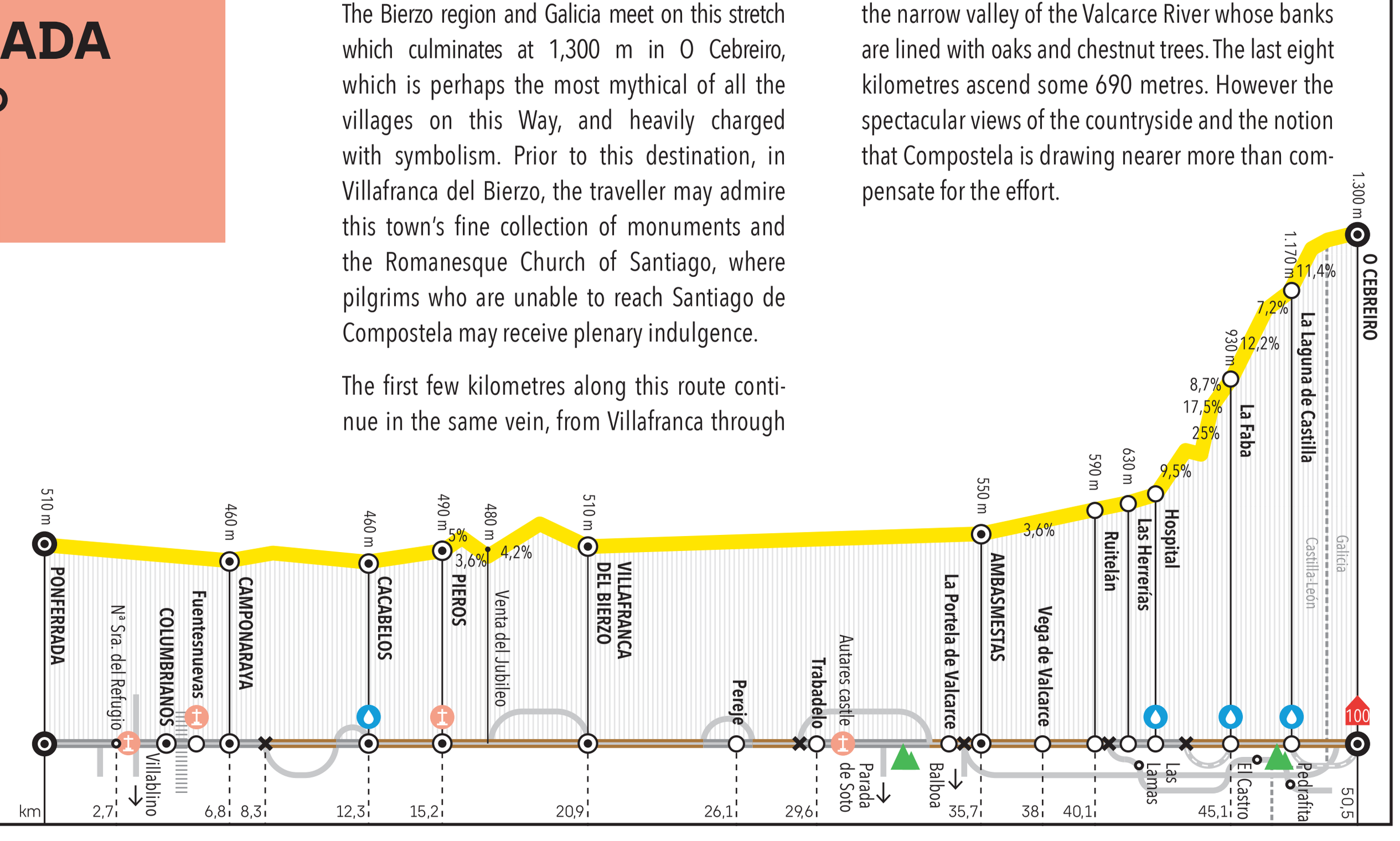


PONFERRADA
> O CEBREIRO

Distance: 50 km
Minimum elevation: 460 m
Maximum elevation: 1.300 m
Level of difficulty: difficult-advanced
Places of cultural interest: Cacabelos, Villafranca, O Cebreiro
Pilgrim's hostels: O Cebreiro (100 beds)

The Bierzo region and Galicia meet on this stretch which culminates at 1,300 m in O Cebreiro, which is perhaps the most mythical of all the villages on this Way, and heavily charged with symbolism. Prior to this destination, in Villafranca del Bierzo, the traveller may admire this town's fine collection of monuments and the Romanesque Church of Santiago, where pilgrims who are unable to reach Santiago de Compostela may receive plenary indulgence.

The first few kilometres along this route continue in the same vein, from Villafranca through the narrow valley of the Valcarce River whose banks are lined with oaks and chestnut trees. The last eight kilometres ascend some 690 metres. However the spectacular views of the countryside and the notion that Compostela is drawing nearer more than compensate for the effort.

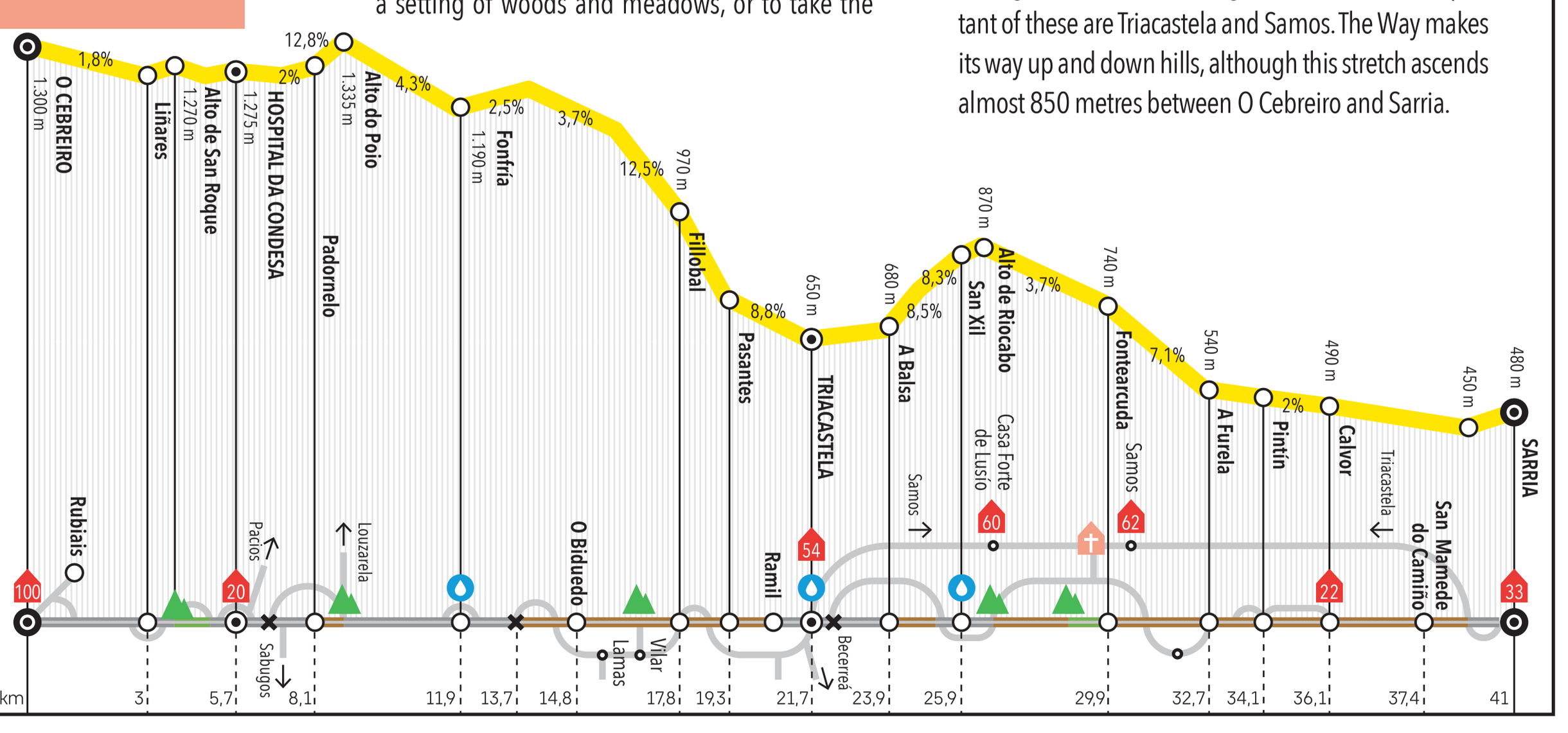


O CEBREIRO
> SARRIA

Distance: via A Balsa, 40 km; via Samos, 43 km
Minimum elevation: 450 m
Maximum elevation: 1.335 m
Level of difficulty: moderate
Places of cultural interest: Triacastela, Samos, Sarria
Pilgrims' hostels: O Cebreiro (100 beds), Hospital da Condesa (20), Triacastela (54), Calvor (22), Sarria (33)
-
Via Samos:
Casa Forte de Lusío (60), Samos (62)

The Bierzo region and Galicia The lush countryside and the Galician mountains dominate this stretch. In Triacastela the pilgrim can choose between two possible routes: to continue along the traditional way, through the village of A Balsa in a setting of woods and meadows, or to take the road to Samos, whose great Benedictine Monastery has attracted pilgrims since ancient times.

From here and as far as Santiago de Compostela, the Way makes its way through inhabited areas, passing through a succession of villages. Two of the most important of these are Triacastela and Samos. The Way makes its way up and down hills, although this stretch ascends almost 850 metres between O Cebreiro and Sarria.



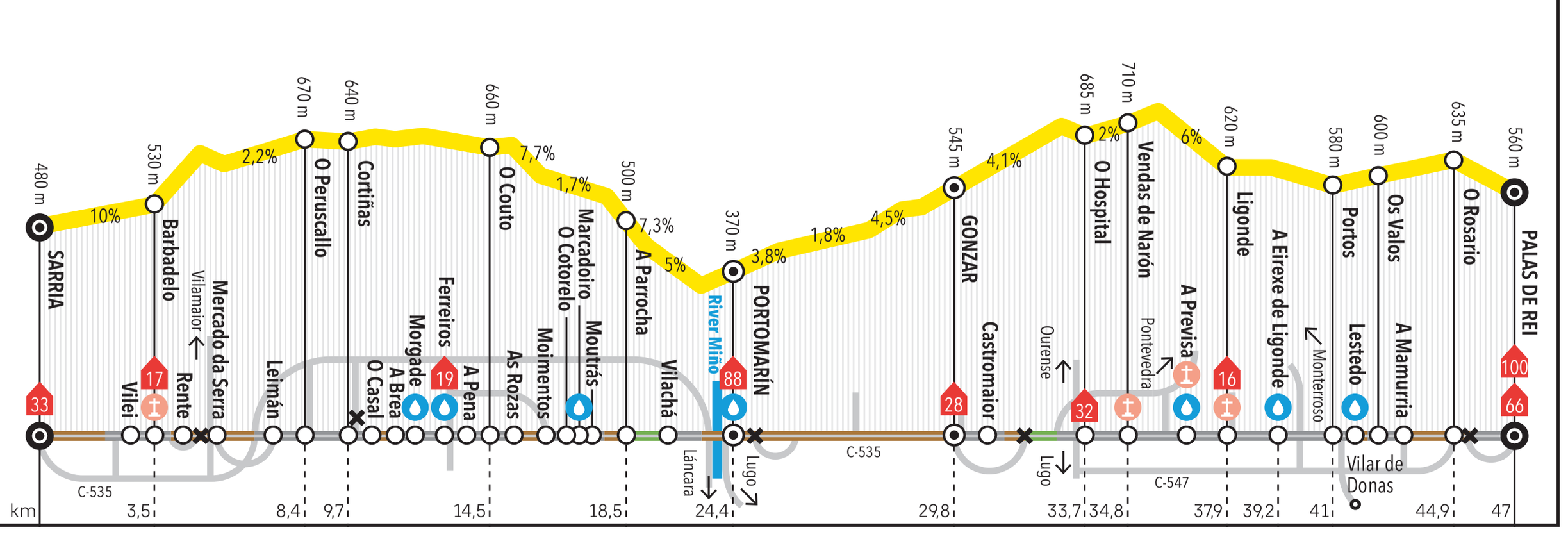
SARRIA
> PALAS DE REI

Distance: 47 km
Minimum elevation: 360 m
Maximum elevation: 730 m
Level of difficulty: moderate-difficult
Places of cultural interest: Portomarín, Vilar de Donas –in the vicinity of the route–
Pilgrims' hostels: Sarria (33 beds), Barbadelo (17), Ferreiros (19), Portomarín (88), Gonzar (28), O Hospital (32), Ligonde (16), Palas de Rei (66), Os Chacotes (100)

The Way leads out of Sarria through some of the most magnificent oak woods to be found on the entire route, continuing through an endless succession of villages and farmland. Historically Portomarín stands out as having been one of the most important towns along the route, but it disappeared under the waters of the Belesar Reservoir built on the Miño River in 1962. The new town of Portomarín, by the ruins of the old town, has tried to maintain its traditional charm.

Some of the old constructions from the original site were moved to the new location, such as the Church of San Nicolao (12th century).

This penultimate part of the route travels through a countryside of rolling hills and short stretches of plains, which, however, does not keep it from being a true "leg breaker" owing to the constantly changing course.

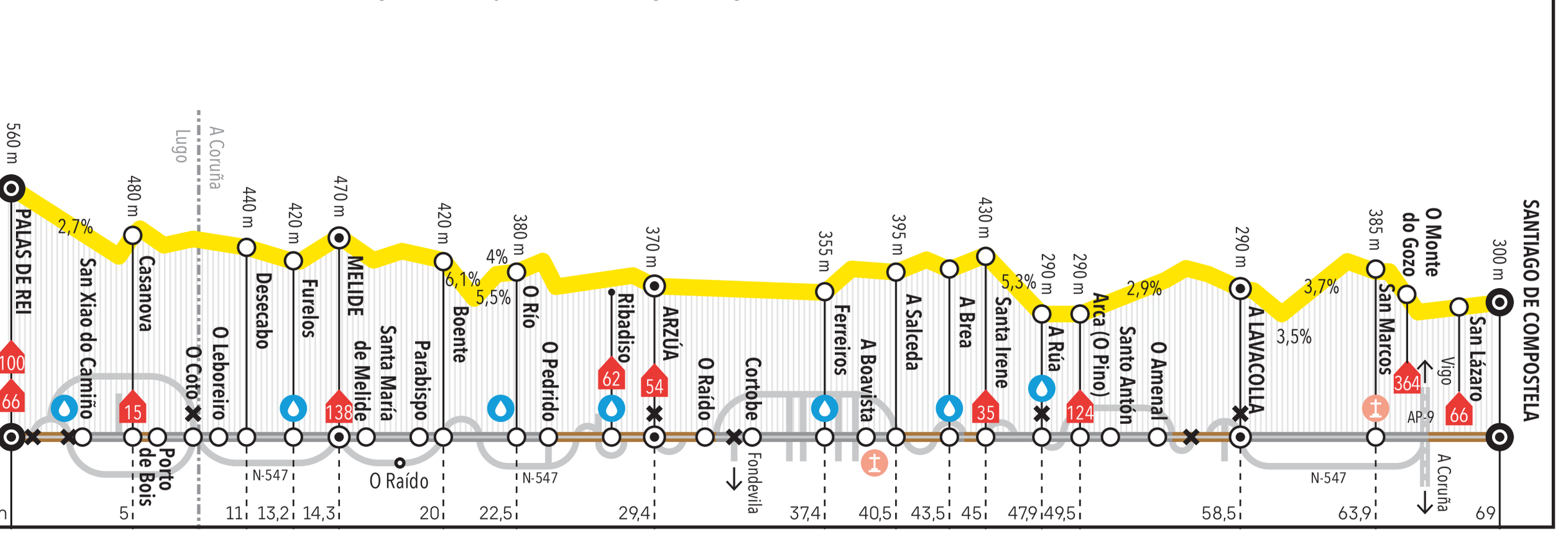


PALAS DE REI
> SANTIAGO DE COMPOSTELA

Distance: 69 km
Minimum elevation: 290 m
Maximum elevation: 560 m
Level of difficulty: moderate
Places of cultural interest: Melide, A Lavacolla, O Monte do Gozo, Santiago de Compostela
Pilgrims' hostels: Palas de Rei (66 beds), Os Chacotes (100), O Mato, Casanova (15), Melide (138), Ribadiso (62), Arzúa (54), Santa Irene (35), Arca (O Pino) (124), O Monte do Gozo-Santiago (364), San Lázaro-Santiago (66)

At this point, just 70 kilometres from the ultimate goal of Santiago de Compostela, the pilgrims are filled with a sense of expectation, which affords them the encouragement they need to tackle this last stretch with renewed strength. Santiago will reward them for all the efforts they have made.

Even though the contour of the land does not present any major difficulties on this last stage, the Way travels through village after village, making it rather wearisome. The Way takes us across valleys and rivers descending to the Tambre. The succession of ascents and descents makes for arduous cycling. Moreover, this stretch crosses the N-547 highway several times. On reaching the O Monte do Gozo, we have our first glimpse of the towers of the Cathedral of Santiago –the goal is now in sight. From here we go directly into the heart of the city.



ENG

XUNTA DE GALICIA

FRENCH
WAY BY BICYCLE
The Pilgrims' Ways to Santiago in Galicia



Xacobeo 2027

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SAINT JAMES WAY

Deseño: Deseños - D.L.: C 560-2016 - Coor: Blanquiri Gonzalez Donas

BEYOND THE CAMINO...
THE FRENCH WAY ->

You have reached Compostela. Now is the time to put away your walking boots and don the attire of a traveller: curious, sensitive, active. Retrace your steps. All that you were unable to see or enjoy along the way awaits you. Other equally enticing paths open up ahead. Have a look at these recommendations we have put together for you.



O Cebreiro Mountains, Pedrafita do Cebreiro

The climb up **O Cebreiro** and its village of traditional *pallozas* (pre-Roman dwellings) was an incomparable gateway on the pilgrimage route. The road descends to Triacastela and Samos. But just a short distance away, a little to the south, still within the province of Lugo, lie A Cruz do Incio and O Courel. Perfect for lovers of the most authentic Galician landscapes: ancient mountains, native forests and unique sights such as **Hospital do Incio**, the only marble Romanesque church in Spain, built in the 12th century by the Order of Malta. In actuality, it was a pilgrim hospital (on a diversion from the French Route) which was also used to care for the needy. Today, the hospital stands in the midst of a quintessential natural setting.



San Pedro Fiz Church, O Incio

From O Incio a road leads to O Courel, at a distance of some 35 kilometres. The **Serra do Courel** is a mountainous area and green reserve. Its mountains and valleys contain the greatest plant diversity in Galicia. Leisure options include walking the **Devesa da Rogueira**, a spectacular 8.8-kilometre route (3 hours and 15 minutes).

O Courel also contains incredible pre-Roman ruins such as the settlements of **Castro de Vilar** and **Castro da Torre**, and **ancient smithies** (known locally as *mazos*), some of which have been converted into unique tourist accommodations. Between the 16th and 19th centuries, the southern part of Lugo province was home to a sizeable iron and steel industry. Nearly hamlets such as **Seceda** and **Seoane**, are notable for their purely traditional architecture.

To the north of the Camino, continue your journey through the unique natural surroundings of inland Lugo. Options include: **Cruzul Forest** (municipality of Becerreá), an atypical landscape made up of holm oaks, the northernmost on the peninsula; and the spectacular *Soutos de Aguieira*, enormous chestnut trees in an area that is part of Os Ancares Nature Reserve.



Herreria de Seoane (Ferreria de Locay), Folgoso do Courel



Devesa da Rogueira, Folgoso do Courel



Piornedo, Ancares

And it is here that we continue our explorations, in Os Ancares. While the Serra do Courel lies to the south of the French Way, the mountains of the **Serra de Os Ancares** rise to the north. Like O Cebreiro, the village of **Piornedo** is famous for its *pallozas*. Surrounded by a wealth of natural and scenic delights, this mountain range – part of a nature reserve, after all – boasts incredible hiking trails, including one that starts in A Degrada (Cervantes) and climbs up to Tres Bispos Peak (a journey of some 17 kilometres, 5 1/2 hours on foot), as well as offering views of castles such as **Doiras** and **Donís**.

The scenic beauty of eastern Galicia never fails to astonish. Another of the enticing landscapes near the French Way is located some 15 kilometres from the city of Lugo, **A Fervenza Forest**, situated along the upper reaches of the Miño River. Listed as a Biosphere Reserve, it is one of the most important freshwater swamp forests remaining on the Iberian Peninsula. In other words, the river periodically floods the ancient oak trees (over three centuries old) and monumental alders that make up the forest.



Santo Antuiño de Toques Church

From woodlands, we shift to art in stone and wood: **Santo Antuiño de Toques** is another historic and artistic wonder. Some 7 kilometres north of Melide (French Way), in the magnificent surroundings of inland A Coruña province, stands a pre-Romanesque church which still features elements from even earlier than the 10th century. The interior contains delightful polychrome paintings on wood.

Late May is the perfect time to visit **Vila de Cruces**, which has celebrated the **Galo de Curral** culinary festival on the last Sunday of the month since 1993. The event has been listed as a Galician tourist Attraction and is the perfect place to sample this native Galician breed of chicken (also available year-round). Let us not forget that all of inland Galicia specializes in producing ly high quality meats, which are even more characteristic and important than its poultry products.

Pendellos de Agolada is a traditional stone market dating from the 18th century, which has somehow managed to survive down to today.

If you want to enjoy the natural surroundings in a different and dynamic way, the entire region of Galicia sets the standard for **adventure sports** in Spain. Some areas offer kayaking, horseback trail rides and ATV trails. Other options include mountain biking (MTB), archery and, for the most daring, even bungee-jumping and rappelling. Turismo de Galicia can provide contact information for companies specializing in these activities.



Cidade da Cultura, Santiago de Compostela

And now, **secret Compostela**: because there is another **Santiago** beyond the unique historic centre, featuring genuine cuisine and a lively cultural atmosphere. This new Santiago is closely linked to nature and leisure, centring on its poetic rivers, the Sar and Sarela, and the gentle mountains which protect them. The new **walkways along the Sar River** – to the east of the city in an area known as As Brañas do Sar – open up before you, near the trails running upwards through the new **Bosque de Galicia Park**. This newly created 24-hectare space occupies the slopes of **Mount Gaiás**, presided over by the **Cidade da Cultura (City of Culture)**. To the west, on the other side of town, **Mount Pedroso** offers what is perhaps the best panoramic view of the historic city. It can be reached by following an old **Way of the Cross**, which runs beside a large park known as **A Granxa do Xesto**.

FRENCH ->
WAY BY BICYCLE

The quintessential, most travelled and most documented of all the Ways. It was described as early as the year 1135 in the *Codex Calixtinus*, a fundamental work, whose "Volumen V", attributed to French religious author Aymeric Picaud, can be considered today as Europe's earliest cultural and even tourist guide. This volume specifies each stage and provides detailed information on hospitals, sanctuaries and local customs.

The French Way enters Spain on the western side of the Pyrenees. Here, the four historial itineraries already described in the *Codex* merge, and they are still in use today: the via Tolosana – which starts in Arles – the via Podiensis – which begins in Le Puy – the via Lemovicensis – beginning in Vézelay and with a stopover in Limoges – and the via Turonensis – which comes from Paris and stops over in Tours. The via Tolosana enters Spain through Somport and the other three routes converges at Ostabat to cross the Pyrenees by way of Roncesvalles. From here there are 760 kilometres left to Compostela.

From Puente La Reina (Navarra) the route converges into a single path that will cross the northern part of the Peninsula passing through a compendium of landscapes: the beech and pine forests of Navarra, the vineyards of La Rioja, with the scent that emanates from the grapes, the wide plains and steppes of Castile, until it reaches the mountains and the oak chesnut forests of Galicia.



Along the route, some of the places that form a part of the living history of the Way are: Estella/Lizarra, where the relics of St. Andrew are venerated; or Logroño, a city the Way literally crosses from south to north; Nájera, with the collegiate church of Santa María La Real; or Burgos, which is the core of the route, with a Gothic Catedral that has been declared a World Heritage site.

Once in Palencia, Frómista proudly exhibits the authentic European Romanesque church os San Martín, and Sahagún, in the region of León, bears witness to the one-time power of the order of Cluny, having left behind Carrión de los Condes. The city of León, founded by the Romans and reemergent as a result of pilgrimages, dazzles with its Gothic cathedral and Romansque frescoes of San Isidoro's Royal Pantheon.

We are now approaching Galicia: in Astorga, the French Way joins the Vía de la Plata and, here, we will be as pleasantly surprised by the mark left by the Romans as by the art of Gaudí. Ponferrada, in the region of El Bierzo, is one of the birthplaces of the Order of the Templars, with a splendidly preserved castle which belonged to this order, and Villafranca del Bierzo, which enjoys the privilege of granting the "Jubilee" or plenary indulgence, to pilgrims who are unable to continue on to Santiago.

We enter Galicia via the O Cebreiro pass. From here there are 154,7 kilometres remaining to Santiago or 161.7 from Samos.



THE GALICIA WAYS ->



CAMINOS OFFICIALLY MARKED OUT
Signposting executed

- The French Way
- The Primitive Way
- The Northern Way
- The English Way

CAMINOS RECOGNISED
Pending Official Marking Out

- The Silver Way or "Camino Mozárabe"
- The Portuguese Way
- The Portuguese Way of the coast
- The Winter Way
- The Route of the Sea of Arousa and River Ulla
- The Fisterra and Muxía Way

MAP OF SANTIAGO DE COMPOSTELA
PLACES ASSOCIATED WITH THE WAY OF ST. JAMES ->

1. Santiago de Compostela Cathedral
2. Royal Hospital (now Hostal dos Reis Católicos)
3. San Martiño Pinario
4. Vice-Chancellor's Office, University of Santiago de Compostela (USC)
5. Pazo de Raxoi
6. Monastery of San Francisco and Monument to St. Francis, by the sculptor Asorey
7. San Fructuoso Church and location of the old pilgrim cemetery
8. San Domingos de Bonaval
9. Camino Gate (Porta do Camiño)
10. Santa María do Camiño Church
11. Praza do Campo Square (now Cervantes) and San Bieito do Campo Church
12. Santa María Salomé Church
13. Mazaréelos Gate (Porta de Mazaréelos)
14. Santiago Fountain, Rúa do Franco
15. Santa Susana Church
16. Pilar Church
17. Praza das Praterías Square and Museum of Pilgrimage and Santiago
18. Santa María a Real de Sar
19. Santa María de Conxo
20. Monte do Gozo
21. San Paio do Monte Chapel (O Pedroso)

International Pilgrim Welcome Centre:
Camino de Santiago Research and Information Centre

Information

Pilgrim's Office:
981 568 846



HELPFUL TIPS FOR PILGRIMS

CREDENTIAL OF THE PILGRIM
This is the document in which you collect stamps from the places you pass through and that will allow you to obtain the "**Compostela**" (Council document that certifies completion of the pilgrimage for religious or spiritual reasons). It must be proven that at least the final 100 kilometres have been done on foot or on horseback, or the final 200 km if by bicycle, or 100 nautical miles and then walking the last few kilometres of the Camino from O Monte do Gozo if sailing.

HEALTHCARE CARD
- Spanish pilgrims should always carry their health insurance card.
- If travelling from another EU member state, it is advisable to carry the European health insurance card.
- If travelling from a non-EU member state, there may be an agreement in effect with Spain, therefore pilgrims are advised to obtain this information before their pilgrimage and travel with the corresponding documentation.

PEOPLE WITH DISABILITIES
In addition to the general recommendations which all pilgrims should observe, disabled pilgrims should:
- Before leaving, learn about the difficulties they may encounter and the accessibility of the different services found along the Way of St. James (hostels, catering facilities, etc.).
- Exercise caution when crossing roads if they have a hearing impairment and, in the case of pilgrims with visual impairments, always be accompanied when walking, due to crossings, detours and difficulties in the terrain.

IF TRAVELLING WITH ANIMALS:
- Make sure that animals are vaccinated and have been de-wormed and that their obligatory health cards are up-to-date.
- Plan and adapt the route and the stages to include accessible accommodation.

Before starting the pilgrimage

- Prepare physically for the journey, and bear in mind that stages should be planned depending on individual physical ability, the difficulty involved, and plan more frequent or longer breaks to suit individual needs.
- Once pilgrims start their journey, they should not try to walk too quickly and keep a regular pace, at least over the first few days.
- Foot care is essential for preventing blisters; pilgrims should wear comfortable and broken-in shoes (two pairs are advisable), with thick, light rubber outer soles. Socks should be breathable, linen or cotton, and should be dry and worn properly to prevent scratches. At the end of the day, pilgrims should wash their feet with soap and water and change their footwear.
- Wear lightweight, loose-fitting clothing that is light in colour (reflective), and appropriate for the time of the year.
- Take a lightweight raincoat to cover backpacks.
- Bring a hat or other protection for the head, as well as sunglasses. Avoid the midday heat and use sunscreen.
- Drink water frequently but make sure it is suitable for drinking; it is not advisable to drink from streams, rivers, springs or fountains that are not certified. A minimum daily intake of 2 litres of water is recommended to prevent dehydration. Isotonic beverages are ideal, as their sodium and potassium content will enable pilgrims to remain hydrated.
- Pilgrims must camp in official campsites. They should be cautious when lighting bonfires and, at the start of the day's stage, make sure that it has been fully extinguished. RESPECT THE ENVIRONMENT.
- Never leave the marked paths, avoid walking when it is dark and obey the rules. If pilgrims are cycling, remember that the use of a helmet and high-visibility jacket is obligatory.
- Always walk on the left-hand side of the road.
- When tiredness or cramps set in, rest in a cool place and drink plenty of fluids.
- To keep up their strength along the Way, pilgrims should eat high-energy food (dried fruit, figs, chocolate, etc.).
- As part of their luggage, pilgrims should bring: a sleeping bag, a Swiss army knife, a torch, a mobile phone, and a small first-aid kit.
- The basic first-aid kit: antiseptic cream, gauze, adhesive tape, betadyne, band-aids, sunscreen, and a needle and thread to treat blisters, nail scissors, Vaseline, mosquito repellent, antihistamines for allergy sufferers and aspirin.

FRENCH WAY BY BICYCLE

