

FERROL > NEDA

15,40 km
112,54 km to Santiago

Ferrol Town Hall



Taking Ferrol as a starting point, the Way begins on the docks of Curuxeiras, where the old medieval port was located. Its origin goes back to the eleventh century. This first stage to Neda is short, scarcely 14 kilometres, and it runs almost constantly parallel to the estuary.

We leave Curuxeiras behind and pass by the promenade of the Mariña to the church of San Francisco, located between the old neighbourhood and the neoclassical part of A Madalena. A Madalena is a symbol of the new town planning that arose in the times of the Enlightenment. Ferrol became the largest city in Galicia in the eighteenth century. Half-way through the century King Fernando VI decided to install the Great Arsenal of the North of Spain here, which turned it into the main naval base of Europe at the time. It was necessary to accommodate the new

working population – Ferrol went from 1,500 inhabitants to over 25,000 at the end of the century. This is how the neighbourhood of A Madalena arose: a rectangle of six parallel streets, crossing at right angles with nine intersecting streets, and, finally, two squares for the central streets.

In this Enlightened Ferrol we keep going and come to the Hospital of A Caridade, today the Torre Ballester Cultural Centre, and pass by the cathedral-church of San Xiao. The Rúa Real takes us to the Praza de Amboage, where the church of A Virxe das Dores lies, and then the Praza de Armas and the Town Hall, the latter dating from the mid-twentieth century. We are in the heart of the city. From our position in this broad space we have to go down to the Praza da Constitución and the Cantón de Molins to come to the church of As Angustias, also neoclassical.

WHAT TO SEE

In Ferrol, the church of San Francisco (18th century): in its interior, images by the sculptor José Ferreiro. The Arsenal (18th century), a rectangular dock limited by masonry breakwaters lying on islets and on the bottom of the sea; they were designed, among others, by Petit de la Croix. The Weapons Room of the Military Training Barracks, built in a French palatial style. The Hospital of A Caridade – today the Torre Ballester Cultural Centre – built in 1780 for the sick, poor and pilgrims. the cathedral-church of San Xiao (18th century) with a Greek cross layout (four arms or naves of the same size). The Prazas de Amboage and Armas. The Jofre Theatre (1892). The castle of San Felipe (16th century), and the beaches of Doniños and Valdoviño (each with natural lagoons).

In Narón, the monastery of San Martiño de Xubia, "O Couto", originally from the eighth century and rebuilt under the Cluniac order in the twelfth century (the church has three naves and on the outside there are curious profane sculptures). The porch and the belfry date from the eighteenth century.

In Neda, the church of Santa María (18th century), the remains of the pilgrims' hospital of Sancti Spiritus, the Clock Tower (1786), the porticoed houses of the Rúa Real (17th and 18th centuries), and the church of San Nicolás (14th century).

We cross the River Mandeo over A Ponte Vella and come into Betanzos through the Arco da Ponte Vella, the remains of the medieval wall. Betanzos was the

NEDA > MIÑO

22,07 km
97,14 km to Santiago

San Miguel de Breameo church



We leave Neda behind to continue through O Requeiro, O Puntal de Arriba and Conces until we come to Fene, an industrial municipality that has become famous because of the ASTANO shipyards – the initials stand for "Shipyards and Workshops of the Northwest" in Spanish. Its enormous crane has personalised the scenery of the region.

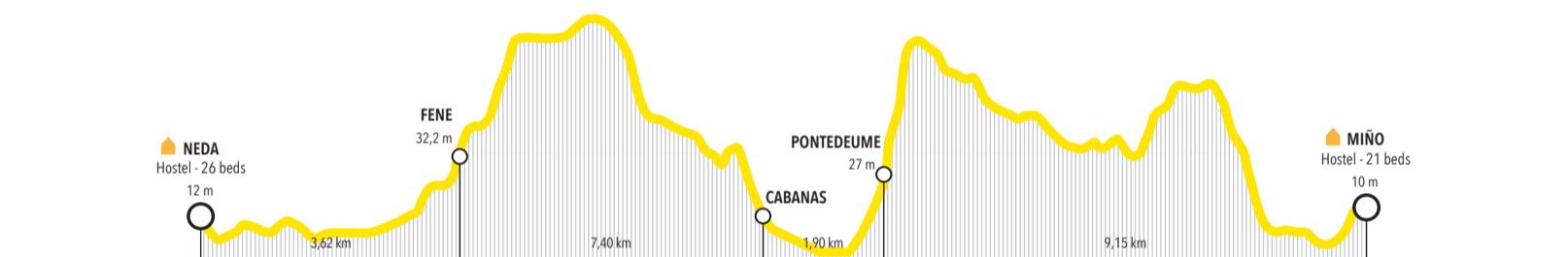
We leave the town and the route joins up with the King's Road. We stroll around the Vilar do Colo business park and, a little further on, Cabanas, in the middle of the Eume estuary. The A Madalena beach offers us a chance to rest our feet - or take a summertime

dip - before continuing along the seafont, crossing the bridge and entering Pontedeume, an important enclave on our route along the Camino, founded in 1270 by King Alfonso X.

The route goes on through O Barro, As Pedridas, Cermezo, A Xesta, Buiña, Viadeiro and Bañobre. We cross the medieval bridge over the River Baxoi, which only has one arch, and come to Miño on the King's Road that takes us to the market square. Miño is an attractive coastal town that in the summer months significantly increases its population. The pilgrims' hostel is located next to the sea.

WHAT TO SEE

The church of San Martiño de Porto (with a Baroque front). The bridge over the River Eume, built by Fernán Pérez de Andrade in the fourteenth century. It is 600 metres long and has 79 arches. It used to have a chapel and a pilgrims' hospital, now lost. In Pontedeume, the monastery of Santo Agostiño, the chapel of As Virtudes the Keep of the castle of Andrade (18th century), the church of Santiago (18th century), the house where Bartolomé Rajoy was born, (he was archbishop of Santiago in 1751 and 1752), and the Town Hall attached to the Torre Ulloa (17th century). The church of San Miguel de Breameo (12th century), and before entering Miño, the medieval bridge over the River Baxoi.



MIÑO > BRUMA

34,80 km
75,07 km to Santiago

Santiago square and church, Betanzos



We leave Miño on the Rúa Real and come to the train station. We then enter the mountain area, upstream, following the course of the Lambre. The Pazo de Montecelo manor house and the church of San Pantaleón das Viñas are nearby. We are now approaching Betanzos, on a stretch with good views over the estuary of Betanzos and its marshlands. We then go through the village of Gas, then A Rúa, San Martiño de Tiobre, the stately home of O Barral, going down to O Sabugueiro and then the sanctuary of A Nosa Señora do Camiño.

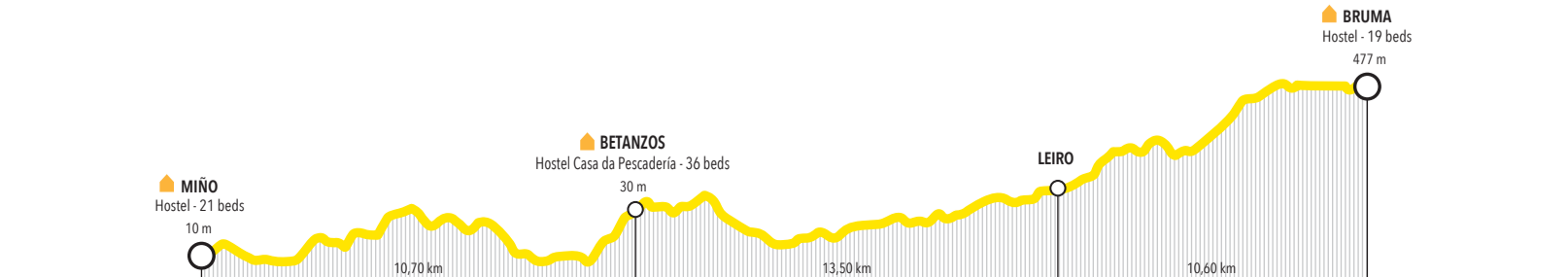
We cross the River Mandeo over A Ponte Vella and come into Betanzos through the Arco da Ponte Vella, the remains of the medieval wall. Betanzos was the

capital of one of the seven provinces of the old Kingdom of Galicia and today boasts one of the most monumental historical and artistic sites in the region. By walking down Rúa Prateiros we come to the central square of Irmáns García Naveira.

We leave over the bridge of As Cascas and pass through O Coto, Camposeiro and Xanrozo to enter the municipality of Abegondo. The route goes through the village of Meangos and others such as Francos, Boucello and A Malata. Finally, As Travesas (Carral), where the two alternatives routes from Ferrol and A Coruña come together. The remains of the ancient medieval hospital still stand here.

WHAT TO SEE

The Ponte do Porco over the River Lambre (14th century). The churches of San Pantaleón das Viñas and San Martiño de Tiobre. The sanctuary of A Nosa Señora do Camiño (16th century). In Betanzos: the Pazo de Bendaña (15th-18th centuries) and the Pazo do Concello (18th century). The church of Santiago (15th century) – in its interior, the Renaissance chapel of Don Pedro de Ben – the church of San Francisco (14th century) – where the tomb of Pérez de Andrade "The Good" is located – and the church of Santa María do Azogue. The Parque do Pasatempo, a curious thematic park built between 1893 and 1914. Another outstanding church is San Domingos (17th century).



A CORUÑA > BRUMA

32,75 km
73,02 km to Santiago

Hercules Tower, A Coruña



Pilgrims coming from England or Flanders, guided by the tower of Hercules, the famous lighthouse of Roman origin, arrived in the port of A Coruña.

The city lies on a beautiful peninsula between the Atlantic winds and all the force of the ocean light. The Way begins in the historical quarter, in the Romanesque church of Santiago, about two kilometres away – inside the city – from the emblematic lighthouse. It continues to Porta Real, very close to Praza de María Pita. It continues towards the Cantóns along the beautiful avenue of A Mariña. It then goes down the streets of Sánchez Bregua and Linares Rivas to Catro Camiños and continues down the streets of Fernández Latorre and Pérez Ardá, towards Eiris.

The route coincides with the King's Road of Castilla. We leave the municipality of A Coruña and come to

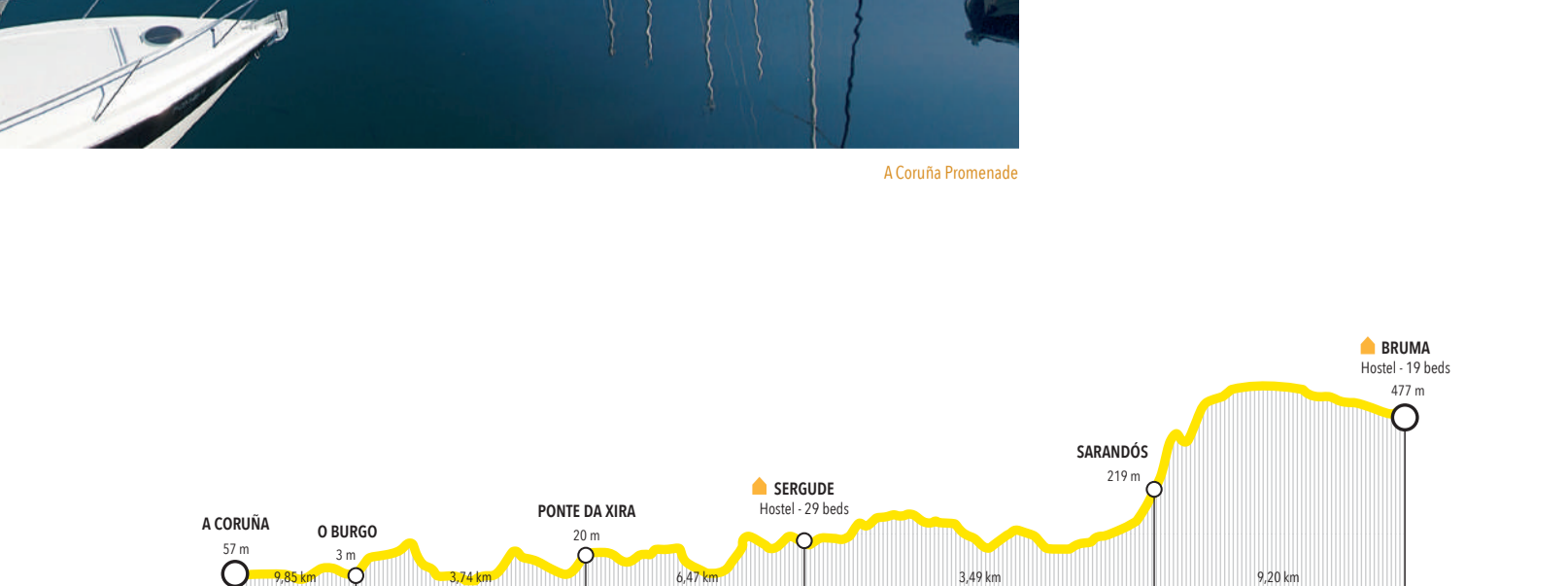
O Portádego, in the municipality of Culleredo. We take the seafont promenade of O Burgo – an ancient port belonging to the Order of the Knights Templar. On this stretch we enjoy the visit to the Romanesque church of Santiago and the mills of Acea de Ama, originally built by the monks of Sobrado in the twelfth century.

The English Way continues to Alvedro, goes down to the medieval bridge of A Xira over the River Valiñas and enters the municipality of Cambre. There are two parishes: Sigrás, with a Romanesque church, and where the outline of a hill fort can be seen – a pre-Roman settlement, at whose feet a pilgrims' hospital was built – and Anceis. It is worth taking a diversion from the municipal capital of Cambre to visit the church built in c. 1200. There is one of the "water jars from the wedding at Cana" in the church, imported from Jerusalem possibly by a Templar from Santa María do Temple.

WHAT TO SEE

The Tower of Hercules, the only Roman lighthouse in the world that still works as such (2nd century, restored in the 18th century), and one of the most beautiful monuments and landscape environments in Galicia. The almost 15 km of urban seafont in A Coruña. The church of Santiago (13th and 15th centuries), founded by Alfonso IX and initiated by disciples of Maestro Mateo. On its front, the images of St. James and St. John. The City Council used to meet in the church atrium in the late Middle Ages. the collegiate church of Santa María do Campo, of Romanesque origin. The Praza de María Pita (1860-1912) and the Town Hall (1908).

The windowed balconies on A Mariña, the glazed emblematic buildings opposite the sea, built in the nineteenth and twentieth centuries. Rúa da Estrela and its adjacent sidestreets, which make up the famous area for tapas and wines in A Coruña. The Science Museums – Casa das Ciencias, Domus and Aquarium – and the National Museum of Science and Technology (opened in 2012). The Castelo de Santo Antón (16th century), on an island in the bay and accessible over a bridge. It hosts the Archaeological and Historical Museum of A Coruña. In Cambre, the Romanesque church of Santiago de Sigrás and the church of Santa María de Cambre (leaving the Way and coming to the town), which is also Romanesque.



BRUMA > SIGÜEIRO

24,20 km
40,27 km to Santiago

Bridge over the Tambre river, Sigüeiro

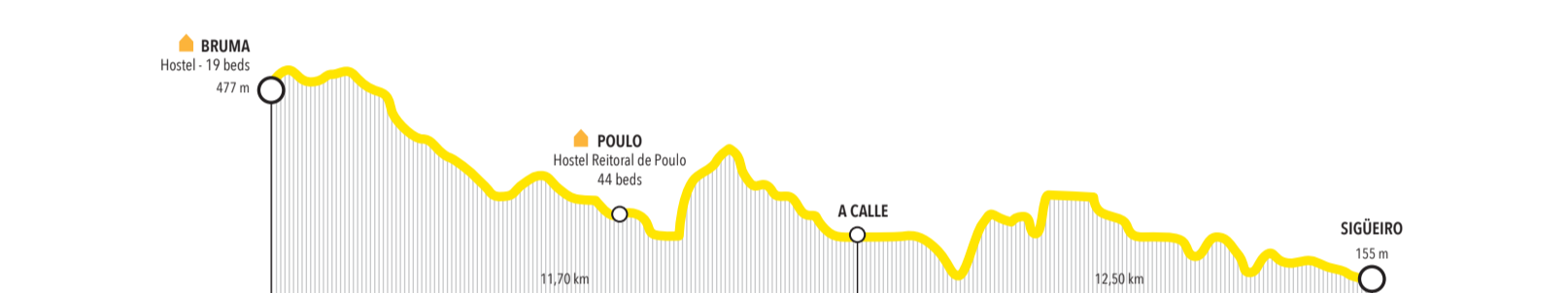


From the chapel of Bruma, the Way takes us to the municipality of Ordes. It passes through O Seixo, the village of Cabeza de Lobo in the parish of Ardemil, and the villages of A Carreira, As Mámoas and A Barballera. It goes through open countryside and native forests and by stone crosses that show us the way to go. Soon we reach A Rúa where the church of San Paio de Buscás lies. An unpaved road takes us to the mill of Trabe and the bridge of O Cubo to continue on to Outeiro de Abaixo. The shelter of the trees directs us to the church of San Xulián de Poulo, in Outeiro de Arriba.

We alternate stretches of paved and unpaved pathways. We pass by A Senra and A Calle. Here, a plaque placed on

a sixteenth-century house recalls the visit of King Felipe II in 1554.

We come to O Carballo and A Casanova. The area is usually flooded in winter by the numerous springs. We can leave the Way along the side fields until we come across a paved road next to the bridge of A Pereira. We cross this bridge, come into the wood and reach Os Carriás. We continue to Baxoia and come to Sigüeiro, a town of medieval origin (12th century), the capital of the municipality of Oroso. We continue down the Rúa Real and end up on the historical bridge over the River Tambre.



SIGÜEIRO > SANTIAGO

16,07 km to Santiago

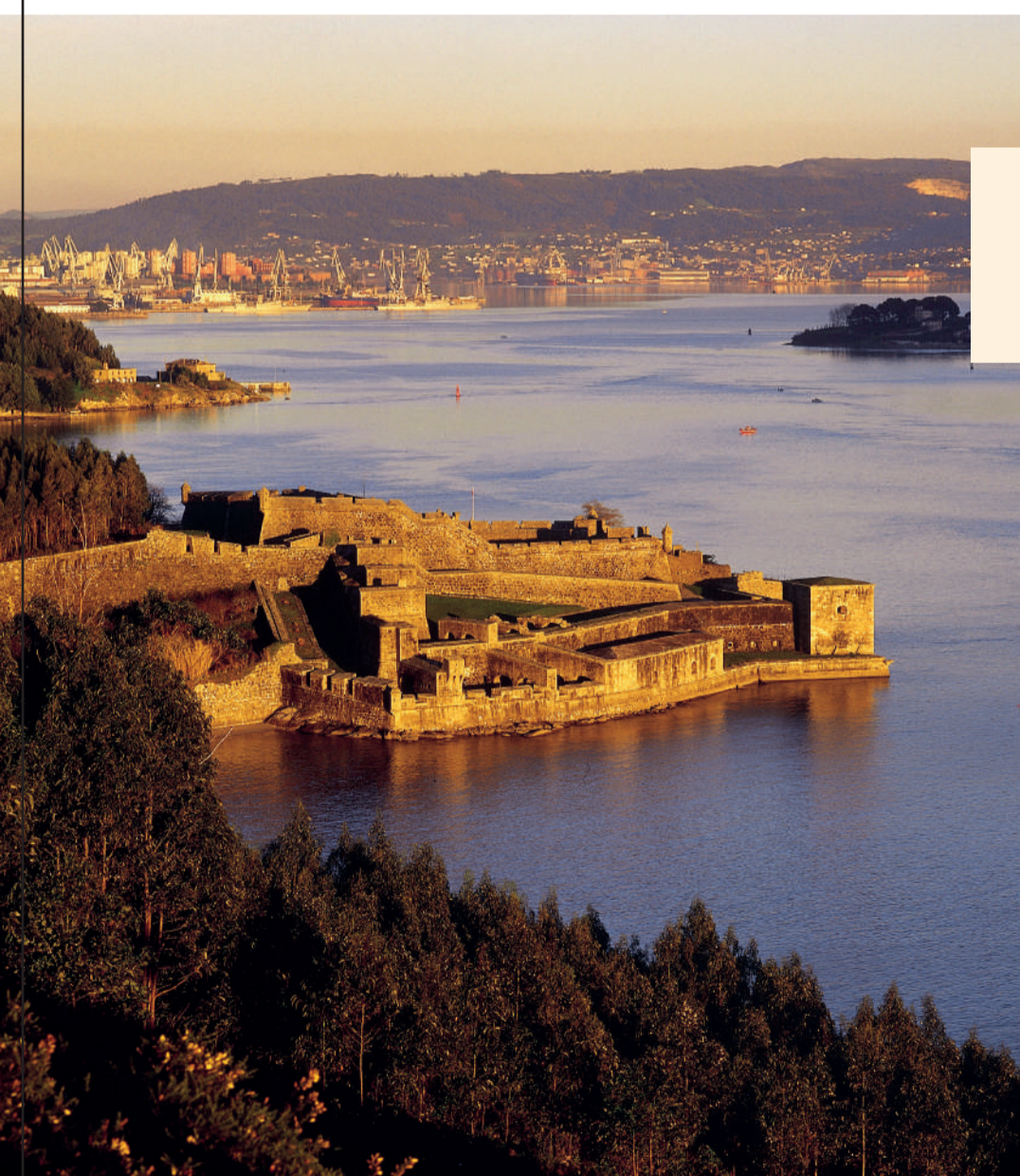
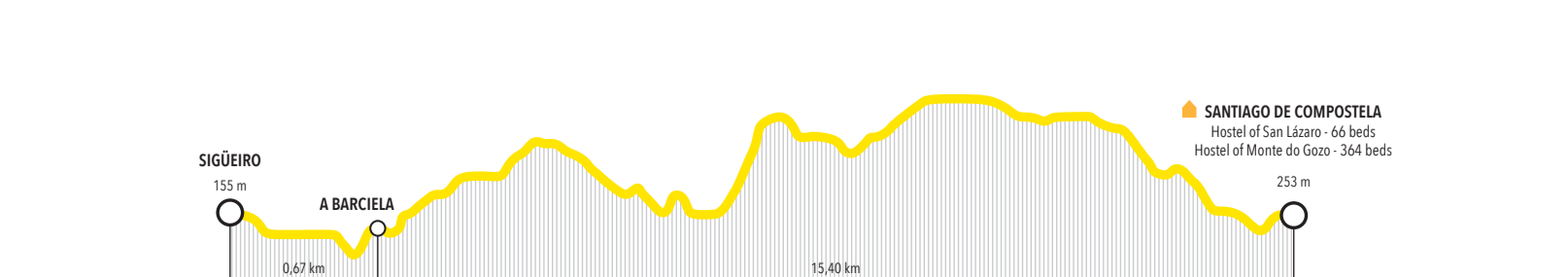
Praza do Obradoiro, Santiago de Compostela



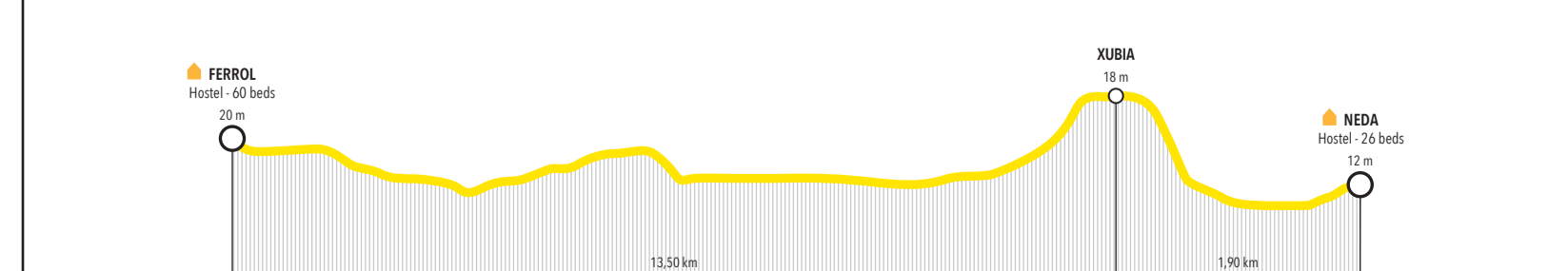
We cross the Sigüeiro bridge over the Tambre river and enter the municipality of Santiago. We continue towards the small towns of Marantes and A Lameira until we reach and pass through the Lambre business park (the main industrial centre of the capital of Galicia) and then walk along the Via Galileo and Rúa do Tambre. The route comes to the neighbourhood of O Meixomfrío, where there was an inn for pilgrims and travellers to refresh up. Very close is the Stone Cross of A Coruña, close to which there was a pre-Roman hill fort.

The route passes through the As Canceas neighbourhood and then enters Santiago town centre further down the road. We pass by the administrative building

of the regional government of Galicia in San Caetano, and the monument to pilgrims. We keep going on the streets of A Pastoriza, Basquiños and Santa Clara. We leave the convent of Santa Clara behind and continue down Rúa Loureiro to the Porta da Pena or Gateway of Sorrow, one of the ways in to the city when it was walled, from the twelfth to the nineteenth centuries. Soon afterwards we come to the square of San Martiño Pinaro, Rúa da Troia – where the famous student residence is located – and, finally, Rúa da Acibebera, which brings us to the north front of the cathedral of Santiago.



San Felipe Castle, Ferrol



BEYOND THE CAMINO... THE ENGLISH 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.



Fragas do Eume Natural Park

Along the final kilometres of the Eume River, as it makes its way to the Ria of Ares, is one of the last remaining Atlantic forests in Europe: Fragas do Eume. This 9,100-hectare nature reserve extends along a forest corridor more than 20 kilometres in length. It contains plant and animal species found nowhere else in the world. In the heart of the forest stands Caaveiro Monastery, founded by St. Rudesind, a Benedictine monk, in the 10th century. To get an idea of the vast amounts of vegetation in this reserve, follow the paths of Os Cerqueiros Trail, which runs some 8 kilometres (approximately 3 hours walking time). The trailhead is located at A Pila de Leña (Monfero).



Ria of Cedeira

This area is known for its exquisite goose barnacles, gathered from these cliffs by daring percebeiros, in spots where the sea strikes the rocks with the greatest power. They can be sampled in municipalities such as Cedeira, which was listed as a tourist attraction in 1953. The most prized culinary offerings from the area include dishes prepared with monkfish, bonito and porbeagle, and any other seafood.

Heading north, we come to the Ria of Ortigueira, sheltered by Cape Ortegal and Estaca de Bares Point. (This marks the division between the Atlantic Ocean and the Bay of Biscay and is also an excellent spot for birdwatching.) Every July, Ortigueira hosts the International Festival of the Celtic World, which has been able to attract as many as 100,000 visitors. Let us combine music with awe-inspiring scenery. Possibilities include the Ria of O Barqueiro, one of the smallest in Galicia. Its port provides a viewpoint looking out on the white houses descending the slopes. Also located on this ria is Bares, whose dyke retains the ancient memory of the Phoenician people, who are believed to have built the first structure.



World Surfing Championship 'Pantin Classic Galicia Pro'

Between Cedeira and Ferrol are fine white sand beaches, some several kilometres in length, which alternate with small coves. This is the ideal place for water sports such as surfing and windsurfing.

Heading south down the coast from A Coruña, we enter the famed Costa da Morte region. Malpica, Laxe and Camariñas are just a few of the historic towns in this formidable and lovely landscape, one of the most enchanting in Galicia, regardless of the time of year.

Moving inland, the province of A Coruña takes the form of valleys and large stretches of meadowland where the livestock graze at their leisure in areas such as Santa Comba and Val do Dubra. This produces meat of an excellent quality. In the centre of Vimianzo (Terras de Soneira district) stands a castle dating from the 12th century, a living museum energized by tours and activities year-round.



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.

THE ENGLISH WAY ->

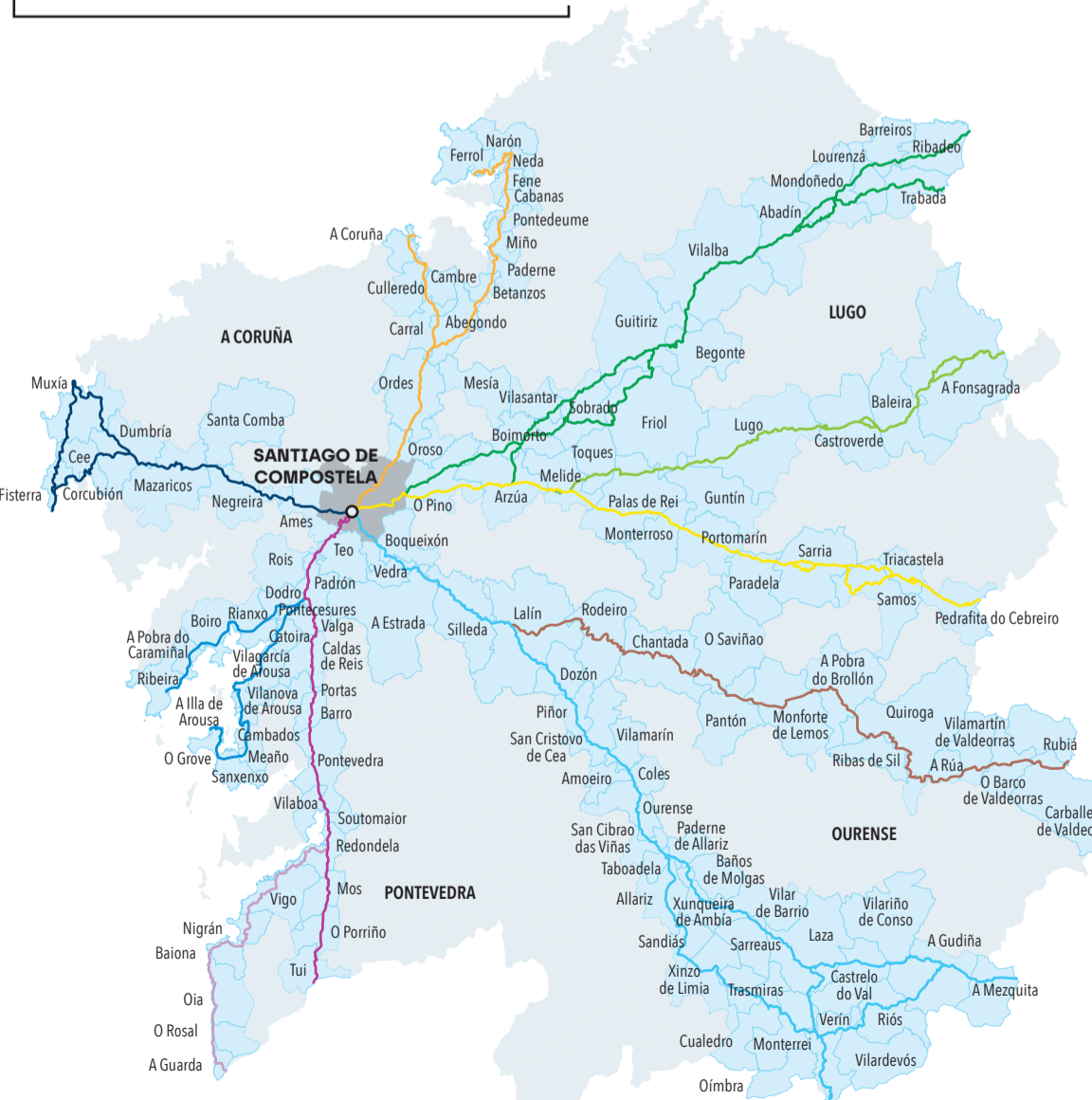
Jacobean pilgrimage attracted people and societies from all over Europe in the Middle Ages; also from the 'Distant Europe': the so-called Scandinavian countries - Norway, Sweden, Denmark, Finland and Iceland - and above all, the English, Scottish, Irish and Flemish. All of them helped establish what we know today as the English Way. They came to Galicia by sea from their respective ports, and arrived in Ferrol or A Coruña - and also in Viveiro or Ribadeo, on the coast of Lugo. The strategic location of the ports of these two important Galician cities evidently promoted the route.

There are two alternatives for the English Way in Galicia: the itinerary from A Coruña is shorter (73.02 km) than the one that starts in Ferrol (112.54 km). Both are full of attractions and history, and come together half way to Santiago (As Travesas, Carral) where they continue together to Compostela.

The history of these pilgrimages dates back to the twelfth century. A squadron of Crusaders made up of English, German and Flemish soldiers visited the tomb of St. James in 1147. They were on their way to the Holy Land and part of the expedition also went to conquer Lisbon, where they helped the first king of Portugal in his struggle against Islam.



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 Muxia Way

The traces of historical pilgrimages are many and significant along the English Way. The written description of the voyage from Iceland to Rome on foot via Santiago by the Icelandic monk Nikulás Bergsson has come down to our days. This feat took him five years, from 1154 to 1159. Two centuries later, during what is known as the 'Hundred years' war' between France and England, the British went to Santiago by ship. Pieces of English pottery and coins from the fourteenth and fifteenth centuries found in the excavations of the cathedral are proof of the presence of these pilgrims.

Offerings to the Apostle have also left witness to this route, such as the famous portable alabaster altarpiece, showing the life of St. James, donated by the English clergyman John Goodyear in 1456. The piece still survives in the cathedral museum.

The rupture of Henry VIII (1509-1547) with the Catholic church, because of his divorce with Catherine of Aragon - the origin of the Church of England or Anglicanism - led to the end of English pilgrimage and condemned this route to oblivion for centuries. This lasted until today, a period of revitalisation and new forms of pilgrimage. The multiple attractions of Ferrol and A Coruña are the portico of the route, while Pontevedra and Betanzos are two essential enclaves for understanding the 'English' history of the Way.

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

- 1 Santiago de Compostela Cathedral
2 Royal Hospital (now Hostel dos Reis Católicos)
3 San Martín Pinaro
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 Assay
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 Mzaeyelos Gate (Porta de Mazarelos)
14 Santiago Fountain, Ria do Franco
15 Santa Susana Church
16 Pilar Church
17 Praza das Praterias 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

CREIDENTIAL 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.

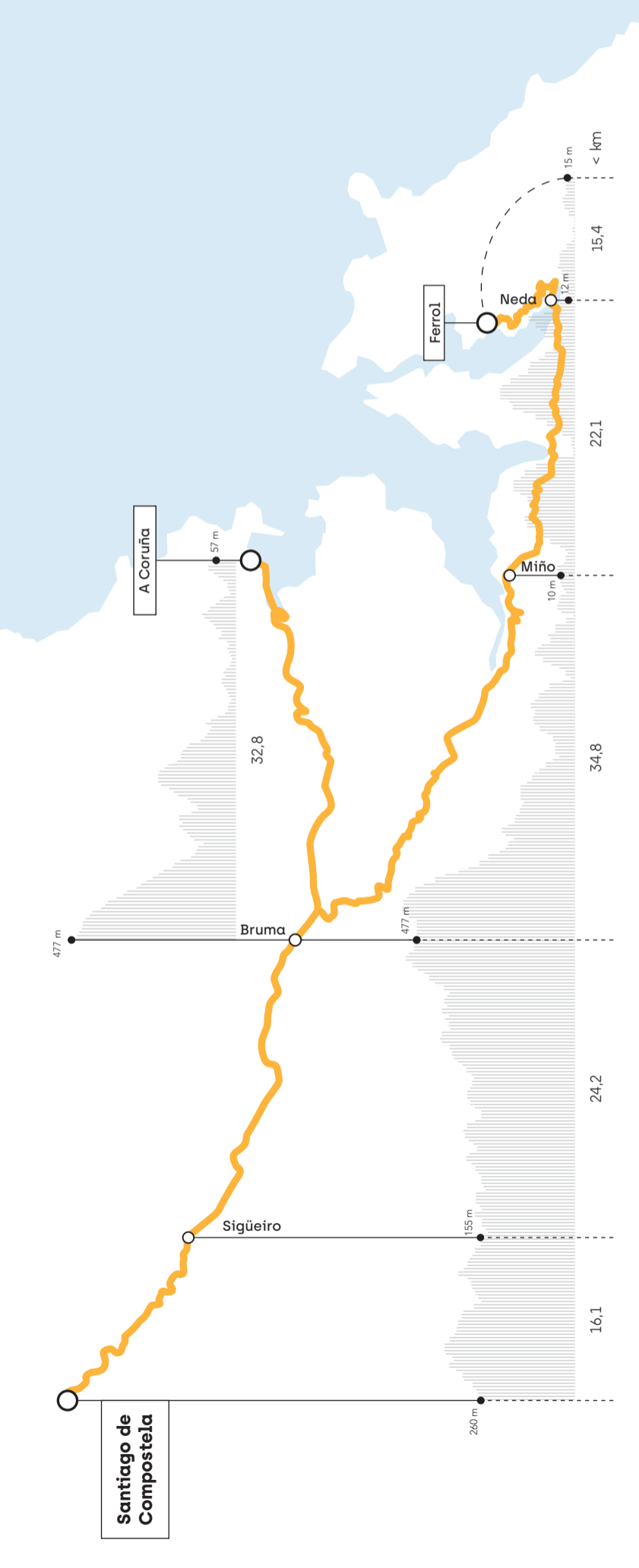
PEOPLE WITH DISABILITIES In addition to the general recommendations which all pilgrims should observe, disabled pilgrims should: - Before leaving, learn about the difficulties they may encounter and the accessibility of the different services found along the Way of St. James (hostels, catering facilities, 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, betadine, band-aids, sunscreen, and a needle and thread to treat blisters, nail scissors, Vaseline, mosquito repellent, antihistamines for allergy sufferers and aspirin.

THE ENGLISH WAY



THE ENGLISH WAY

The Pilgrims' Ways to Santiago in Galicia