

## A GUARDA > OIA

16,7 km  
162,6 km to Santiago  
THE COASTAL PORTUGUESE WAY



Monastery of Oia

### WHAT TO SEE

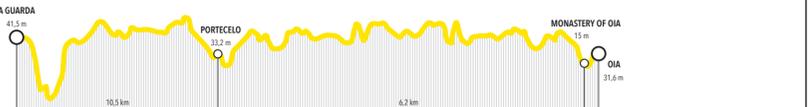


Entry into Galicia on the coast starts in A Pasaxe (A Guarda). We have left Portugal behind in the beautiful municipality and town of Caminha. A Guarda grew on the slopes of the imposing hill fort of Santa Trega, the town's main tourism and historical value and one of the most impressive pre-Roman settlements in the north-west of the Peninsula. Santa Trega was continuously occupied from the first century BC to the first century AD. The magnificent view of the mouth of the River Miño from the top will no doubt surprise us.

We continue on towards Oia, in the municipality of O Rosal, along the coast. The ocean is on our left, delighting us with beautiful and overwhelming views. This stretch is practically flat and there is no shade. In summer, the sea breeze calms the heat of the sun.

We now come to the historical monastery of Santa María de Oia, right on the coast. One of the names of this route, the "Monks' Way", comes from this place. The monastery belonged to the Cistercian order. Its strategic location helped, more than once, to defend the coastline, such as half-way through the seventeenth century when the monks managed to beat off an attack by the Turkish fleet.

In A Guarda, the hill fort of **Santa Trega**, the most emblematic and most visited Galician/Roman settlement. It was declared a Historical and Artistic Monument in 1931. There are **petroglyphs** on some of the stones carved 2,000 years before the fort was occupied. The **estuary of the River Miño**, especially attractive at low tide and at sunset, with reeds, cormorants and ducks and geese in the marshland. As for food in A Guarda, the **lobster** is famous and it has its own annual event in July. In Oia, the **monastery of Santa María**, Romanesque, Gothic and Baroque, currently under restoration.



## OIA > BAIONA

18,7 km  
145,9 km to Santiago  
THE COASTAL PORTUGUESE WAY



Cabo Silleiro // Parador de Baiona



### WHAT TO SEE



We leave the fishing village of Oia behind us and walk along the foot of the cliffs. We pass by the lighthouse of Cape Silleiro, the south end of the estuary of Vigo and the main guiding point for ships sailing these waters. We then go up to Baredo on the old king's road. The rural core of Baredo is very well preserved, with cobbled streets and genuine popular architecture. There are plenty of barnacles on its rocky coastline.

attacks by English corsair Sir Francis Drake, who came ashore here in 1585. After the castle, Baiona.

On 1 March 1493, Baiona was the first port in Europe to receive the news of the discovery of America, as the caravel La Pinta docked here, captained by Martin Alonso Pinzon. The town still conserves all the splendour of its historical past.

Baiona is also where the great estuary of Vigo starts in the south, protected by the Cies Islands, the heart of the Atlantic Islands National Park. You can visit the islands by boat from here.

Cape Silleiro. The first lighthouse was opened in 1866 and worked with a lamp whose wick was made of vegetable oil. The **Pozas de Mougás** and the wild horses. In Baiona, the **castle of Monreal-National Parador** and the captivating **Pathway that runs round it**. The **replica of the caravel La Pinta**, moored in the port, built in 1999 and endowed with all the elements from Columbus' voyage. The **Virxe da Rocha**, made of granite and marble, by architect Antonio Palacios. The beautiful and well-conserved **medieval town of Baiona**. In March, Baiona celebrates the **Arrival Festival**, commemorating the arrival of La Pinta.



## BAIONA > VIGO

27,1 km  
127,2 km to Santiago  
THE COASTAL PORTUGUESE WAY



Hostel of Vigo

### WHAT TO SEE

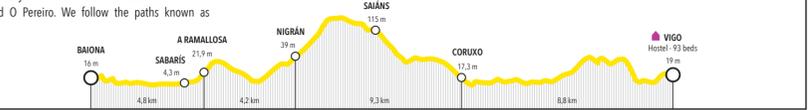


by beautiful beaches and landscapes. One of them, **Saiáns**, marks our entry into the municipality. After this, the parishes of San Miguel de Oia and San Salvador de Coruxo. We then go down the Camiño de Muíños to Samil, a beach which is the portico of the city. We have decided to stop here, right by the sea and with the Cies Islands in the background, although we could also keep going into the city centre.

Camiño do Souto and Camiño da Rosiña until we come to the nucleus of Nigrán. The stately homes of Urzaiz and Cea are just before the way up to Monte de Sanromán, which we have to cross to get to Priegue.

The C-550 is always present. On this road we come into the city of Vigo, the largest city in Galicia with 300,000 inhabitants and half a million in the metropolitan area, a major fishing and container port, a dynamic and industrial city surrounded

The fountain of **O Pombal** (16<sup>th</sup> century). The bridge of **A Ramallosa** (13<sup>th</sup> century), with ten arches, possibly built over a Roman bridge. In Nigrán, the **estuary of the River Miñor**, marshlands with great ecological value. In Panxón (Nigrán), the **Votive Temple of the Sea**, built by Antonio Palacios, and the **Visigothic Arch** (7<sup>th</sup> century). There are **beautiful beaches**, white sand and mild weather all year round on this stage. In the municipality of Vigo, before coming into the city, the church of **San Salvador de Coruxo** (12<sup>th</sup> century). Samil beach is where people go to meet each other and relax; it has plenty of bars and other services.



## VIGO > REDONDELA

15,7 km  
100,1 km to Santiago  
THE COASTAL PORTUGUESE WAY

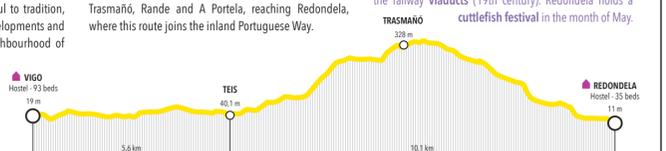
The Lagares riverside walk also takes us to As Travesas – down the **Avenidas de A Florida** or Frágoso. From here we go to **Tomás A. Alonso Street**, join up with **Pi I Margall** and the **Paseo de Alfonso XII**. Here, around the old castle of San Sebastián, a genuine stretch of the old entrance to the now lost walled city of Vigo still remains: through the gate of **A Falpera**, next to the **Rúa de Santiago**.

From the **Paseo de Alfonso XII** we go down towards **San Francisco** and the historical fishing area of **O Berbés**.

We leave Vigo through the neighbourhood of **Teis** – at the summit of **Monte da Guía** we can enjoy a wonderful view over the city – we then go through **A Paradelá**, **Parada**, **Trasmañá**, **Rande** and **A Portela**, reaching **RedondeLA**, where this route joins the inland Portuguese Way.

The best way to come into the city of Vigo is to follow the River Lagares upstream – it flows onto **Samil** beach. The riverside walk lets us enjoy its wetlands, flora and fauna.

An alternative to this route – more faithful to tradition, but today disguised by large housing developments and excessive traffic – goes through the neighbourhood of **Coia** to **As Travesas**.



### WHAT TO SEE



In Vigo, the **Quiñones de León Museum**, in the Pazo de Castrelos, with an excellent collection of Galician painting, archaeology and botanical gardens. The **Lagares riverside walk**. The park of **O Castro**, the fresh fish market (the cold port of Vigo is the largest in Europe), and the **Paseo de Alfonso XII** next to the olive grove, the symbol of the city. The **Praza da Constitución** is the heart of the old city. The neo-Gothic church of **Santiago** (18<sup>96</sup>). And the oysters of **A Pedra**. In **RedondeLA**, the church of **Santiago**, consecrated by **Gelmírez** in 1114, the **convent of Vilavela** (16<sup>th</sup> century), the **house of A Torre** (16<sup>th</sup> century) and the railway **viaducts** (19<sup>th</sup> century). **RedondeLA** holds a **cuttlefish festival** in the month of May.

## REDONDELA > PONTEVEDRA

18 km  
84,4 km to Santiago  
THE PORTUGUESE WAY



Pontevedra

### WHAT TO SEE

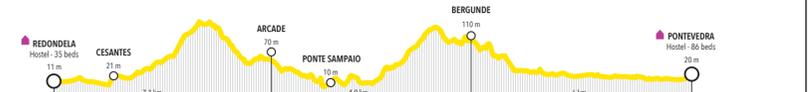


On leaving **RedondeLA** we pass by the chapel of **As Angustias**. We come into the parish of **Cesantes**. On our left, to the west, the impressive estuary of **Vigo**: in the middle the **Islands of San Simón** and **Santo Antón** arise, under whose waters lie the remains of the galleons from the **Battle of Rande** (1702), while in the background the panorama is completed by **mussel parlours** and the hanging bridge of **Rande**. We come into the parish of **O Viso** and then to **Arcade** (in the municipality of **Soutomaíor**), and go down the streets of **Portas**, **Lavandeira**, **Cimadevila**, **Velero**, **Barroncas**... until we reach the historical medieval bridge of **Ponte Sampaio**, over the **River Verdugo**.

Half-way across the bridge we are in the municipality of **Pontevedra**. We go through **Ponte Sampaio** and continue along old and evocative cobbled streets, with stretches of the Roman road **Via XIX**, such as the ascent via **Brea Vella da Canicouva**.

We are getting closer to **Pontevedra**, passing through **A Boullosa**, **Santa Comba de Bértola**, the chapel of **Santa Marta**, **Tomeza**, **O Casal do Rio** and **O Marco** (in **O Pobo** we can take the branch that diverts us to the left – complementary way-) **Otero Pedrayo Street** and the **Roundabout of Compostela** take us to the **sanctuary of the Virxe Peregrina**, **Rúa Soportelas**, **Praza do Teucro** and the **Rúa Real**. The marvellous historical centre of the city awaits us.

The chapel of **As Angustias** (17<sup>th</sup> century) in **RedondeLA**. **Islands of San Simón** and **Santo Antón** (by boat from **Vigo** or **Cesantes**). The unique hanging bridge of **Rande** (1978). As for food, **oysters** in **Arcade**. 4 km from the route, the castle of **Soutomaíor**, eleventh century, reformed in the 17<sup>th</sup> century. In **Ponte Sampaio**, the armed people vanquished the troops of **Napoleon** (June 1809). In **Pontevedra** you cannot afford to miss walking around the **Old City**: the **sanctuary of the Virxe Peregrina** (18<sup>th</sup> century), the five historical buildings of the **Museum of Pontevedra**, the **Przas da Ferrería**, **A Leña** and **O Teucro** and the **basilica of Santa María A Grande** (16<sup>th</sup> century).



## PONTEVEDRA > CALDAS DE REIS

22,8 km  
66,4 km to Santiago  
THE PORTUGUESE WAY



Recreational area of the River Barosa, Barro

### WHAT TO SEE



The Way leaves **Pontevedra** along the **Rúa da Santiña**, after crossing the **River Lárez** over the bridge of **O Burgo**. We then go round the large marshland of **A Xunqueira de Alba**. The route goes between the railway line and the **River Grandá**. We go up to **Pontecabras** and the church and rectory of **Santa María de Alba**. In **Guxilde** the Archbishop of **Santiago Diego Gelmírez** rested on his way from **Braga** to **Compostela**.

bends – the N-550 road is always present, as is the new high-speed railway that has changed the landscape. **A Seca** (in the Council of **Barro**) and **Briallos** (in the Council of **Portas**) point us on towards the municipality of **Caldas de Reis**. There are small pathways, alternating with paved and unpaved roads.

We come to the beautiful village of **Tivo**, where walkers face the last stretch of this stage, almost at **Caldas de Reis**. We go past the church of **Santa María** and come into **Caldas**, a spa town, the **Aguae Celenis** quoted in the so-called "Itinerary of Antoninus", a third-century document that reflects the routes of the Roman Empire, bathed by the **Rivers Umia** and **Bernaña**.

We go down the streets **Santa Marta**, **Ferrería** and cross the bridge over the **Umia**, which brings pilgrims to the hot water spring the town has been named after since Roman times. We then follow the **Rúa Real**, cross over another bridge, this time the charming medieval bridge over the **River Bernaña**. The chapel of **San Roque**, at the end of the street of the same name – which joins the N-550 – marks the end of this stage.

From this point on we have to pay attention to the signs, as the Way goes through various different crossroads and

The Baroque site made up of the church and rectory of **Santa María de Alba**. Tasting the food in **Santo Antoinho**, the capital of **Barro**, 600 m from the route. The church of **San Martino de Agudelo** (13<sup>th</sup> century), with influences of the **Maestro Mateo** workshop. Before the bridge over the **River Agra**, the **recreational area of the River Barosa**. 400 m from the Way, with waterfalls and restored mills. The parish church of **Briallos** (first built in the 15<sup>th</sup> century, rebuilt in the 18<sup>th</sup> century), with interesting altarpieces, some Baroque and one from the Renaissance. The ethnographic site of **Tivo**: a stone cross from 1654, fountain and public washing place. In **Caldas de Reis**, the church of **Santa María de Caldas**, a twelfth-century Romanesque building, also influenced by the **Pórtico de la Gloria**. The church of **St. Thomas Becket** (late 19<sup>th</sup> century), the only church in Galicia devoted to the archbishop and saint from **Canterbury**, and Chancellor of **England** (1118-70), murdered inside his cathedral by courtiers of **King Henry II**. Becket stopped in **Caldas** on his pilgrimage in 1167. **As Burgas**, spring water at 40°C in an emblematic public fountain dating from 1881. **Bernaña Bridge**, a medieval structure built on a Roman base. 2 km from **Caldas**, the Romanesque church of **Santa María de Bemil**.



## CALDAS DE REIS > PADRÓN

18,7 km / 43,6 km to Santiago  
THE PORTUGUESE WAY



Santiagoño do Monte, Padrón

### WHAT TO SEE



We leave **Caldas** on the N-550 but immediately turn into a nice little lane. The Route goes up to **Santa María de Carracedo** and then passes through **Casalderrique** and **Casal de Eirigo**. We are now in the municipality of **Valga**.

From **O Pino** we go to **Monte Castelo**, thick forests bathed by the waters of the **River Ulla** and dotted with old mills. The next villages are **Cimadevila**, the bridge over the **River Fontello**, **Cedelo** and **Condide** – in **Pontecesures**. From the viewpoint of **Pino Manso** we can see most of the valley of the **River Ulla**.

The route now goes through the oldest part of the town of **Pontecesures**. We then cross the bridge over the **River Ulla** (of Roman origin, although rebuilt), separating the provinces of **Pontevedra** and **A Coruña**. Here is where the municipality of **Padrón** starts, in the province of **A Coruña**, the cradle of the **Jacobean tradition**, a beautiful and monumental town on the Banks of the **River Sar**. We come into the town over the fair ground, and then come to the **Paseo do Espolón**. In the centre lies the church of **Santiago de Padrón**, where the **Padrón** (the stone where the boat that brought the remains of the apostle was moored) is kept.

The monumental site of **Santa María de Carracedo**. In **Monte Castelo**, the traditional mills. In **Pontecesures**, the Romanesque church of **San Xulián de Requeixo**. The old port of **Padrón**, dating from the 12<sup>th</sup> century: according to tradition, the body of **St. James** came here from **Jaffa** (Palestine) in the first century. The promenade along the **River Sar**. The church of **Santiago**, which holds the **Padrón**, a Roman altar dedicated to **Neptune**, and where the stone boat moored. The **Fonte do Carme** (18<sup>th</sup> century). The **Botanical Gardens**. The **House Museum of Rosalia de Castro**, Galicia's greatest poetess. The Romanesque church of **Santa María de Herbón**, in the village famous for its **peppers**.



## PADRÓN > SANTIAGO

24,9 km to Santiago  
THE PORTUGUESE WAY



Plaza do Obradoiro, Santiago de Compostela

### WHAT TO SEE



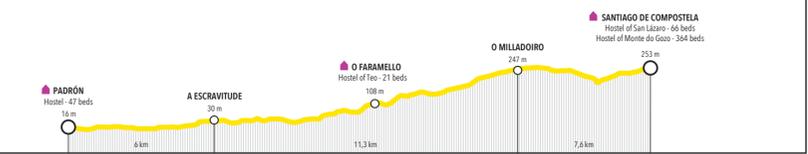
We leave along the **Dores Street**, cross the **River Sar** and come to **Iria Flavia**, nowadays in the parish of **Padrón**, although it was a Roman city and then the episcopal see until the eleventh century. We pass the **Camilo José Cela Foundation** and cross the N-550 (we can take the way that diverts us to the right to avoid traffic). The **Sar Valley** is home to traditional villages like **A Pousa**, **O Souto**, **O Ruevo**, **Cambelas** and **Anteporas**.

We come to the sanctuary of **A Escravitude**, behind which we can enjoy the magnificent views of **Padrón** and the lands of **A Maía**. We go down to **Angueira de Suso**, and then go along **O Faramello** and come to the **hostel of Teo** (where we can rest). At the top of the hill we reach **Rúa de Francos** and then **Osebe**.

In **O Milladoiro** – the name comes from "humilladoiro", i.e. where pilgrims humbled themselves or knelt down on catching their first glimpse of the cathedral – we can already breathe **Compostela**: we go through **A Rocha Vella** and over the **Ponte Vella** to cross the **River Sar**. Here we have two options: to go by **A Choupana** (by the hospital), the chapel of **Santa Marta** and down the **Rosalia de Castro Street**, or through the neighbourhood of **Conxo**. Both ways come together in the **Praza de Vigo**.

The Way comes into the historical centre through the **A Porta Faxeira** and down the **Rúa do Franco**. The traditional way for pilgrims from the Portuguese Way to go into the cathedral is through the **Praza das Praterías**.

In **Iria Flavia**, the **Camilo José Cela Foundation**, located in the **Casas dos Cóengos**, built in the late eighteenth century. Opposite, the collegiate church of **Santa María de Iria**. Next to the church, the **cemetery of Adina**, where **Cela** is buried – it also preserves a necropolis of the **Suevi** (6<sup>th</sup> century). The **sanctuary of A Escravitude** (18<sup>th</sup> century). The **Gothic stone cross** on **Rúa de Francos**. 500 m from the Way, the **bridge over the River Tinto** (18<sup>th</sup> century) and the ruins of the legendary **Lupario Hill Fort**, where **Queen Lupa** lived. The ruins of the castle of **A Rocha Forte** (15<sup>th</sup> century). The church of **Santa María de Conxo** (18<sup>th</sup> century), with a crucifixion by **Gregorio Fernández**. The **Rúa do Franco** is probably the liveliest street in the city.





BEYOND THE CAMINO... THE PORTUGUESE 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.



Lake dos Carballos, Archaeological Park of Campo Lameiro

For lovers of prehistoric art, inland Pontevedra province is an incredible discovery: it contains one of the largest collections of petroglyphs in Europe, especially in the districts of Val do Lérez and Baixo Miño, as well as around the city of Vigo. As you no doubt know, petroglyphs are stone carvings made between four and five thousand years ago. Many have been discovered and studied only recently. In Campo Lameiro you will find the Rock Art Archaeological Park, 22 hectares with many highly valuable petroglyphs. The park also includes a reconstruction of a Bronze Age settlement. A Guarda is home to the Castro of Santa Trega, an iconic symbol of the northwest Iberian Peninsula. The hilltop Galician Roman settlement has a hiking trail and an archaeological museum.



Castro of Santa Trega, A Guarda

Regardless of which variant of the Portuguese Route you chose, coastal or inland, the landscapes, people and history you have left behind make a leisurely return journey well worth the time. The vineyards of the Rías Baixas region, beaches, spas, country houses, Atlantic islands and the extraordinary inland areas of the province of Pontevedra all offer up their charms.

The O Rosal Valley is located at the mouth of the Miño River, on the Portuguese border. Why not stop and sample the wines from this designation of origin? Fresh, light and fruity (made from Albariño, Loureiro and Caiño blanco grapes), they have been produced here since the 12th century. In fact, the seaside monastery of Santa Maria de Oia, which you will have passed on your way to Santiago, is where these vines originated. Stopping to visit some of the iconic wineries upriver is an absolute must.



Santa Maria de Oia

And while we're on the subject of enotourism, we should also mention thalassotherapy, as the municipality of Oia, on the Atlantic Ocean, boasts a number of incredible hotels where children and adults alike can relax and enjoy themselves.

The entire Portuguese Route is surrounded by major hot springs. It is not for nothing that Galicia is an emerging presence in water-based and health tourism. Mondariz Balneario, the smallest municipality in Spain, located in the district of O Condado (some 30 kilometres from Vigo), was already a major European hot springs destination by the late 19th century. Today, its healthy waters and spa facilities are known throughout much of the world. A Toxa Island is another important historic spa bathing location. Its waters and baths can 'cure horrible illnesses', according to the writer Emilia Pardo Bazán. Near Santiago, in Brión, you will find O Tremo, one of the closest spas. It is located on the site of the historic A Nosa Señora dos Anxeles spring.



Mondariz Spa

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.

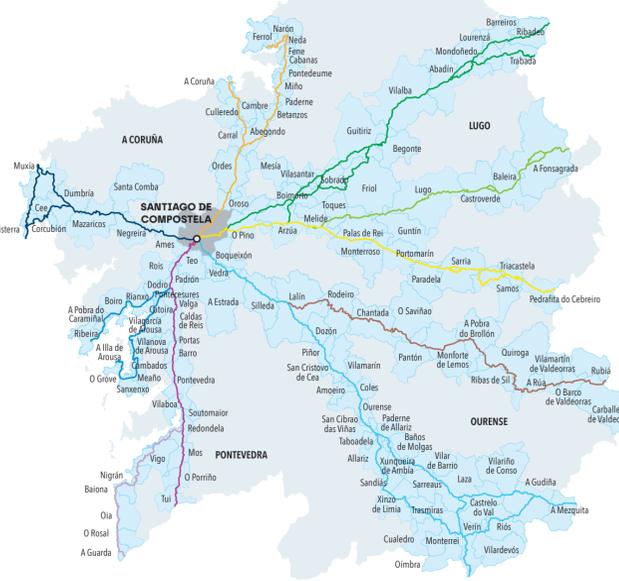
THE PORTUGUESE WAY ->

The Portuguese Way is a fundamental land in the Jacobean cult for understanding the true international dimension of pilgrimages. This route became relevant above all in the twelfth century, after Portugal became independent half-way through the century. The route follows ancient roads and pathways, such as the Via XIX, built in the first century AD, joining Braga and Astorga via Ponte de Lima, Tui, Pontevedra, Santiago and Lugo. It was one of the most important Roman roads, as it formed the backbone of Gallaecia.

In the twelfth century, the flow of pilgrims to the north of the Peninsula established connections that were not only spiritual but also cultural and economic, human bonds that political borders have never been able to break. The example of kings, nobles and high-ranking clergy made a decisive contribution to setting up a great Jacobean devotion; like the pilgrimage of Isabel of Portugal, the 'Holy Queen', in the fourteenth century. She offered up her crown on the altar of Santiago and was buried in Coimbra with a pilgrim's staff. King Manuel I of Portugal made the pilgrimage from Lisbon to Santiago in 1502, and ordered a lamp to be lit day and night in the cathedral as a souvenir of his stay in Compostela, he assigned an annual payment for it.



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 effect of the Jacobean phenomenon in Portugal was so great that the country's road network was based from the south to the north on the places through which the Pilgrims' Way passed on the way towards Galicia: Lisbon, Santarém, Coimbra, Porto, Barcelos, Ponte de Lima and Valença do Minho, where the route crosses the River Miño and comes into Galicia.

In the nineteenth century, when pilgrimages were at an all-time ebb, as a consequence of the new times defined by the French Revolution and the invasion of Spain by the Napoleonic troops, the Portuguese Way became the most active Jacobean route. In this century, over 80% of foreign pilgrims were Portuguese.

The way comes into Galicia via Tui. It goes through O Porriño, continues on to the town of Redondela, then Caldas de Reis and Padrón, where the legendary "Pedrón" is kept (the stone where the boat that brought the remains of the Apostle was moored).

The Way then comes to the ancient Roman city of Iria Flavia and from there to Compostela. An alternative route, known as the Coastal Portuguese Way, comes into Galicia via A Guarda, then goes to Baiona, through Vigo and joins the traditional Way in Redondela

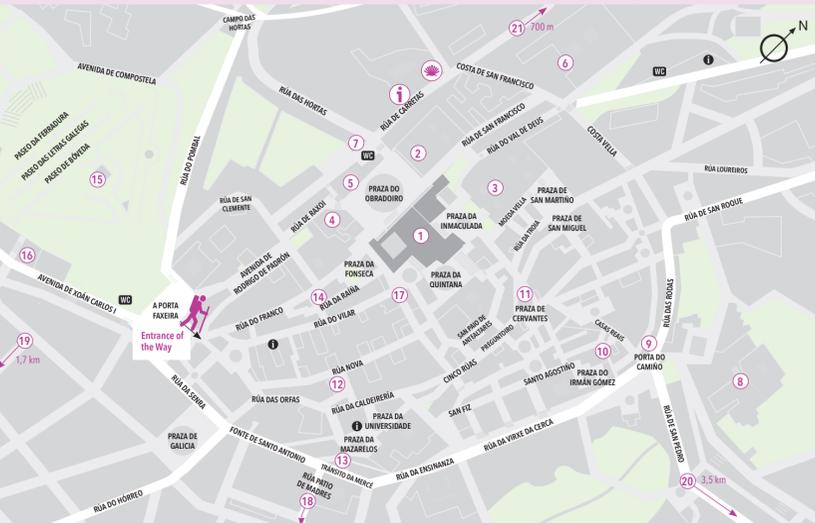
MAP OF SANTIAGO DE COMPOSTELA PLACES ASSOCIATED WITH THE WAY OF ST. JAMES ->

- 1 Santiago de Compostela Cathedral
2 Royal Hospital (now Hostel dos Reis Católicos)
3 San Martiño Pinarío
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 Assery
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 Mzairelos Gate (Porta de Mazarelos)
14 Santiago Fountain, Rúa 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)

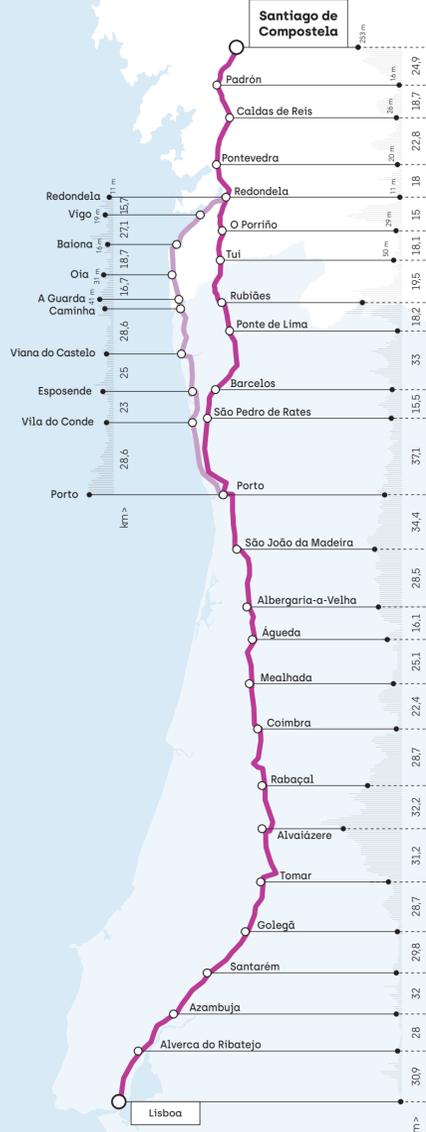
International Pilgrim Welcome Centre: Camino de Santiago Research and Information Centre

Information

Pilgrim's Office: 981 568 846



PORTUGUESE WAY



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:

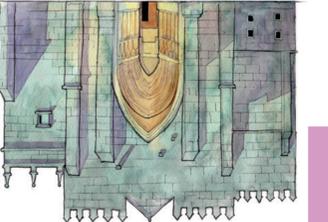
- Before leaving, learn about the difficulties they may encounter and the accessibility of the different services found along the Way of St. James (hostels, catering facilities, etc.).
- Exercise caution when crossing roads if they have a hearing impairment and, in the case of pilgrims with visual impairments, 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, betadine, band-aids, sunscreen, and a needle and thread to treat blisters, nail scissors, Vaseline, mosquito repellent, antihistamines for allergy sufferers and aspirin.

THE PORTUGUESE AND COASTAL WAY The Pilgrims' Ways to Santiago in Galicia



Emergency Telephones

- 061 (Galicia)
112 (National)
085 (Galicia forest Fires)

www.caminodesantiago.gal

App "Camino Santiago" (Available on Google Play and the App Store)