

LUBIÁN-A CANDA > A GUDIÑA

26,5 km
254,3 km to Santiago via Verín
223,2 km to Santiago via Laza

The "Vía de la Plata" enters the province of Ourense via the mountain pass known as Portela da Canda (1262 m), in the municipality of A Mezquita. This municipality has seen the people of Castile, Galicia and Portugal forge a historic link. This is a land that has welcomed not only pilgrims but rappers, music-drivers, traders and travellers, all of whom have had different reasons for visiting.

It continues to A Canda and A Vilavela, whose church is dedicated to Santa María da Cabeza. As we head downhill, we cross a bridge over a stream, the Veiga do Pontón, following old cobbled paths, protected by the century-old stone walls.

WHAT TO SEE

The church of **A Vilavela**, (Baroque), dedicated to Santa María da Cabeza, with an interesting façade – with a half-point arch – and sepulchral tombstones in the atrium. **A Nosa Señora de Loreto chape**, dating back to the 18th century, with an altarpiece and sculptures from the 17th and 19th centuries. **O Pereiro parish church**, dedicated to St. Peter and with impressive stalls. **O Canizo parish church**, Baroque. In **A Gudiña**: the churches of **San Martiño** – Baroque, begun in 1619 – and **San Pedro**; the interesting **flat-relief pieces on the façade of a building opposite the old prison**, and the **local gastronomy** famous for its pork, cold meats, kid goat and lamb.

We then reach O Pereiro, which lends its name to a river and a locality. We are now in an area of well-known stonemasons, their art expressed in popular and religious architecture. Further along, O Canizo, in a parish belonging to the municipality of A Gudiña. We cross the town, heading towards the N-525 road, reaching the peak of O Canizo (1067 m).

We continue to the town of A Gudiña, a hive of activity and well-known for its mesones, or inns, for pilgrims and travellers since the 18th century. In A Gudiña, a far-off 15th July 1506, Queen Joanna the Mad and her husband Philip the Handsome stopped off here.



A GUDIÑA > LAZA

Through **Laza** - 34,5 km
196,7 km to Santiago

We leave A Gudiña behind and take the Vereia Vella (Old way) or Vereia Sur (Southern way), a route that crosses the incredibly scenic countryside of A Serra Seca. In the 16th century this route was known as the French Way and the Royal Way. We pass by A Venda do Espiño and A Venda da Iresca. We continue through the most beautiful countryside and, at more than 1000 m above sea level (the Picaños peak stands at 1104 m) and after passing more

ventas (inns or taverns), we are greeted by a land of half-abandoned villages: A Venda da Capela and A Venda do Bolaño, the latter having a beautiful view of the Monte da Urdeira, an ancient pre-Roman castro, or hill fort.

Stretching out to our right is the As Fontas reservoir, into which the River Camba (a tributary of the Bibei) flows, providing a spectacular landscape. Further to the north, O Invernadeiro Natural Park, which belongs to the municipality of Vilafrío de Conso.

A Serra Seca comes to an end in Santiago de Campobeceros, in the municipality of Castelo do Val, 15 km from the beginning of the stage. This parish belonged to the Santiago Order of San Marcos de León. Here, the route, the Vereia Vella, enters Porto Camba, and a mountain valley in the Serra de San Mamede, which belonged to the monastic jurisdiction of Montederramo. We continue on to Eras and then to the town of Laza.

WHAT TO SEE

The landscapes of **A Serra Seca**. The church of **Santiago de Carracedo da Serra**, with an image of St. James the Pilgrim. **Monte da Urdeira**, an ancient pre-Roman settlement. **O Invernadeiro Natural Park**, with its deep valleys and rounded peaks. **Off the beaten track**, to the north, is the **Montederramo Cistercian monastery**, where the name "Rivoira Sacrata", or "Ribeira Sacra", roughly translated as "Holy Bank", appeared for the first time (in the year 1124). In Laza, as in Verín or Xinzo de Limia, the authentic and ancestral **entroido** (carnival), which attracts thousands of visitors each year, and the **church of San Xoán Bautista** (1701).

FECES-VERÍN > LAZA

Alternative - 36 km
198,1 km to Santiago

Verín is the municipal capital of a pretty valley in the upper basin of the River Tâmega. It is the most important village in the south of the province of Ourense and is home to impressive monuments. Along with the castle of Monterrei, it forms an important crossroads of Jacobean ways, albeit from the Vía de la Plata or the Way from Portugal, which enters Galicia via Soutocho and Feces de Abaixo.

The castle of Monterrei stands two kilometres above. It is a truly magnificent group of monuments with 3 walled enclosures. The Way passes close by. The castle sits on the ancient castro, or fortified settlement, of Verín and of Barconcel, where pre-Roman remains were found and where, it seems, the settlement existed.

We leave behind the villages of Mixós, Estevesiños, Vences and Arcucelos to reach Retora, still belonging to the Monterrei valley and now in the municipality of Laza, at the entrance to which we are greeted by a stone cross and an ancient church dedicated to St. Mariña, one of the few examples of Gothic architecture in a rural environment.

We soon reach Laza. Here, the route becomes urban and joins the Vereia Sur, the old, traditional Way of Castile.

WHAT TO SEE

In Verín: **Casa do Asistente** – the current pilgrims' hostel –, the town's most important Baroque building. The church of **Santa María a Maior**, presided over by an image of Christ of the Battles. The church and convent of **A Mercé** (18th century), with a magnificent main altarpiece and majestic Baroque bell tower. Its **entroido** or carnival, has been declared of National Tourist Interest. The **Castle of Monterrei**, beside the National Tourism Parador: The **Tower of Homage** (14th century) overlooks the surrounding countryside. The pre-Roman church of **Mixós** (9th century) contains Roman altar stones in its apses.



LAZA > VILAR DE BARRIO

Through **Laza** - 19 km
162,2 km to Santiago

Pilgrims have to follow the River Tâmega upriver. The yellow arrow shows the way: Soutelo Verde, Tamicelas and, following a steep uphill climb, we come to A Alberquería. In Santa María da Alberquería there was an inn for travellers as well as a charity hospital for pilgrims. The route leaves behind the panoramic views and is not densely tree-covered here, although the heather provides a multi-coloured alternative. We again climb a steep hill, through fields and brush, levelling out at the summit of the higher land, at the foot of the Paradiña peak and Mount Talaríno.

Soon after, we reach the municipality of Sarreaus, where the parishes of Paradiña and Codoso meet; here, we pass through O Veredo, "pathway", in clear reference to the Way.

In Sarreaus, the well-known River Limia springs, the River Letre or "river of forgetfulness" to the Greeks, which the Roman general Julius Brutus would later cross.

We head downhill to Vilar de Barrio, where this stage ends. The town is the municipal capital. In Santa María de Bóveda we come across the house that belonged to the Marquis of Bóveda de Lima, Knight of Santiago, and the chapel he founded in the parish church. We are now in A Limia, Ourense's extensive central region, made up of eleven different municipalities.

WHAT TO SEE

The parish church of **A Alberquería** (17th century), which contains sculptures of St. James and St. Michael. The chapel of **A Alberquería**. **Casona del Marqués de Bóveda** in A Limia. Especially beautiful are the various **hórreos**, or raised granaries, (in A Edeira, Penouzas, Vilar de Gomeate, etc.). The village of **Couso**, in Sarreaus, an example of the recovery of a rural nucleus. The church and the Roman bridge in **Amude** (some 5 km from Vilar de Barrio). 12 km from Vilar de Barrio, the well-known Os Milagres sanctuary (Mount Medo). **Stone fountains, washing places, wells and canals form a part of the popular architecture of the area.**



A GUDIÑA > VERÍN

Through **Verín** - 41,1 km
227,8 km to Santiago

In A Gudiña, the "Vía de la Plata" enters has, as we have seen, two routes: the Vereia Sur, which joins up with Laza-Vilar de Barrio-Ourense, or the eastern route, called "the Monterrei route", which takes us through Verín, Xinzo and Allariz where they link up in Ourense.

This route heads towards the parish of San Mamede de Pentes, to continue on towards O Mente and O Navallo, in the municipality of Riós, reaching the town of As Vendas da Barreira. Along this stage, the landscape is contrasting: small, fertile valleys irrigated by the River Mente combine with desolate, vast landscapes. This part of the route takes us close to the N-525 road and the A-52 motorway (the Rías Baixas motorway).

A beautiful oak wood greets us as we leave As Vendas da Barreira. We move away from the main road and motorway and pass through small villages such as Trasedrada or Trasverea, between which lies the municipality of Sarreaus, where the Way takes on the curious name of "Camiño da Misa".

Fields bordered by soutos (chestnut trees) and carballeiras (oak trees) lead us into Mirós. We walk uphill into Fumaces, an old village sheltered by the hills. We are now nearing Verín. The silhouette of the august Monterrei castle is ever-present.

WHAT TO SEE

The church of **San Lourenzo de Pentes** (18th-19th centuries). The **San Mauro chapel** in As Vendas da Barreira. In Verín: **Casa do Asistente** – the current pilgrims' hostel – is the town's main Baroque building. The church of **Santa María a Maior**, presided over by an image of Christ of the Battles; the church and convent of **A Mercé** (18th century), with a magnificent main altarpiece and majestic Baroque bell tower. Its **entroido**, or carnival, has been declared of National Tourist Interest. The **castle of Monterrei**, beside the National Tourism Parador: The **Tower of Homage** (14th century) overlooks the surrounding countryside.



VILAR DE BARRIO > OURENSE

Through **Laza** - 35,9 km
143,2 km to Santiago

The Way continues on to Vilar de Gomeate. From here it bears the name Vereia de Santiago. It is easy to walk along, wide and is cobbled in parts, becoming flooded at times in winter and spring. We come to the municipality of Xunqueira

de Ambia. We pass through the parish of Sobradela, crossing the Roman "Vía XVIII", or "Vía Nova", which linked *Bracara Augusta* (Braga) to *Astunica Augusta* (Astorga), where we can see a number of well-preserved Roman milestones – stone columns that indicated the distance in thousands of steps.

The route moves on towards Bobadela and Cima de Vila before reaching Xunqueira de Ambia, an important spiritual nucleus in medieval times. We then come, among others, to San Xillao, Vilanova and Os Casares, on to Gaspar (Baños de Molgas) and Paderne de Allariz, and to the municipality of Taboadela and San Cibrao das Viñas, which has a leading technological business park.

In As Preiras the Way meets the road to Ourense. The city greets us with numerous attractions: the cathedral is

the focal point of the historical quarter, and the city is the capital of thermal therapy, also outstanding for its natural landscapes, through which the River Miño flows, and for its gastronomy.

WHAT TO SEE

The Romanesque church in **Xunqueira de Ambia** (16th century, with a Gothic cloister). In Vilanova, the houses **emblazoned with military orders** and St. James scallop shells. In the city of **Ourense**: the cathedral, late Roman, with its Holy Christ chapel, the main altarpiece – the work of Cornelis from Holland (16th century) – and its "Door of Paradise", the western entrance. The **As Burgas thermal springs**. The **provincial archaeological museum**. The **Roman bridge**. The **riverside paths on each side of the river Miño**. The **old quarter**, famous for its wines and tapas. And the **impressive Millennium bridge**.



VERÍN > XINZO DE LIMIA

Through **Verín** - 36,2 km
186,7 km to Santiago

We leave Monterrei behind and, at the junction, we take the left-hand path, passing through vineyards, pine woods and brush, until we reach Albarellos. Infesta is some 4 km away. We walk through the valley, in the municipality of Cudeiro. We are now in the valley through which the River Albarellos meanders, decorated with the yellow tones of the gorse, broom and mimosa in the spring. We continue on

towards Rebordondo, with its traditional architecture, that is, large, stone houses, and Pena Verde, another typical village. The landscape is now made up of five conical hills which exceed 800 m. The peak of As Estibadas (849 m) awaits us then and, a little further along, Vila de Rei and Trasmiras (the municipal capital). The most representative popular architecture continues to define these stages of the Way. The towns, on the open plain, have resisted the force of the wind and the sun which beats down in the summer. On occasions, it looks more like a Castilian than a Galician landscape. Also, land consolidation here has made it difficult to recover the original route of the Way of St. James.

The villages of Zos and Boado come before Xinzo de Limia, which marks the end of the stage. Xinzo lies at the heart of the Limia region.

WHAT TO SEE

The church of **Santiago**, in Albarellos. The church of **Pena Verde**, with its low, two-span belfry. The church of **Lobaces**, Romanesque in origin and structure. The church of **Santa María de Zos**, 12th century. The huge stone houses with balconies in the village of **Boado**. The church of **Santa Mariña de Xinzo**, with its Romanesque front; one of its capitals bears a scallop shell. Santa Mariña was a martyr and is the municipality's patron saint. Xinzo had the **largest fresh water lagoon** in Spain, the Lagoa de Antela, drained in the 1960s and the origin of numerous legends. The region of **Monterrei** is home to the five designations of origin that correspond to Galician wines.



XINZO DE LIMIA > ALLARIZ

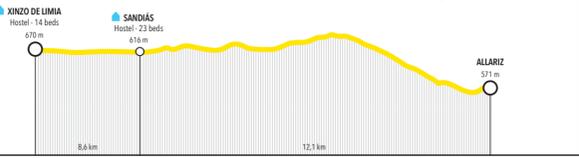
Through **Verín** - 20,7 km
150,5 km to Santiago

We continue to Vilaríño das Poldras, Couso de Limia and Sandiás, through the extensive area of concentration of plots on what was once the Lagoa de Antela. A land of pazos, the towers of ancient castles which appear on the horizon – we are still on the large plain, the widest one in Galicia along with the Terra Chá, or Flat Land, of Lugo – and ancient roads: in Sandiás, the Roman Vía Nova or Vía XVIII could have crossed with the road that linked Chaves in Portugal to Lugo via Ourense.

Sandiás is the municipal capital. Here, it is possible that the old Roman mansion Gemínis stood, on the Vía Nova.

The plains surrounding it were the scene of important battles between noblemen and irmandiños and it was also at the centre of a dispute with Portugal, which invaded it on several occasions.

The route continues on to Pñeira de Arcos, before crossing the valley linking it to Allariz. It is here where pilgrims pass through villages such as Coedo, Outeiro de Torneiros, Paradiñas and Torneiros, before reaching O San Salvador dos Penedos, nestled in beautiful natural surroundings. We then walk on to Allariz, one of the most picturesque and well-preserved towns in Galicia.



ALLARIZ > OURENSE

Through **Verín** - 22,4 km
129,8 km to Santiago

Pilgrims leave Allariz to continue on towards A Frieira, crossing the parish of Santiago de Folgoso and passing through Roiz de Abaixo, Roiz de Arriba, Rubiás, Os Espiñeiros, Turzas and A Vila, small villages whose houses boast impressive stonework, although many stand abandoned today.

The route continues towards Taboadela, crossing the parish of Santiago da Rabeda, on to Pereiras, entering San Cibrao das Viñas, and then on to A Castellana and A Ponte Noalla. Before entering the urban nucleus of Ourense, we pass through San Breixo de Seixalbo.

The city of Ourense greets us with its many attractions: the cathedral – an impressive Romanesque building – is the jewel of the city's artistic and historical heritage. The city boasts an impressive cultural legacy; it is the capital of thermal therapy and is outstanding for its scenic landscapes, through which the River Miño flows, the Roman bridge that crosses it and its rich gastronomy.



OURENSE > CEA

22,8 km
107,3 km to Santiago

Ourense's famous Roman bridge makes for a wonderful start to the day's stage. From here, there are two ways of leaving the city: one via the Costiña de Canedo and another via Cudeiro. Both begin with a steep climb and meet in the village of A Casanova (Cea).

paving. We soon reach Santedigos, with stretches of farmland and scattered houses, and Tamallancos (municipality of Vilamarín). In the village of Sobreira there is a detour that leads to the manor house-castle of Vilamarín.

In Ponte Sobreira the Way crosses the River Barbantíno via a beautiful and historic stone bridge. We then come to Faramontaos, now in the municipality of Cea, Biduedo and A Casanova, where both paths meet, at the foot of the N-525 road. In A Casanova we are greeted by a decorative fountain, staff and pumpkin.

After some two kilometres, we come to San Cristovo de Cea, famous for its delicious wheat bread and its impressive ethnographic heritage.

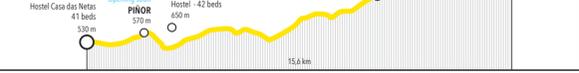


CEA > DOZÓN

15,6 km
84,5 km to Santiago

This stage of the Way departs from the sanctuary of A Saleta (built in 1908) and continues along the road to Oseira. On leaving Cea, we have two alternatives: to take the shorter route to Dozón via Piñor or take a detour to see the magnificent monastery of Oseira, a Cistercian monastery, traditionally known for its hospitality to pilgrims and where monastic life began in 1137.

The stage from Cea to Oseira is 10 km long and passes through Cotelas, San Mamede da Canda, Freás and Pielas. It is a pretty route with some hill-climbing, involving a degree



DOZÓN > BENDOIRO

18,4 km
68,9 km to Santiago

The Way leaves O Castro in the proximity of the church, heading towards the hilltop of Santo Domingo, 763 m above sea level. This land suffers from extremely cold and even snowy weather in the harsh winter months. The place names that greet us tell of a pre-Roman past: Mámóa de Xandín or Mámóa do Castro, mamoa meaning a megalithic burial mound. We continue on high ground, solitary and void of vegetation, before quickly dropping back down to the banks of the River Deza, in Pontenoufe.

We are now in the municipality of Lalín. We come to Puxallos and A Xesta, then a succession of small villages,



BENDOIRO > OUTEIRO

33,8 km
50,5 km to Santiago

The first part of this stage takes us along the N-525 road. We come to Vilasoa and then on to Prado, from where we can visit the Marian sanctuary of O Corpiño if we make a slight detour. Back on the main Way, we pass through A Borralla and a little further along we cross the medieval bridge of Taboada over the River Deza, a tributary of the River Ulla. We make the slight climb to the parish of Taboada and soon reach Trasfontao to continue on to the municipal capital, Silleda.

Silleda is an important town in inland Pontevedra, well-known for holding important Trade Fairs at its Exhibition

Site, such as "Galicia Green Week" and the international tourism fair "Turexpo".

We leave Silleda, taking the dirt track on the left-hand side of the N-525. O Foxo and Chapa are the first villages we pass through. We then come to A Bandeira, A Codeceira, Piñeiro and Castrovite (municipality of A Estrada).

The route continues on to Santa María de Lomil, Os Casares, As Carballas, Santo Estevo de Oca – famous for its pazo, or country manor, known as the "Versalles de Galicia" on account of its spectacular gardens –, Valboa, Arnós, A Calzada and A Veiga. It enters the municipality of Vedra (now in the province of A Coruña), at A Ponte Ulla, where a historic bridge crosses the River Ulla.



WHAT TO SEE

The Baroque church of **Nosa Señora do Corpiño**, in Santa Baia de Losón (Lalín), a popular sanctuary with a romería, or procession, on the 23rd and 24th June. The Romanesque church of **Santiago de Taboada**. In Sidiar (Silleda), the sanctuary of **O Corpiño** (which shares its name with the one in Cea). Between Silleda and Vila de Cruces, the **Ferveza do Toxa**, a natural 30-metre waterfall. The ruins of the **monastery of Carboeiro**. The church of **San Cibrao**, in Chapa. The chapel of **Santa Mariña in Castrovite**, built on the site of an old fort settlement. The **Pazo de Oca**, with one of the most important ponds and private gardens in Galicia. The **Romanesque church of Santa María Madalena** in A Ponte Ulla.



We are now in the municipality of Boqueixón. A detour leads us to Pico Sacro which, at more than 500 m above sea level, overlooks the surrounding landscape. This peak is linked to the tradition of the *translatio* of the body of the Apostle from Iria Flavia to Compostela: on the slopes of the hill the disciples of St. James encountered

the fighting bulls they tamed and tied to the yoke of the cart bearing the body of the saint, taking him to his grave.

Leaving behind Rubial and Deseiro de Arriba, the route reaches the municipality of Santiago via the town of A Susana. It crosses into Vedra briefly to enter Compostela by way of the neighbourhood of Sar.

After crossing the bridge over the River Sar we now have to make a final effort: the steep climb up Rúa do Sar and Rúa do Castrón Ouro. We then turn right, passing under the arch of the Porta de Mazarelos, the only gate that remains of the old city wall. We then reach the Praza da Universidade, Rúa da Caldeirera, Praza das Praterías and Praza do Obradoiro. Here, the Way ends.

WHAT TO SEE

Vedra has many **country manors**, such as the Pazo de Santa Cruz de Ribadulla, Baroque, famous for its enormous plantation of camellias and 100-year old olive tree wood, open to the public. The **Pico Sacro** (530 m above sea level), with its chapel of San Sebastián, dating back to the 9th century. Impressive views from the hilltop. The **collegiate church of Santa María de Sar**, Romanesque, with its amazing leaning columns and the remains of a 12th century cloister. The ancient **Roman Way of the Sar**, with 400 metres of Way recovered. The **Cidade da Cultura de Galicia**, an impressive architectural group of buildings, designed by Peter Eisenman, and set at the top of Monte Galés.

BEYOND THE CAMINO... THE SILVER WAY OR "CAMINO MOZÁRABE" ->

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...



Pena Trevinca, A Veiga

In the northernmost part of the province of Ourense, a unique landscape immediately beckons as you enter Galicia: the Serra da Enciña da Lastra.



Yew forest in Casio, Carballada de Valdeorras

Continuing through northern Ourense province we find the roof of Galicia: Pena Trevinca, rising 2124 metres above sea level.

Strolling through vineyards is a unique opportunity in the area along the Via de la Plata, which runs through two major designations of origin: the Valdeorras Designation of Origin...

In Valdeorras, the bountiful Sil River flows through the district, delineating valleys and mountains. Slate covers the roofs and from the red, clayey soil sprout forth vines with a powerful personality.

Hotels, houses and pazos (country homes) offer authentic accommodation options throughout the district. They make the perfect place to plan a visit to any of the excellent local wineries.



Viewpoint of Os Torgas (Balcons de Madrid), Parada de Sil



A Falcóeira, O Bolo

From Valdeorras, we travel to the Ribeira Sacra district, a heart pumping life along the Miño and Sil rivers, between the provinces of Ourense and Lugo.



Balneario de Laías, Celle

In 2003, the Ribeira Sacra was designated a 'Route of Interest' by the Council of Europe and now it became a strong candidate for the World Heritage List.

Be sure to take advantage of the symbiosis between enotourism and spa bathing in the heart of Galicia.

This province is also home to the longest Carnival celebrations still in existence (one full month before Lent), the most authentic in all of Europe.

After Carnival, pay a visit to magical holy places of reflection and art, including Nosa Señora do Faro, in Chantada; Nosa Señora do Corpiño, in Lalín;



Cidade da Cultura (City of Culture), Santiago de Compostela

The rivers provide great natural, cultural and sports opportunities. We have already mentioned the two major watercourses, the Miño and the Sil, but you will also come across the Ulla River, which flows past the foot of Sacro Peak.

And now, secret Compostela: because there is another Santiago beyond the unique historic centre, featuring genuine cuisine and a lively cultural atmosphere.

THE SILVER WAY OR "CAMINO MOZÁRABE" ->

The "Via de la Plata" unites the southern spirit of Andalusia and Extremadura with the Galician Finisterre. It prolongs the Roman Way called the Via de la Plata, which joined Emerica Augusta (Mérida) and Asturica Augusta (Astorga).

The term "Via de la Plata" has nothing to do with the mining and trading of this precious mineral, rather it has its roots in the original etymological meaning from the Arabic Ba'Plata, which the Moslems used to call this wide, solidly-designed, stone-paved public way...

This route was used by Almanzor and his infantry against Santiago in August 997. And, it would seem, it was used to return the bells of the cathedral from Córdoba to Compostela taken by him at that time, and which he had to give back.



The "Via de la Plata" is a route that allows us to enjoy an exceptional natural and ethnographic heritage: the richness of the province of Ourense and the Deza region, through which the River Ulla flows, is full of attractions for pilgrims.

In the second half of the 13th century, after Córdoba and Seville had been taken from the Arabs, this Way began to be used by pilgrims from Andalusia and Extremadura. Some would continue on to Astorga, linking up with the French Way...

Among the most famous pilgrims who followed this route were Don Gonzalo Fernandez de Córdoba, the Great Captain, who travelled to Santiago to fulfil a promise, and St. Turibius of Mogrovejo, who had finished his studies in religious doctrine at Santiago University in 1568...

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

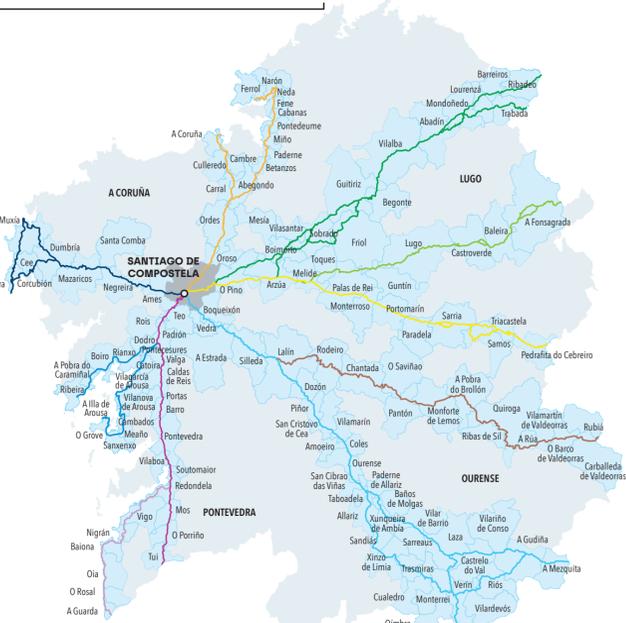
- 1 Santiago de Compostela Cathedral, 2 Royal Hospital (now Hostel dos Reis Católicos), 3 San Martiño Pinaro, 4 Vics-Chancellor's Office, University of Santiago de Compostela (USC), 5 Pazo de Raxoi, 6 Monastery of San Francisco and Monument to St. Francis, by the sculptor Assorey, 7 San Fructuosus Church and location of the old pilgrim cemetery, 8 San Domingos de Bonaval, 9 Camiño 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 Mzaelos 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 Church, 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



THE SILVER WAY OR "CAMINO MOZÁRABE"



THE GALICIA WAYS ->



- CAMINOS OFFICIALLY MARKED OUT: The French Way, The Primitive Way, The Northern Way, The English Way, CAMINOS RECOGNISED: 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

HELPFUL TIPS FOR PILGRIMS

- CRENDENTIAL 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", Healthcare Card: If travelling from another EU member state, it is advisable to carry the European health insurance card, PEOPLE WITH DISABILITIES: In addition to the general recommendations which all pilgrims should observe, disabled pilgrims should: 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.

Before starting the pilgrimage

- Prepare physically for the journey, and bear in mind that stages should be planned depending on individual physical ability, 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.

Emergency Telephones: 061 (Galicia), 112 (National), 085 (Galicia forest Fires), www.caminodesantiago.gal, App "Camino Santiago" (Available on Google Play and the App Store)