

## SANTIAGO > NEGREIRA

20,9 km  
87,5 km to Muxía  
89,6 km to Fisterra

A Ponte Maceira, Negreira



We leave the Praza do Obradoiro and head along the route through the lost Pilgrims' gateway or that of the Trindade, downhill between the Pazo de Raxoi and the Hostal dos Reis Católicos, and we continue along the Rúa das Hortas leaving the church of San Fructuoso on our left. At number 37 on this street the Galician nationalist scholar, painter and businessman Isaac Díaz Pardo (1920-2012) was born – he was the renovator of the famous pottery of Sargadelos. We continue down the Rúa do Cruceiro do Gaio and Poza de Bar and come to the oak grove of San Lourenzo, with its robust and inspiring old oak trees.

We go through bucolic areas, to which poetess Rosalia de Castro dedicated some of her best poems. In her book *Follas Novas* (1880) she writes of "... aquís vellos carballos, / amostrando as súas raíces / cávalas redondas copas" (these old oak trees / showing their roots / and their bare round canopies).

The western limits of the stately home of San Lourenzo take us down to the river bed of the Sarela, a beautiful tributary of the River Sar. On its banks the ruins of the old splendour of the tanning factories can be seen, as a buoyant leather industry grew in Santiago up to the last third of the nineteenth century.

We leave the parish of Figueiras on the left, then Vilvestro, Roxos and Alto do Vento, and then we come into the municipality of Ames. We reach Augapesada and climb up to the difficult top of Mar de Ovellas, with magnificent views over the valley of A Maia. We go through Carballo, Trasmonte, Reino and Burgueiros, and cross the River Tambre over the most significant bridge on this way, A Ponte Maceira. On the other side the region of A Barcala starts – an area that stands out for its dairy and meat production – and the municipality of Negreira. After A Ponte Maceira we take a wooded footpath next to the river and enter A Barca. We then

go up to A Chancela, and come to Negreira, the largest town – with over 2,000 inhabitants – that pilgrims see before coming to the coast. On coming into the town we see the stately home of A Chancela, on whose coat of arms the destroyed bridge over the river is depicted, cutting off the soldiers who persecuted the disciples of St. James.

The town of Negreira, of medieval origin, makes appearances in literature, among others in Ernest Hemingway, who alludes to it in the novel *For Whom the Bell Tolls*. Going through the town we come to the hostel, after passing the chapel of San Mauro, the stately home of O Cotón and the river.

The native vegetation and the beauty of the landscape preside over these first kilometres: gorse and cornfields, pine trees and eucalyptus ... together with a genuine popular architecture evident in granaries like As Maroñas, and Romanesque churches such as Santa Mariña.

## NEGREIRA > OLVEIROA

34 km  
68,7 km to Fisterra

A Ponte Olveira, Mazaricos



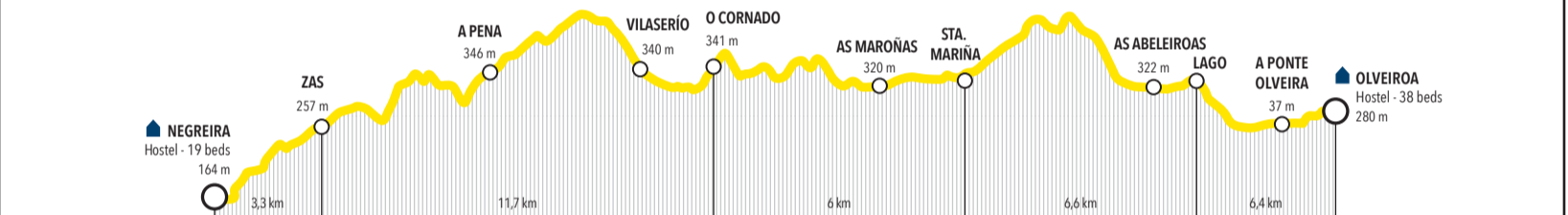
We leave Negreira by crossing the River Barcala. We climb up to Negreira, a little village that was the original town of Negreira. Several stretches coincide with the old King's Road to Fisterra. The proof of this lies in the place names; O Camiño Real and Portocamiño. Cornovo and Rego de Forxán are the following points. O Cornado is the last town in the municipality of Negreira, which gives way to Mazaricos, in the region of O Xallas.

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Mount Aro (556 m) is one of the points of greatest landscape interest. From here part of the region of Terra de Xallas can be seen. This territory is well-known for its basketry craft and also for its original women's hats made of straw.

After Aro come Campo Valado, Portelñas, As Abeleiroas and the viewpoint of Corzón. After passing Mallón we come to the bridge over the River Xallas that divides the municipalities of Mazaricos and Dumbria. We reach A Ponte Olveira and then the centre of Olveiroa, the end of the stage.



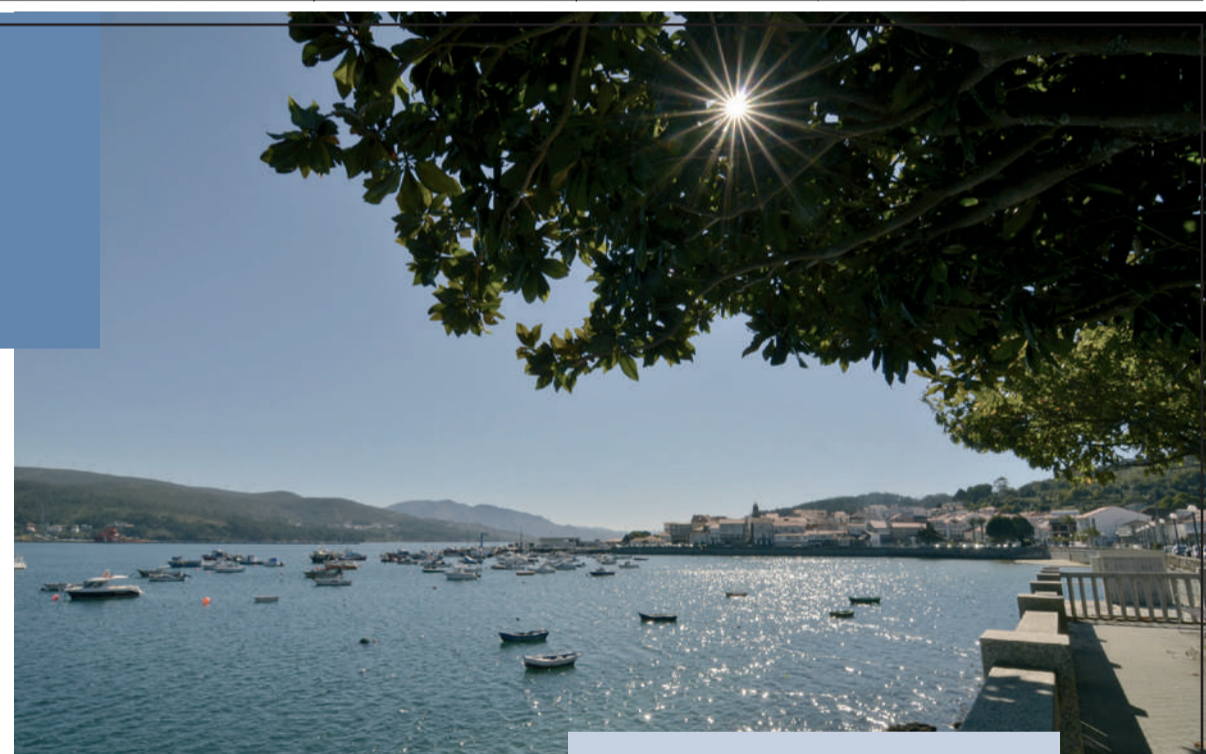
### WHAT TO SEE

The **promenade of the River Barcala**. The **granaries of As Maroñas**. The **church of Santa Mariña**, with a front of Romanesque origin and thick stone walls that hold the building up. The **traditional basketry and typical hats** of the region of O Xallas. The **parish church of San Cristovo de Corzón**, of Romanesque origin and with incorporations up to the neoclassical period. The **bridge of A Ponte Olveira**, built in the sixteenth century. The **granaries and the church of Santiago de Olveiroa**. The route runs next to the reservoir of A Fervenza, the **River Xallas**, which flows into the **waterfalls of Ezaro**, producing a unique natural phenomenon.

## OLVEIROA > CORCUBIÓN

20,6 km  
34,6 km to Fisterra

Corcubión

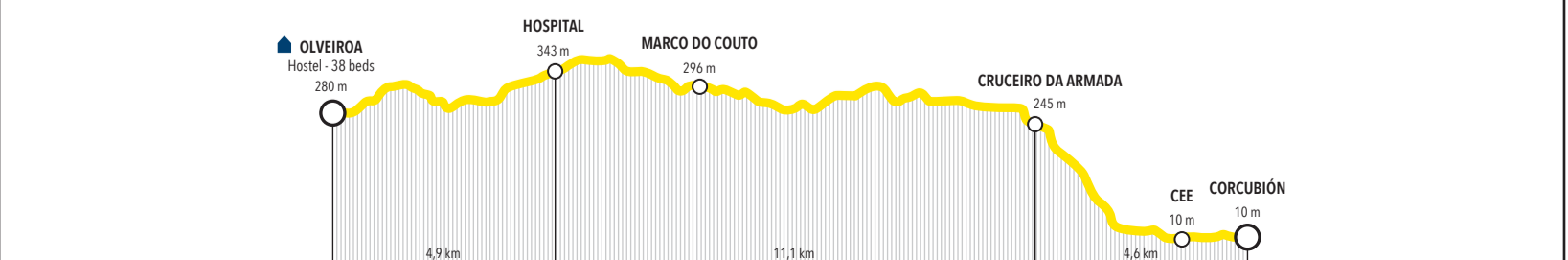


We leave Olveiroa contemplating the impressive River Xallas that flows among leafy vegetation. We cross the river, come to O Logoso and then the village of Hospital, where there used to be a modest hospital for pilgrims, today lost. Soon after, we come to the roundabout where the ways to Fisterra and Muxía separate.

The route takes us past the sanctuary of A Nosa Señora das Neves and the chapel of San Pedro Mártir, in the parish of A Pereñiña. At O Cruceiro da Armada (247 m), we see Fisterra for the first time in the distance.

A pronounced descent, with a view over the estuary of Corcubión, guides us to Cee, the first town in the region where pilgrims arrive. Cee is the largest municipality on Death Coast; it enjoys notable commercial activity and a crowded Sunday market. We reach the centre of the town across O Campo do Sacramento and down Rúa Magdalena.

Corcubión is very close; its old quarter has been declared a historical-artistic site. On the Rúa San Marcos we come to the beautiful church of the same name, devoted to the town's patron saint.



### WHAT TO SEE

The **sanctuary of A Nosa Señora das Neves** (18<sup>th</sup> century), with its "holy fountain" and crowded pilgrimage on 8 September. The **chapel of San Pedro Mártir**, with another "miraculous" fountain for various ailments. **O Cruceiro da Armada**. In **Cee**, the **stately home of O Cotón**, the **nineteenth-century building of the Fernando Blanco Foundation**, the **church of A Xunqueira**, with a Gothic apse (16<sup>th</sup> century). In Corcubión, the Gothic-seafaring **church of San Marcos**, the front was rebuilt in the nineteenth century; the polychrome image of San Marcos stands out in its interior, of Italian origin (15<sup>th</sup> century). On the first Saturday of August, Corcubión celebrates the **Clam Festival**.

## CORCUBIÓN > FISTERRA

14,3 km

Fisterra lighthouse



A short stage, only 14 kilometres. From O Campo do Rollo, in Corcubión, we tackle a steep hill that leads us to Campo de San Roque and the village of O Vilar. We pass the villages of A Amarela and then Estorde. In Sardiñeiro we go along stretches that were once the King's Road.

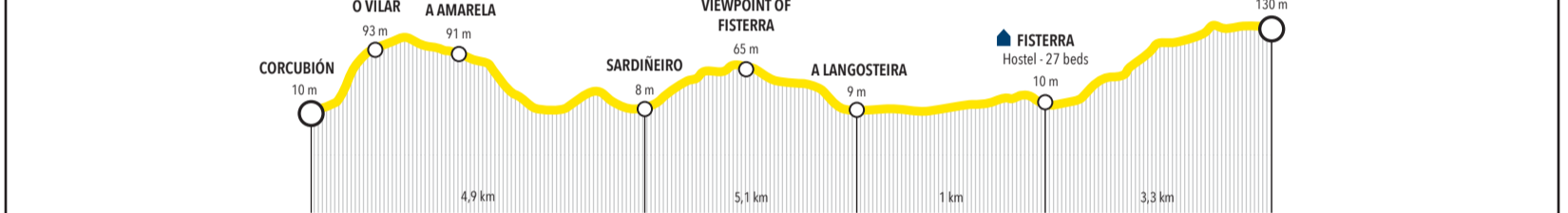
We cross a region that has one of the most beautiful coasts in the whole Iberian Peninsula, with large calm beaches that muffle the rocky front and a rough sea that has left hundreds of stories and legends of shipwrecks and rescues.

We go round the cove of Talón, and then come to Calcova and the long and beautiful beach of A

Langosteira. The town of Fisterra emerges like an island in the background. The Way passes among the sand dunes, although many pilgrims decide to complete this stretch along the beach.

We come into Fisterra through the neighbourhood of San Roque, pass the stone cross or Cruz de Baixar, and go down the Rúas Santa Catarina and Real. On the road up to the lighthouse we come to the church of Santa Maria das Areas, home to the Santo Cristo de Fisterra.

We then come to the mythical lighthouse, km 0 on the Way to Santiago. The ocean opens up before us like a wide angle lens, while all possible sensations come together on this cape at the end of the world.



### WHAT TO SEE

The **cove of Talón**, a quiet, beautiful and solitary beach. The **beach and dunes of A Langosteira**. The **Cruz de Baixar**, a **stone cross** dating from the sixteenth century. In Fisterra, the **Baroque chapel of A Nosa Señora**, the **church of Santa Mariá das Areas**, Romanesque on the front (12<sup>th</sup> century) and Gothic. In the atrium there is a beautiful Gothic stone cross (15<sup>th</sup> century). The **Santo Cristo de Fisterra** lies within, a unique sculpture from the fourteenth century. Also in this church, the Renaissance image of the **Virxe do Carme** and the main chapel with a stone image of the Virgin dating from the sixteenth century. The **lighthouse** was built in 1853. From here we cannot afford to miss seeing how the sun sets behind the waters.

## OLVEIROA > MUXÍA

32,5 km

Olveiroa granaries, Dumbria

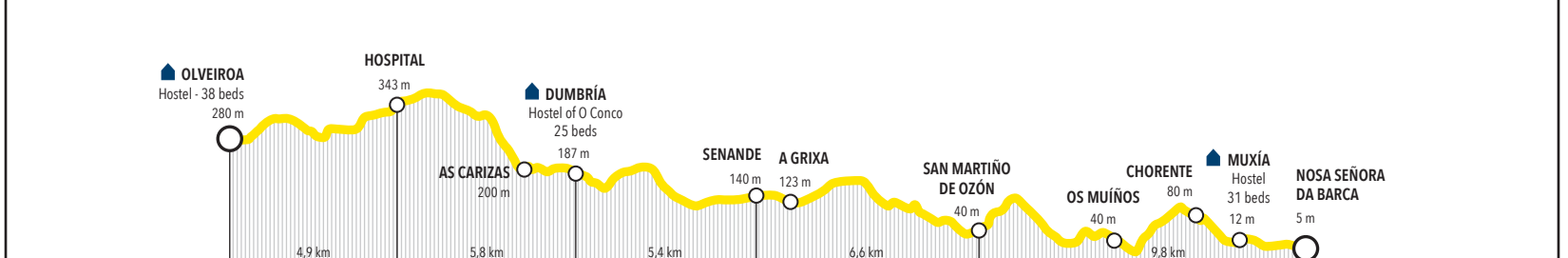


We now leave Olveiroa. The impressive River Xallas and flows among the vegetation. We cross the river, come to O Logoso and then the village of Hospital, where there used to be a modest hospital for pilgrims, today lost. Soon after, we come to the roundabout where the ways to Fisterra and Muxía separate.

We cross at the Rego de Vao Salgueiro, alternating paved and unpaved pathways, then go down to As Carizas, Rego de Cheo and back up to Dumbria. The square with its granary, stone cross and church welcomes us. We go through the village and come to Trasufe, in the municipality of Muxía. On the old King's Road we reach Senande and then Vilastose, Quintáns

and Pedregás. Significant examples of popular and religious architecture embellish the way, like the site of San Martiño de Ozón.

We go up to Vilar de Sobremonte, then down to Merexo. We catch a glimpse of Camariñas behind the River Grande, on the other side of the estuary. We approach Os Muíños and cross the River Negro. The Romanesque church of San Xulián de Moraima, right by the sea, transmits us its peace and beauty. After As Casas Novas come Mount San Roque, Chorenta, the beach of Espiñeirido and then Muxía. The sanctuary of A Virxe da Barca, located in a stunning place opposite the sea, marks the end of the route.



### WHAT TO SEE

The **church of Santa Baia de Dumbria** (17<sup>th</sup> and 18<sup>th</sup> centuries). The **chapel of Santiña do Espiño**. In **San Martiño de Ozón**, one of the largest granaries in Galicia – 27 metres long with 22 pairs of feet – and a church with a Romanesque apse and traces of the ancient Benedictine monastery of San Martiño. The **church of San Xulián de Moraima**, also part of a large monastery, today lost. The remaining church is Romanesque, and has three naves and several Gothic paintings. In Muxía, the **church of Santa Mariá** – Romanesque and Gothic – and the **sanctuary of A Nosa Señora da Barca** (Baroque). Opposite, almost over the sea, the famous rock formations known as the **Pedra de Abalar** and **Pedra dos Cadris**.

## FISTERRA <-> MUXÍA

32,1 km

Sanctuary of A Virxe da Barca, Muxía



A double direction stage, since pilgrims can start either in Muxía or Fisterra. It is in total 32,1 km along the rural, beautiful and stunning Death Coast. If we decide to start in Fisterra, then we should reach A Langosteira beach, and at Cruz de Baixar head for the parish of San Martiño de Duio, a church that recalls a lost Roman city named Dugium.

The Way advances with the omnipresent sea through villages, forests and corn fields. We pass by the beach of O Rostro, among pine groves. We go down to the small estuary of Lires, in the parish of the municipality of Cee, and then cross the River Castro and enter the municipality of Muxía. We reach Vaosilveiro, Frixo and Morquintán, along paved stretches and others that are unpaved.

We go round Mount Corpiño on the Camiño da Pel ("The Way of the Skin"); the place name alludes to a lost fountain where pilgrims would wash at the end of

the ascent to As Aferroas (289 m) and Mount Facho de Lourido is the last effort before coming to Muxía. After this we come to the village of Xurantes and have to go round the beach of Lourido. We are now in the area of the seafaring town of Muxía.

We enter the town on the Rúas Campo das Pinas, Os Malatos and Enfesto. Our goal is the sanctuary of A Virxe da Barca. We first go down Rúa Manuel Lastres and the Rúa Real. We go past the tourist information office, where we can get the "Muxiana" (credentials of the end of the Way; in Fisterra there is the "Fisterana", which can be stamped in the municipal hostel).

We go round Mount Corpiño on the Camiño da Pel ("The Way of the Skin"); the place name alludes to a lost fountain where pilgrims would wash at the end of

the route, a symbol of purification and respect before coming to the sanctuary of A Virxe da Barca. On the lower part of the hill is the church of Santa Mariá, built in a transitional style between Romanesque and Baroque.

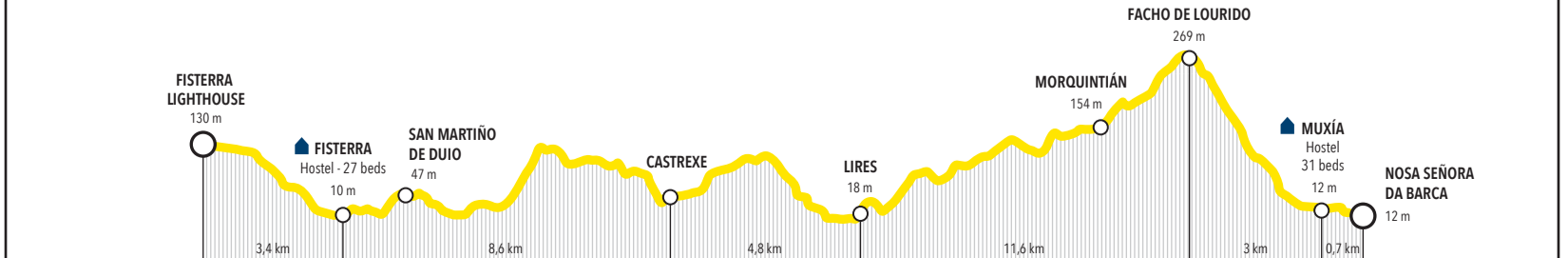
This stage culminates at the sanctuary of A Barca, or it marks the beginning if – as we said above – we decide to do it towards Fisterra. The surroundings of the church are impressive, raised against the force of the ocean with whimsical rock formations on which traditions and rites have grown. This sanctuary is related to the legend that places the appearance of the Virgin to the apostle St. James on these coasts, in order to inspire him in his preaching. The first document that mentions the Sanctuary dates from the middle of the sixteenth century.

### WHAT TO SEE

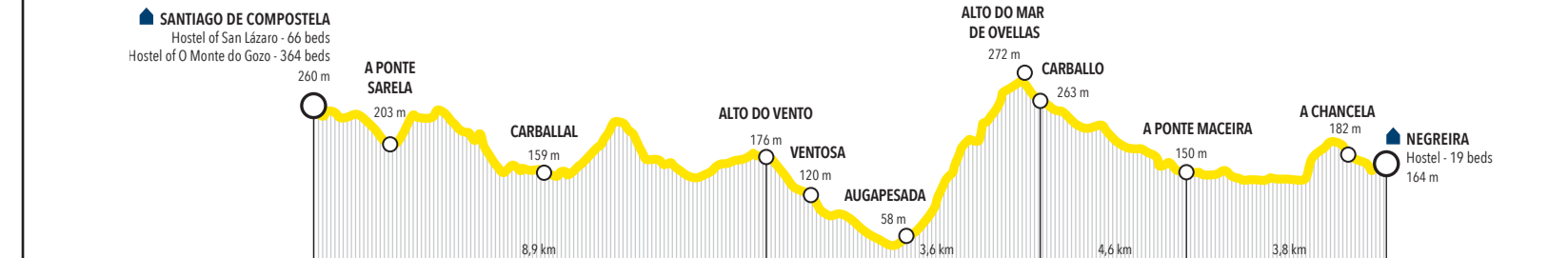
The **Baroque church of San Martiño de Duio** (13<sup>th</sup> century), which has only one nave and an adjoining vestry. In its surroundings the lost Roman city of Dugium would be concealed, under water, quoted in *Codex Calixtinus* as the place where the legate of Rome resided; he was visited by the disciples of St. James, who requested his authorisation to bury the Apostle in Compostela. The **beach of O Rostro**, a stunning wild beach. The **estuary of Lires**, with remarkable ornithological wealth and notable examples of popular and religious architecture, such as the churches of Romanesque origin of **Santa Locacia de Frixo** and **Santa Mariá de Morquintán**. The **beach of Lourido**, the antechamber of Muxía, set in a beautiful coastal environment. In Muxía, the **church of Santa Mariá**, built in a style that is a transition between Romanesque and Gothic. The **sanctuary of A Nosa Señora da Barca**, whose origin could be located in a chapel of the twelfth century. The current church is Baroque (early 18<sup>th</sup> century) and has only one nave. Opposite the church, almost over the sea, are the famous rock formations known as the **Pedra de Abalar**, **Pedra dos Cadris** and **Pedra do Timón**. On 8 September this place celebrates **one of the most popular pilgrimages in Galicia**.



Fisterra cape



Gardens of Pazo de San Lourenzo de Trasouto, Santiago de Compostela



### BEYOND THE CAMINO... FISTERRA AND MUXÍA ->

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.



City of Culture, Santiago de Compostela

This Camino, that leads us to the end of the world, to Roman Finisterre, sets off from Compostela. Following the river Sarela we leave the city behind, although we might not have had time to discover that **secret Compostela**, because there is another Santiago beyond the unique monumental area we have enjoyed, the genuine gastronomy and the lively cultural environment. It is a new **Santiago**, connected with nature and relaxation, which we will have gained a glimpse of from the city, presided over by its **poetic rivers Sar and Sarela** and the gentle mountains that protect them.

The **new walks along the river Sar** - to the east of the city (in the area known as **As Brañas do Sar**) - open up before us, and culminate with the ascent, along paths, through the new **Bosque de Galicia (Galician Woodlands)** and the **Parque do Lago (Lake Park)** of the **Gaiás**. This young space covering 24 hectares is growing on the slope of Monte Gaiás, which looks over the **City of Culture**.

To the west, at the other end of Compostela, **Monte Pedroso** gives us what is perhaps the best panoramic view of this historic city. We can reach it following an old Via Crucis (Way of the Cross) that passes next to the great park known as **A Granxa do Xesto**. At its base, the **river Sarela** meanders between the sturdy stone walls of old leather factories and tanneries, an industry in which this city was a leading force until the end of the 19<sup>th</sup> century.



Santa Maria a Nova church, Noia



Torres castle, Vimianzo

The province of A Coruña can be seen to the north with its valleys and meadows where cattle graze peacefully and where, as a result, the quality of the meat is excellent. This is the case of municipalities such as **Santa Comba, Val do Dubra, Tordoia and Zas**, among others. Or **Vimianzo** (in the heart of the Terra de Soneira district), in whose centre is a **12<sup>th</sup>-century castle**, a living museum run throughout the year offering visits and socio-cultural activities.



Castro de Baralla, Porto do Son

The **valley of the river Tambre** offers spectacular scenery. It ends a few kilometres to the south of the Camino de Fisterra e Muxía, forming the beautiful **estuary of Muros e Noia**, two towns with great personality and history. In Noia, for example, there are **hundreds of tombs with no name or date** and **these create one of the most mysterious cemeteries in Europe**. The beauty of its historical centre has led to this village being known as "little Compostela". For its part, in its oldest area Muros retains the elegance and vivid noble memory of a **port that after the fifteenth century became one of the most important in Galicia**.



Carnota and Monte Pindo

South of Noia is the large **Corrubedo Natural Park**, one of the most outstanding dune areas in Europe, consisting of marshes, lagoons, dunes and very extensive beaches covering a total area of 1,000 hectares. Very close by, to the north (camino de Porto do Son), is the magnificent **Baroña fort** (1<sup>st</sup> century), on a peninsula raised above the sea; and the **Dolmen of Axeitos** (Ribeira), an exceptional megalithic monument dating back to between 4,000 and 3,600 BC.

From these historic towns we soon reach the open sea: an anthology of beaches that will delight every visitor. From the sands of **Carnota** - seven kilometres long, the biggest in Galicia, guarded over by the mythical **Monte Pindo** - with the **marshes of Caldebarcos**, of great ecological interest, to beaches lashed by the tireless Atlantic such as **Furnas**, or protected by the lighthouse and **Monte Louro**, such as **Area Maior** and Lagoa de Lour, or **A Ocoradoiro** or also **Lariño**.



Monte Louro, Muros

We are now in the heart of **Costa da Morte**. The lighthouses and landscapes of the end of the world. This is the challenging and windy orography that had an impact on the Roman conquerors. This was the end of their empire and the end of the known world. We have probably visited Fisterra and Muxía on our pilgrimage. Let us now return to this cape to feel the charm of this place. Historic lighthouses. Beaches of fine white sand, remote sandy areas. Water, wind and earth.

Next to this **landscape** are the **Atlantic sanctuaries**. The route along the Costa da Morte immerses us in another sea, that of legends, beliefs and traditions, some thousands of years old. We explore this atmosphere in the **Milagres de Caión, Santo Adrián do Mar, Nosa Señora da Barca** and the **Santo Cristo de Fisterra**, which annually celebrate their well-attended pilgrimages full of faith and colour.

**Active tourism** and adventure sports find an ideal location in this environment. **Over the past few years Galicia has become a national leader in these**. This includes impressive hiking trails that go along the sea, horse riding, mountain biking (BTT), archery and blowpipe, kayak, paragliding, and many more. The most practical and safest way is to contact one of the specialised companies registered with Tourism of Galicia, because they will prepare everything we need.

### THE FISTERRA AND MUXÍA WAY ->



Until the end of the Middle Ages, the **Costa da Morte** ("Death Coast") was the furthest stronghold of land known, the place where pre-Roman peoples believed that souls ascended to heaven. A mythical and symbolic space that left the Roman conquerors open-mouthed when they saw the sun disappearing into the immense ocean. Since then, Cape Fisterra has magnetised every visitor in the same way.

The Jacobean Way of Fisterra and Muxía is most faithful depiction of the historical cry of the pilgrim, who exclaimed "**Ultrera!**" (Still further!). And it really is further than the goal in Compostela - after having venerated the remains of the apostle St. James - when many pilgrims decide to discover the end of the world, and do not hesitate to overcome the sacrifices of the harsh days behind them to walk at least another four or five more days. It is 89,6 kilometres to Fisterra and 87,5 to Muxía.

The history of this route is a mixture of paganism and a later process of Christianisation. In the twelfth century, **Codex Calixtinus** already links this Way with Jacobean tradition. Furthermore, two of the most popular religious devotions in Galicia are based in Muros and Muxía: the **Santo Cristo de Fisterra** - of whom Molina (16<sup>th</sup> century) states that "more pilgrims come to him than to the Apostle" - and the sanctuary of the Virxe da Barca in Muxía.



Such is the attraction of this route that today it is the itinerary that has left us more references - of all the Ways to Santiago - in travel literature. The oldest story goes back to the fourteenth century: by a knight of Hungarian origin called **George Grissaphan**, who became a hermit here. There are other stories by the Pole **Nicholas von Popplau** - who made a pilgrimage to Muxía at the end of the fifteenth century - the Venetian **Bartolomeo Fontana** (16<sup>th</sup> century), and the erudite Bolognese clergyman **Domenico Laffi** (17<sup>th</sup> century).

The double place name of the **Way - Fisterra and Muxía** - indicates that there are two final destinations of this, let us say ... goal after the goal. In Oliveiroa, the route forks: we can go first to Fisterra via Corcubión, or to Muxía. Whatever our decision is, it is compulsory to walk then between the two towns on a stunning route of light and nature.

We have left a beautiful start from Santiago behind us, amidst old oak groves and the poetical river bed of the Sarela. We then pass through **Negreira**, a town of medieval origin, and the cattle region of Xallas.

### 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  | 8 San Domingos de Bonaval   | 15 Santa Susana Church   |
| 2 Royal Hospital (now Hostal dos Reis Católicos)                                  | 9 Camino Gate (Porta do Camiño)   | 16 Pilar Church  |
| 3 San Martín Pinaro   | 10 Santa María do Camiño Church   | 17 Praza do Praterim Square and Museum of Praterim and Santiago Church |
| 4 Vice-Chancellor's Office, University of Santiago de Compostela (USC)            | 11 Praza do Campo Square (now Cervantes) and San Bieito do Campo Church | 18 Santa María a Real de Sar   |
| 5 Pazo de Raxoi   | 12 Santa María Salomé Church  | 19 Santa María de Conxo  |
| 6 Monastery of San Francisco and Monument to St. Francis, by the sculptor Assorey | 13 Mgairelos Gate (Porta de Mazarelos)                                  | 20 Monte do Gozo   |
| 7 San Fructuoso Church and location of the old pilgrim cemetery                   | 14 Santiago Fountain, Rúa do Franco                                     | 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 FISTERRA AND MUXÍA WAY



**Emergency Telephones**

**061** (Galicia)

**112** (National)

**085** (Galicia forest Fires)

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**App "Camino Santiago"**  
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