

## PONFERRADA > O BARCO DE VALDEORRAS

53,5 km / 262,5 km to Santiago

Our route begins in Ponferrada, running parallel to the Boeza River, whose waters join the Sil River just outside town. Following the trail, we gently ascend, passing through Toral de Merayo, Villalibre de la Jurisdicción and then Santalla. Once past Santalla, we come to the Chapel of Nuestra Señora del Carmen. From here, there are two alternatives, which join back up on the descent from Cornatel Castle, on Alto de Ferreiros. The route continues its descent to As Médulas, amid a landscape of spectacular shapes and colours. Now a World Heritage Site, As Médulas is what remains of a large Roman gold-mining operation. We are now in the region of El Bierzo (León) on the border with the Galician province of Ourense.

Natural park of Serra da Esciña de Lastra, Rubiá



The route continues along the well-known Camino Real (king's highway) towards Puente de Domingo Flórez, still in the province of León. The gentle ascent to Alto de Pedricas provides a magnificent panoramic view of the scenic beauty of Las Médulas, which now lie behind us.

After a steep descent offering lovely scenery and a pleasant solitude, we reach Puente de Domingo Flórez, the last village in León. Enter town via Calle Real and continue on to the main square. On leaving, we cross the Sil River, heading towards Quereño. Go through this village and continue towards Galicia along the right bank of the Sil. This stage takes us to Pumares, in the municipality of Carballada de Valdeorras, Ourense Province, followed by Sobradelo, Entoma and finally, O Barco de Valdeorras.

One alternative to this route, which adds 14 kilometres, involves taking a diversion to the right at Quereño and crossing 'Serra da Lastra (Rubiá), a magnificent and unusual oak wood. The two variants join up again at O Barco de Valdeorras.

### WHAT TO SEE

The landscape of **Las Médulas**, in the district of El Bierzo (León) on the Galician border, all that remains of a major gold-mining operation from the Roman period. **As Médulas Interpretive Centre** in Puente de Domingo Flórez. The **scenery along the banks of the Sil River** and the **slate mining facilities**. The **'New Bridge' at Sobradelo** (16th -17th centuries). The remains of a Roman gold-mining operation near **Entoma**. In O Barco, **Casa Grande de Viloiira** (17th century) and the **malecón** (jetty). **Alto do Castro**, 1 kilometre away, and **Romanesque San Miguel de Xagoaza Church** (13th century). 3 kilometres away. The oak wood of **Serra da Lastra** and the wines of the **Valdeorras Designation of Origin**.

## QUIROGA > MONFORTE DE LEMOS

35,2 km / 169,1 km to Santiago

Colegio de Nuestra Señora de La Antigua, Monforte de Lemos



### WHAT TO SEE

We depart Quiroga on the right bank of the Sil River (you can also go through San Clodio, Ribas de Sil, and cross the bridge later to return to the route). The route continues through the villages of Expandariz (on the N-120) and O Pontido. We go through San Lourenzo de Nocado and follow the route along stretches of the provincial road (LU-933).

After passing Os Remedios Chapel, we descend to the Lor River and go through the town of O Carballo de Lor. The crystal-clear waters of the river flow down from the Serra do Courel, offering us the gift of its curving course through the valley. We cross it via a magnificent medieval bridge.

Head for the town of A Pobra do Brollón, first going through Banxa de Lor and then continuing up to O Castro da Lama. On the right are the remains of O Medo, a Roman gold mine. After Castroncelos, we reach A Pobra do Brollón. After that is O Brollón, the original town, rising amid the green landscape along the Saa River.

There is a steep ascent up to Alto da Serra and Mount Moncai before we reach the town of Monforte de Lemos. We first pass through Reigada, a place name which refers to the irrigation used throughout this area. The trail runs parallel to the Seco River. We enter Monforte de Lemos via Rúa As Cruces and continue along the river walk to the medieval bridge over the Cabe River.

**San Clodio River Beach**. **Os Remedios Church** (17th century), a small, solitary mountain chapel. **The bridge over the Lor River**, of Roman origin, but restored in the 14th and 15th centuries. **Baroque Santa Mariña Church**. **Santiago de Castroncelos Church** (originally from the 13th century). In Ceteixa (Brollón: the church and *cruceiro* (stone cross) of St. Peter. In **Monforte: Church of Santa María de Rozavales**, **San Vicente do Pino Monastery** - today a Parador (hotel), tower and walls; **Museum of Sacred Art of the Sisters of St. Clare**; **Colegio de Nuestra Señora de La Antigua**, featuring works by El Greco and Andrea del Sarto; **Railway Museum**; **Wine Museum**; and **Ribeira Sacra Interpretive Centre**.

## O BARCO DE VALDEORRAS > A RÚA

13,4 km / 209 km a Santiago



Church of Santo Estevo de A Rúa

### WHAT TO SEE

A **Proba Church** in O Barco has **Romanesque** origins. The famous **wineries in Vilamartin de Valdeorras**, with over 400 caves used to preserve wines from the local designation of origin, most of which are open to visitors. **O Bañadouro recreational area**, with woodlands, trails and sports facilities. The town also has several interesting **pazos** (mansions), including **Pazo de San Miguel do Outeiro**, **Pazo de Don Demetrio** and **Pazo de Arnado**. In **A Rúa: Santo Estevo Church** (16th century); **A Cigarrosa Bridge**, of Roman origin, part of the Via XVIII, which linked Braga and Astorga, and the **esplanade** on the Sil River.

The route continues towards A Rúa, running between the railway and the river in long, straight sections which take us past Valencia Reservoir, on the Sil River.

After a short stretch, we reach the old N-536 road. From here there is a beautiful panoramic view of the valley in this part of the Valdeorras district. We also catch our first glimpse of the next village, A Rúa. Enter through the San Roque neighbourhood, passing a pretty chapel on the left before reaching the old town. The esplanade on the banks of the Sil is the perfect place to relax.

The village, located in the central valley of the district of Valdeorras, has a number of caves dug out of the hillside, inside which houses were built. Many are what is left of a Roman gold-mining operation and are now used as wineries.



## MONFORTE DE LEMOS > CHANTADA

30,9 km / 133,9 km to Santiago

Belesar, O Saviñao-Chantada



### WHAT TO SEE

We leave Monforte via the medieval bridge, Campo de Santo Antonio and the old Rúa Abeledos. Stretches of road (LU-P-3204) alternate with paths. We reach A Vide, followed by A Lagoa, Os Campos and Pacios. During the rainy season, there is often flooding along this section, which is completely flat.

After crossing Belesar Bridge over the Miño River, we continue past the *socalcos*, vineyards planted in terraces, to Belesar, where there was once a pilgrim hospital. This is followed by San Pedro de Lincora in the municipality of Chantada, where there was also a hospital in the Middle Ages. Accompanied by magnificent views of the Asma River, we enter Chantada through the A Ponte neighbourhood, along the stately Rúa Dous de Maio.

protected by the immense shade of the *carballas* (oak woods). Now in the municipality of O Saviñao, we go through the village of Rendal, followed by other villages, continuing down to Diomondi, which has an impressive Romanesque church.

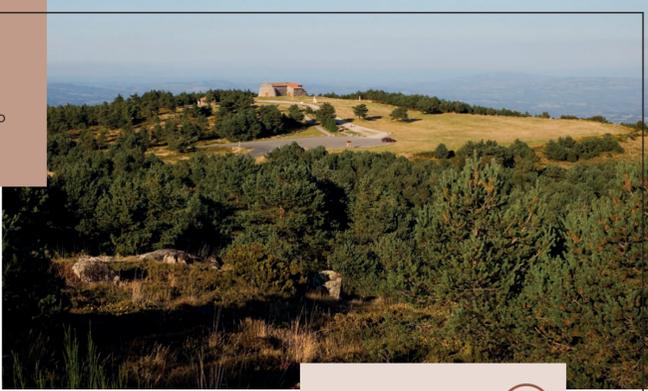
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The houses along **Rúa Abeledos** (Monforte), which still have their enclosed wooden balconies. **Romanesque San Salvador de Moreda Church**, once owned by the Order of Saint John of Jerusalem. **Pazo do Reguengo**, in Pantón (17th -19th centuries). In O Saviñao, **Arxeriz Ethnographic Museum** and **Romanesque San Pazo de Diomondi Church**. From Belesar, it is possible to take a *catamaran* along the Miño River. The *peto de animas* (wayside shrine) beside the route just after Belesar. In Chantada: **terraced vineyards** and **wineries**, **Romanesque San Salvador de Asma Church** and the historic district.

## CHANTADA > RODEIRO

25,7 km / 103 km to Santiago

Mount Faro, Chantada-Rodeiro



### WHAT TO SEE

We leave Chantada via Praza Santa Ana, taking Rúa Uxío Novoneyra and following the LU-P-1809 road. Beautiful *hórreos* (raised granaries), *petos de animas* (wayside shrines) and *cruceiros* (stone crosses) line the route to Centulle and San Xurxo de Asma, along with magnificent oak and chestnut trees. We reach A Lucreza, followed by Vilaseco and Penasillás. On the horizon rises the summit of Mount Faro.

If we take the mountain route, we go through Chao de Seixas. Turn off to the left to visit the famous A Nosa Señora do Faro Chapel, beside a Way of the Cross known as the Camiño da Virxe (Way of the Virgin). From an altitude of over 1100 metres, the view is spectacular, taking in landscapes in all four Galician provinces.

If we avoid the mountain, the route descends towards Casa Grande de Camba. We then continue through A Ermida Valley to Rio. Our pilgrimage is accompanied by the native trees most commonly found in Galicia: oaks, chestnuts and willows.

The route continues to Mouriz, running along flat, stone paths. The stage finishes in Rodeiro, where there is a town hall built on the ruins of a fortress. Opposite is a beautiful, refreshing stone fountain with four spouts.



## RODEIRO > BENDOIRO (LALÍN)

26,8 km / 77,3 km to Santiago

Pontiñas River walk, Lalín



### WHAT TO SEE

From Rodeiro, we continue along the PO-533 road towards Lalín. We take O Hospital Bridge over the Ameigo River, a reminder of the pilgrim hospital once located here. The route crosses the river several times.

The next villages are Peneirosa, Puza and A Penela, as we continue through lands that boast fine quarries and excellent meat. We cross medieval Pedroso Bridge and enter the village of A Ponte, with a long history of hospitality, which is why it is also known as Mesón (inn). The ground floors of many of the houses still retain the *antepeiros* or *alfeizares* (sills) which were used as counters for serving travellers.

We pass through Val do Boi and Coto da Anta, on the border of the municipality of Lalín, and climb up to

Coto da Mamoela. This name is a reference to the field of *mámoas* (tumuli). To the right is Mount Farelo and Mount Faro rises behind us. Amid chestnut trees flows a stream called Rego do Baranco. We go through the village of Palmaz and soon enter Lalín. The town proudly celebrates its location at 'kilometre 0 of Galicia', the geographic centre of the autonomous community. We emerge from Lalín beside the Pontiñas River. The route continues through oak woods, running parallel to the N-525 to A Laxe, in the parish of Bendoiro. Here, the Winter Way joins the Via de la Plata.

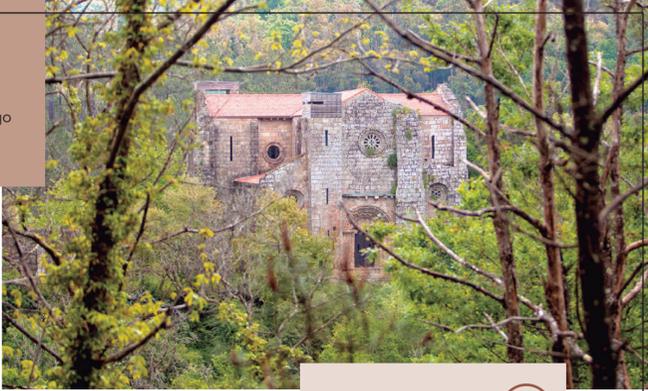
The *mámoas* (tumuli), 5,000-year-old burial sites in **A Panela**. **Romanesque San Xaio de Pedroso Church**, in **A Eirexe**. The **medieval bridge at Pedroso**. In **Lalín: Romanesque San Martino Church**, the **Municipal Museum**, which features pieces associated with the astronomer Ramón María Aller and a large collection of works by the artist Laxeiro. The local *pazos* (mansions), including **Pazo de Liñares** (Prado). The **Pontiñas River walk**. The **Feira do Cocido** (Chickpea Stew Fair) in February. **Bendoiro Church** (17th and 18th centuries) and the *cruceiro* (stone cross). In Santiago de Catastós, **Souto de Quiroga**, a wood with the tallest chestnuts in Europe, some standing more than 30 metres tall.



## BENDOIRO > OUTEIRO

33,8 km / 50,5 km to Santiago

Monastery of Carboeiro, Silleda



### WHAT TO SEE

The start of this stage runs along the N-525 road. We come first to Vilasoa, followed by Prado, where a slight detour leads to the Marian shrine of O Corpiño. A slight detour further along, we pass through A Borralla. A little further along, we cross medieval Taboada Bridge over the Deza River, a tributary of the Ulla. A slight climb leads to the parish of Taboada. We soon reach Tasfontao, before continuing on to the municipal capital, Silleda.

Silleda is one of the most important towns in inland Pentevedra. It is known for the major trade fairs held at its exhibition centre, including Galicia Green Week and Turisport, an international tourism show.

We leave Silleda, taking the dirt path to the left of the N-525. O Foxo and Chapa are the first villages we pass through. We then come to A Bandeira, Codeceira, Piñeiro and Castrovite (municipality of A Estrada). The route continues on to Santa María de Loimil, Os Casares, As Carballas, Santo Estevo de Oca (famous for its pazo, a country manor known as the Versailles of Galicia on account of its spectacular gardens), Valboa, Arnois, A Calzada and A Veiga. We enter the municipality of Vedra (province of A Coruña) at A Ponte Ulla, where a historic bridge crosses the Ulla River.

**Baroque Nosa Señora do Corpiño Church** in Santa Eulalia de Losón (Lalín), a popular shrine with a pilgrimage procession on 23 and 24 June. **Romanesque Santiago de Taboada Church**. In Siador (Silleda), **A Saleta Shrine**, which shares its name with another in Cea. Between Silleda and Vila de Cruces, **Fervenza do Toxa**, a natural 30-metre waterfall. The ruins of **Carboeiro Monastery**. **San Cibrao Church** in Chapa. **Santa Mariña Chapel** in Castrovite, built on the site of an ancient hilltop settlement. **Pazo de Oca**, a mansion with one of the most notable ponds and private gardens in Galicia. **Romanesque Santa María Magdalena Church** in A Ponte Ulla.



## OUTEIRO > SANTIAGO

16,6 km to Santiago

Praza do Obradoiro, Santiago de Compostela



### WHAT TO SEE

We leave the municipality of Vedra behind. Back in Vilanova, very close to the route stands the house of a famous member of the Order of Saint James, historian Antonio López Ferreiro (1837 -1910). Shortly afterwards, we reach Rubial.

We are now in the municipality of Boqueixón. A detour leads to **Sacro Peak**, over 500 m above sea level, overlooking the surrounding landscape. This peak is linked to the tradition of the *Translatio*, in which the Apostle's body was taken from Iria Flavia to Compostela. Here, the disciples of St. James encountered the fierce bulls which they tamed and yoked to the cart bearing the body of the saint to his grave.

Leaving Rubial and Deseiro de Arriba behind, the route reaches the municipality of Santiago at the village of A Susana. It crosses briefly into Vedra before entering Compostela via the Sar neighbourhood.

After crossing the bridge over the Sar River, we must make one final effort: a steep climb up Rúa do Sar and Rúa do Castrón Douro. Then turn right and go under the arch of Mazarelos Gate, the only remaining gate in the old city walls. We then come to Praza da Universidade, Rúa da Caldeira, Praza das Praterías and Praza do Obradoiro. Here, the route ends.

Vedra has many country manors, including the baroque **Pazo de Santa Cruz de Ribadulla**, famous for its enormous camellia garden and centuries-old olive wood, which are open to the public. **Sacro Peak** (530 m above sea level), site of San Sebastián Chapel, which dates from the 9th century. There are spectacular views from the top. **Romanesque Santa María de Sar Collegiate Church**, with amazing leaning columns and traces of a 12th-century cloister. The ancient **Roman Road of the Sar**, of which 400 metres have been restored. **Cidade da Cultura de Galicia**, an impressive collection of buildings designed by Peter Eisenman, located at the top of Mount Gaiás.

## A RÚA > QUIROGA

26,5 km / 195,6 km to Santiago



Roman tunnel of Montefurado, Quiroga

### WHAT TO SEE

a reference to the spot where walkers would discard their *farrapas* (rags). One kilometre further on, we come to Bendilló. This was historically an oil-producing region, an industry which is currently being brought back.

Descend to the village of O Soldón, where the presence of a blacksmith from the Order of Saint John of Jerusalem has been documented. As we pass Sequeiros, there is the option of climbing up to Torre Novaes, historically the residence of the Knights Hospitaller of Saint John, before heading back down and continuing on to Quiroga. We enter town via Rúa Real, after crossing the medieval Pedriña Bridge.

**Fátima Church**, which celebrates a popular religious festival on 13 May. The 400-metre **tunnel at Montefurado**, built by the Romans in the 2nd century to divert the course of the Sil River and allow them to extract the gold it carried. In the town of Montefurado, **San Miguel Church** (18th century). **Farrapas Chapel**, located near the oil mill at **Bendilló**. **Torre Novaes** (10th century), a castle/fortress built atop an old fort, once the residence of the Knights Hospitaller of Saint John. Around Easter, Quiroga celebrates its **Feira do Viño** (Wine Fair), featuring the **Ribeira Sacra Designation of Origin**. Outside Quiroga, the **Serra do Courel** is well worth a visit.



BEYOND THE CAMINO... THE WINTER 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.



Serra da Enciña da Lastra, Rubiá

To the north of the Winter Route, a unique landscape immediately beckons as you enter Galicia: the Serra da Enciña da Lastra. This unusual nature reserve (located in the municipality of Rubiá, district of Valdeorras) is home to Mediterranean vegetation, most importantly a large holm oak forest, birds of prey such as the Egyptian vulture and golden eagle, and chalky soil with an abundance of caves that provide shelter for large bat colonies. This section of the Sil River valleys is a real oddity in the Galician landscape.



Monastery of Santo Estevo de Ribas de Sil, Nogueira de Ramuín

A little further to the north stands another unique mountain range, O Courel. A green reserve. Its mountains and valleys contain the greatest plant diversity in Galicia. Leisure options include walking the Devesa da Rogueira, a spectacular 8.8-kilometre route (3 hours and 15 minutes). The Serra do Courel also contains incredible pre-Roman ruins such as the settlements of Castro de Vilar and Castro da Torre, and ancient smithies (known locally as mazos), some of which have been converted into unique tourist accommodations. Between the 16th and 19th centuries, the southern part of Lugo province was home to a major iron and steel industry. Nearby hamlets such as Seceda and Seoane are notable for their purely traditional architecture.

To the south of the Winter Route rises the roof of Galicia: Pena Trevinca. At 2124 metres above sea level, it is the country's highest peak. The surrounding area offers pools such as A Serpe, a remnant of glaciers found here 10,000 years ago, its waters shrouded in Celtic legend. There is also the finest yew forest in Southern Europe, in Casoa (municipality of Carballada); around 500 trees many hundreds of years old, some over 25 metres high.



Pool of A Serpe-Pena Trevinca, A Veiga

Strolling through vineyards is a unique opportunity in the area along the Winter Route, which runs through two major designations of origin: the Valdeorras D.O. (where the route enters Galicia) and the Ribeira Sacra D.O. (on the border between the provinces of Lugo and Ourense).



Cabo do Mundo, Chantada O Saviñao

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. They bear red grapes such as Mencia, and whites of the Godello variety. The local history dates back to the period when the Romans came to Galliaecia in search of gold and wealth. And here they found them, in metal and landscape.

Hotels, houses and country homes offer genuine accommodation throughout the district. They make the perfect place to plan a visit to one of the excellent local wineries. Talking with the winemakers and observing the grape harvest in early autumn offer an invaluable opportunity to delve into the secrets of these wines. And to accompany them, be sure to sample the botelo sausage from O Barco (made with pork products) and the local chestnuts.



Vineyards of Ribeira Sacra

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. This area has the largest collection of Romanesque churches and monasteries/convents in all of Europe. The latter include (out of a total of more than thirty) San Pedro de Rocas (the oldest, originally dating from the 6th century, when it was an anchorite hermitage), Santa Cristina and Santo Estevo de Ribas de Sil (the latter now a Parador de Turismo hotel), Santa María de Ferreira de Pantón (Cistercian convent), and Santa María de Montederramo (protected by Mount Medo and the San Mamede mountains, its 1124 founding document contains the first mention of the name 'Rivoira Sacrata').

The Ribeira Sacra was designated a European Cultural Route in 2004 and put forward now as a candidate for the World Heritage List. Its two rivers have created a unique landscape of canyons and forests, which are also extremely well suited to grapevine cultivation. The Ribeira Sacra Designation of Origin includes young wines with a big personality, emerging vineyards that are part of a viticulture known locally as 'heroic', as they occupy terraces ranging up almost vertical slopes.

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. Water sports such as rafting down the Ulla River are among the more active options. Another is the climb up Sacro Peak from the base in Lestedo-Boqueixón, visiting one of the most authentic mythical and historic mountaintops in Galicia.



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

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

The Winter Way is the natural gateway to Galicia from the central plateau, a point of access that was already in use during the Roman period. It emerged as a winter alter-native to the hard climb up the snowy summit of O Cebreiro, where the French Way enters Galicia. It also avoided the flooding of the rivers that run through Valcarlos Valley.

The route begins in Ponferrada - located just short of the Galician border in the district of El Bierzo, León. Here, pilgrims turn off to the left rather than continuing straight on along the French Way. In the province of Ourense, the Winter Way essentially follows the natural course of the Sil River through Valdeorras. It then runs through the southern part of the province of Lugo and continues through the Deza district (Pontevedra) to Compostela. In total, it covers 260 kilometres from Ponferrada, crossing all four Galician provinces.

As we have indicated, historians date the origins of this route to the time of the Romans. There are records of a secondary road which ran from the gold mines at Las Médulas to Via XVIII, passing through the district of Valdeorras, where the gold deposits were removed. The Roman tunnel at Montefurado, still visible today, offers further evidence of this.



The route was followed by various peoples throughout its history. In the early 19th century, it was also used by Napoleon's invading troops. And in 1883, the first section of railway was built in order to connect Galicia with the rest of the peninsula.

The Winter Way is appealing for many reasons. It begins near Las Médulas, a World Heritage Site. It crosses areas such as Valdeorras and the Ribeira Sacra region, which produce excellent wines, often cultivated in unlikely landscapes. There are also numerous Romanesque churches and monasteries.

Discover the wealth of cultural heritage in Monforte de Lemos, or the wineries and traditional architecture of Chantada. In Lalin, the route links up with the Via de la Plata and they continue on to Compostela together. A total of nine stages offer much serenity, a characteristic feature of this littletravelled route and one of its main attractions.

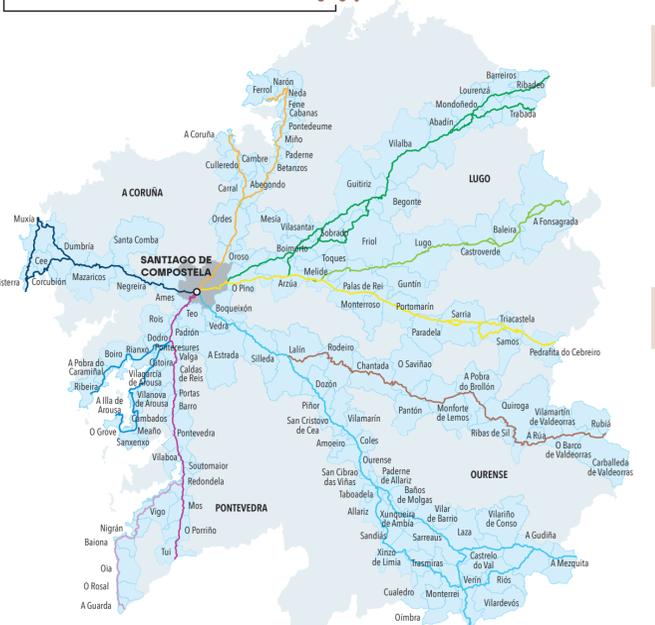
The Winter Way has not been clearly delineated. In fact, there are quite a few variants which the route is believed to follow. The information provided here is based on the work of two people - Aida Menéndez and José Rúa Pérez - who were instrumental in promoting the establishment of this route. The purpose of this brochure is to provide one approach to the route, while awaiting its final demarcation.

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

- 1 Santiago de Compostela Cathedral
2 Royal Hospital (now Hostal dos Reis Católicos)
3 San Martín Pinaro
4 Vice-Chancellor's Office, University of Santiago de Compostela (USC)
5 Pazo de Raxoi
6 Monastery of San Francisco and Monument to St. Francis, by the sculptor Assay
7 San Fructuoso Church and location of the old pilgrim cemetery
8 San Domingos de Bonaval
9 Camino Gate (Porta do Camiño)
10 Santa María do Camiño Church
11 Praza do Campo Square (now Cervantes) and San Bieito do Campo Church
12 Santa María Salomé Church
13 Mgairelos 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



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

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" (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:

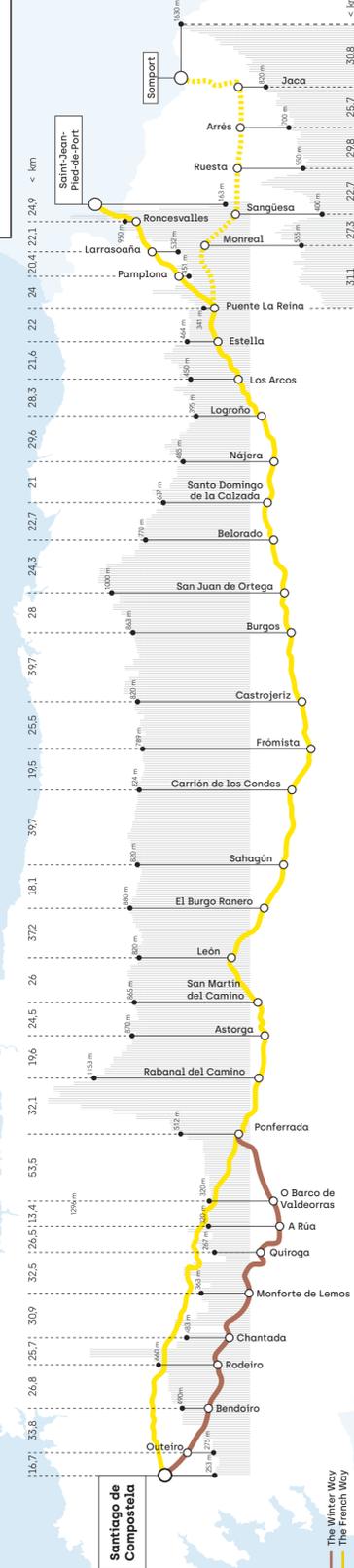
- Before leaving, learn about the difficulties they may encounter and the accessibility of the different services found along the Way of St. James (hostels, catering facilities, etc.).
- Exercise caution when crossing roads if they have a hearing impairment and, in the case of pilgrims with visual impairments, 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 WINTER WAY



The Winter Way The French Way

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