



CAMINO DE SANTIAGO BY BIKE

**The French Way; León to
Santiago de Compostela.**


Exploring Spain
TREK CLIMB SKI & BIKE

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1 Introduction

There are many reasons for doing “**El Camino**”. You might have an interest in walking trails, or history and culture, or be a spiritual journey or maybe you just want to visit one of the most beautiful regions of Spain.

Camino de Santiago is without doubt one of the most famous long-distance routes in the world. Every year, pilgrims from all over the world will follow in the footsteps of **St James**, and complete all or part of the way to Santiago de Compostela Cathedral in the region of **Galicia**.

We will accompany you as you cycle to make your personal odyssey a unique experience. By assisting with all your travel requirements, we will enable you to embrace and enjoy El Camino to its fullest, with our magical **6 days cycling tour** starting from **León** and concluding at journey’s end **Santiago de Compostela**.

2 Basic information

Destination: Camino de Santiago (Spain).

Activity: bicycle

Difficulty: */**.

Length: 8 days.

Season: April-October

Minimum-maximum group: 4-8 people.

2.1 Required physical condition and type of terrain

Physical level	Total elevation	Kms	Physical Condition
*	Up to 600 m	Up to 16 km	Normal: occasional sport practice
**	Up to 1200 m	Up to 23 km	Good: regular sport practice
***	Up to 1400 m	Over. 23 km	Very good: strict sport practice

Physical level category does not have to correspond exactly with given ascent and kilometres at the same time.

Type of terrain

*	Good conditioned forest tracks and trails
**	Good conditioned trails. Presence of stones and roots on the way requiring attentive hike.
***	Bumpy, stone loose tracks, including off trails

3 Program

3.1 Program outline

Day 1. Transfer to the starting point of the tour. Introduction of the participants and stages. Time for questions.

Day 2. León-Astorga. Distance 56 km.

Day 3. Astorga-Ponferrada. Distance 54 km.

Day 4. Ponferrada-O Cebreiro. Distance 54 km.

Day 5. O Cebreiro-Portomarín. Distance 60 km.

Day 6. Portomarín-Arzúa Distance 55 km.

Day 7. Arzúa-Santiago de Compostela Distance 42 km.

Day 8. Return trip.

3.2 Detailed program

Day 1. Transfer to the starting point of the tour. Introduction of the participants and stages. Time for questions.

Day 2. León-Astorga. Distance 56 km.

Comfortable stage to start the tour. A soft ground on the way to Milla del Páramo. We will reach **Puente de Órbigo** with the **church of San Juan Bautista** (S.XVII).

Day 3. Astorga-Ponferrada. Distance 54 km.

A stage with a distinct road. In the first part we will gain elevation meters to end in Cruz del Ferro at 1.500 m high (the highest point in the Spanish French way). Here we will find another chapel consecrated to Santiago the Apostle. From here we will descent towards Ponferrada. We have entered into **Bierzo**.

Day 4. Ponferrada-O Cebreiro. Distance 54 km.

This might be one of the best-known stages in the whole pilgrimage. We start among vineyards to leave **Castilla y Leon** and enter **Galicia** through the region of **Os Ancares** with beautiful landscapes. For that we will ascend **O Cebreiro**, the pass that divides both regions. It is an attractive stage, where we will discover magical villages like **Pereje**, Trabadelo, the **Church of Nuestra Señora del Carmen** and the **Serracín Castle** (S.XV Y XVI) located on a hill.



Day 5. O Cebreiro-Portomarín. Distance 60 km.

The day before we finished with an ascent, so is this stage, apart from a winding section, most of the way we will descend crossing a landscape with more vegetation than the ones in Castilla. Stands out the Church of San Esteban, the Church of San Xoán and the Chapel of San Pedro in the village of Biduedo.



From Triacastela we could choose between two fascinating itineraries. The most southerly one includes the visit to the Samos Benedictine Monastery and a leafy environment. The northern one goes across beautiful deciduous forest.

Sarria is a good place to finish the journey, with a nice pilgrim's atmosphere and a nice place for relaxing time and meditation, but also to share experience with other people.



We will perceive a larger concentration of pilgrims due that we are at 100 km to Santiago, the minimum walking distance required to get the **Compostela**. It is a varied stage with many interesting stops to take a break in some Romanesque villages. You will not want to miss the visit to the parish of **Concello de Sarria, Ferreiros** and its **Church of Santa María** and **Portomarín** with a lot of interesting places to spend the evening.



Day 6. Portomarín-Arzúa Distance 55 km.

We will cross **Sierra de Ligonde** and **San Antonio's Mount**. If we feel like, we will detour to **Vilar de Donas** to visit the **Church of San Salvador**.

From Palas de Rei the road will become more winding. We will not forget that we did not just come to pedal and observe, but to enjoy the amazing local gastronomy of this region. Visits to **Romanesque churches** like Santa María, the Nurses House, the Chapel of San Roque...



Day 7. Arzúa-Santiago de Compostela Distance 42 km.

We will end our adventure and we will do it in a successful way, reaching the beautiful city of **Santiago de Compostela**. We will first enjoy its views from the watchtower on the **Gozo Mount**. We will go to the heart of the city to visit its **Baroque Cathedral** and the **Obradoiro**.



Day 8. Return trip.

4 More information

Price: **1.280€** per person in 3* quality accommodation in double room (single room supplement: 210€).

4.1 Included

- Accompanying bilingual guide with support vehicle during the whole tour.
- 5 nights in comfortable higher quality accommodation in double room and half board regime (breakfast and dinner). Please consult for individual room.
- 2 nights in comfortable higher quality accommodation in double room (breakfast included).
- Road transfer to the trip starting point (León).
- Luggage transportation during the trip.
- Pilgrims' Credential.
- 24h assistance.

4.2 Not included

- Flights to Spain (Muntania could manage the tickets with a cost of 15€).
- Lunches. They will take place on the way (picnic or restaurant).
- Dinner of the first day. Depending on the arrival time it could be in any restaurant on the way.
- Last day dinner in Santiago de Compostela.
- Any drinks not included in the menus (dinner and breakfast).
- Bicycle rental (160 euros per person. 246€ electrical bike per person).

4.3 Required equipment

It is important to carry a light daypack, so it is recommended to carry just the required clothes and equipment. If you do not have all the equipment you can rent it, please consult us.

- Backpack (between 15-20 litres).
- Bicycle shoes or sneakers.
- Bicycle helmet.
- Technical clothes:
 - Socks.
 - Short bicycle pants (also long pants for spring time and autumn)
 - Thermal t-shirt (base layer)
 - Thin and warm fleece jacket or similar (second layer)
 - Thin rain jacket
- Sunglasses.
- First aid kit and essential toiletries
- Sunscreen and SPF lip balm
- Camera

4.4 Observations

Date Flexibility

Aside from the regular travel trip dates, we are flexible to reconsider new dates if those are more convenient to the client's leisure plans. Do not hesitate to contact us should you have any different dates in mind.

Time and meeting point

One week prior to the trip departure date, an email will be sent to each participant to give away the meeting point and time along with the guide contact information. At this point any information considered essential to the trip organization will be shared.

Plane tickets (if applicable)

If case you wish us to handle you plane ticket, please contact us with airport arrival and departure details and number of needed luggage. Before issuing any ticket, Price and details Will be send to the client for its approval.

Muntania fee for plane ticket management is 20€ per person.

If, otherwise, you handle your plane tickets, please coordinate with us before hand to check on arrival and departure information.

Please take into consideration getting with you on your carry-on luggage some set of clothing in case of checked luggage lose.

Trekking Backpack

Very important to carry out just indispensable material and clothing to walk at ease. You would not need to take food supplies and clothing can be hand-wash daily. We recommend backpack weight between 6 to 10 kg.

4.5 Insurance policy

All activities in Spain have an accident insurance included in the price. Yet, if you practise mountain sports regularly and also travel frequently, **we suggest you get a travel insurance**, that as well as covering any accident and rescue it also protect you against many other situations.

If you do not have a travel insurance you can acquire one with our travel agency. Exploring Spain processes all insurances with **Intermundial**. The cost of these insurances is lower if you buy it through Exploring Spain than if you do it directly with Intermundial.

EU RESIDENTS

Ski/Aventure Plus

It is a **travel insurance** and also **covers the practise of many sports and activities**. You can get one for the duration of the trip or for the whole year, being able to choose the starting date. If you get the insurance for a year, it will not only be valid for the trip with Exploring Spain but also it will be valid for any other trips or activities you may do during that year.

Ski/Aventure Plus with Cancelation

It has the same coverage that the previous insurance but also you will be cover in case of cancelation of the trip and tickets in case of force majeure (sickness, injury...) for yourself and/or a relative.

The travel insurance with cancelation that we offer, allows a refund of the costs already paid for up to 1.000 €. If the cost of the trip and flights is higher, you can extend the amount covered (under request).

Multi-assistance Plus with or without Cancelation

Both Multi-assistance Plus with or without Cancelation are **travel insurances with better coverage** than the Ski/Adventure Plus with or without cancelation but they **do not cover the practise of sports**.

This insurance can be of your interest if you already have an accident and rescue insurance that covers the activity that you will be doing in the trip, but you do not have a travel insurance. It can also be useful if you are interested in a trip without practising any sports.

NON EU RESIDENTS

Incoming Cancelation Plus

This insurance covers the costs of the trip and the tickets if you have to cancel the trip before the departure because of different reasons like for example a sickness (see conditions of the insurance).

This insurance can be useful if you already have a travel insurance but it does not cover the cancelation of the trip or if you already have an insurance covering sports and activities.

Incoming Ski/Aventure Plus with Cancelation

It is a **travel insurance** and also **covers the practise of many sports and activities**. You will also be cover in case of cancelation of the trip and tickets in case of force majeure (sickness, injury...) for yourself and/or a relative. You can get one for the duration of the trip or for the whole year, being able to choose the starting date. If you get the insurance for a year, it will not only be valid for the trip with Exploring Spain but also it will be valid for any other trips or activities you may do during that year.

The travel insurance with cancelation that we offer, allows a refund of the costs already paid for up to 2.000 €. If the cost of the trip and flights is higher, you can extend the amount covered (under request).

*Consult prices and conditions for Intermundial insurances with Exploring Spain following this link:
<https://www.exploring-spain.com/insurances>

Included accident and rescue insurance

** Included accident and rescue insurance. Nº POLIZA 4020006195 Muntania Outdoors. Assistance phone number 24h 902 09 15 57 (it is the contact number for the insurance company Prebal, Previsión Balear M.P.S).

*** It is the customer's responsibility to inform the insurance company about the accident as soon as possible. Prior the departure for the trip, we will send you an email with the insurance policy number and the assistance number so you can have it during the trip.

**** Depending on where the accident happens, the customer will have to pay in advance if the insurance company indicates it, being the payment refunded by the insurance company within the policy's limits. In any case Exploring Spain – Muntania Outdoors S.L. is responsible for any advance payment required for the rescue or assistance.

4.6 Links of interest

- www.caminodesantiago.gal/en/inicio

4.7 Highlights

- One of the most famous trips in the world.
- History and tradition of the visited areas.
- Beautiful landscapes.
- Multicultural pilgrims.

5 Contact

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