



CAMINO DE SANTIAGO

The French Way



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1 Introduction

There are many reasons for walking “**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 or Camino del Norte (The Northern Way) is without doubt one of the most famous long-distance walks in the world. Every year, pilgrims from all over the world will follow in the footsteps of St James, and walk all or part of the way, along the coastline of Northern or “Green” Spain.

We will accompany you as you walk 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 9 days walking tour concluding at journey’s end Santiago de Compostela.

2 Basic information

Destination: Camino de Santiago (Spain).

Activity: Hiking.

Difficulty: */**.

Length: 9 days.

Season: from february to november

Minimum-maximum group: 4-12 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

Observations. This trip is suitable to active people that are able to walk around **3-6 hours at a slow pace**.

3 Program

3.1 Program outline

Day 1. Transfer to the starting point of the tour, Ribadeo. Briefing of the trip.

Day 2. Ribadeo-Lourenzá. Distance 29,5 km.

Day 3. Lourenzá -Abadín. Distance 24,8 km.

Day 4. Abadín-Vilalba. Distance 20,6 km.

Day 5. Vilalba-Baamonde. Distance 20,7 km. Transfer to Vilalba.

Day 6. Baamonde - A Roxica. Distance 25 km. Transfer to Arzua with a stop in Sobrado dos Monxes.

Day 7. Arzúa- O´Pedrouzo. Distance 19,1 km.

Day 8. O´Pedrouzo - Santiago de Compostela. Distance 19 km.

Day 9. Return trip.

3.2 Detailed program

Day 1. Transfer to the starting point of the tour, Ribadeo. Briefing of the trip.

Day 2. Ribadeo-Lourenzá. Distance 29,5 km.

In today's walk we will leave the Cantabrian Sea to head inland to the town of Lourenzá, famous for its "fabas" or local beans. We will walk on rural trails, in slight ascent, as the terrain will become more mountainous.

We will cross small towns like Villamartín, Gondán or San Xusto, that do not have shops or services, reason why we had to pack some snacks and water. From San Xusto we will cross a forest of eucalyptus until we reach Lourenzá.

+ 710 m ascent. - 695 m descent. Time: 7 hours



Day 3. Lourenzá -Abadín. Distance 24,8 km

From Lourenza to Mondoñedo the way crosses dense forests, through paths between farmland and small rural villages. We will reach Mondoñedo, which used to be one of the 7 capitals of the old Kingdom of Galicia. We will take a breath to visit this town and its Romanesque cathedral, a vital pause in order to face the next three hours on the way up to Lousada and the hermitage of San Cosme da Montaña, to continue to Gontán, and Abadín, the capital of the Concello, where we will spend the night.



+ 740 m ascent. - 300 m descent. Time: 7 hours 30 min

Day 4. Abadín-Vilalba. Distance 20,6 km.

This stretch of the Camino del Norte, already without unevenness, meanders through the forests, farmland and green pastures of the 'Terra Chá' (Flat Lands) that will lead us to the capital of the area, the market town of Vilalba market.

+ 160 m ascent. - 200 m descent. Time: 5 hours



Day 5. Vilalba-Baamonde. Distance 20,7 km. Transfer to Vilalba.

From Vilalba, the Camino crosses the heart of the Terra Chá region of Galicia. We will cross the Magdalena and Trimaz rivers, with submerged vegetation, until reaching San Xoan de Alba. We will walk forest roads, small agricultural villages and lush countryside to reach the quiet village of Baamonde. There we will be picked up and taken to Vilalba.

+ 160 m ascent. - 200 m descent. Time: 5 hours



Day 6. Baamonde - A Roxica. Distance 25 km. Transfer to Arzua with a stop in Sobrado dos Monxes.

Third and last day in highlands before starting the descent way to Santiago de Compostela. Varied landscape with riverine vegetation, deciduous forests and a somewhat undulating relief dotted, in the distance, by several mountains that divide the landscape.

Perhaps one of the most solitary stages of "the way", where we can lose the sense of time and space.

Upon arrival at A Roxica, we will be waiting for a transfer that will take us to Sobrado dos Monxes where we can visit the Monastery of Santa María de Sobrado dos Monxes. Later, transfer to Arzúa where we will spend the night.

+ 150 m ascent. - 150 m descent. Time: 6 hours

Day 7. Arzúa- O´Pedrouzo. Distance 19,1 km.

This stage of the Camino del Norte will take us through beautiful forests, streams and villages, to leave us at the gates of Santiago de Compostela. We will cross small villages and visit the chapel of Santa Irene with its statue of Santiago, which is a must.

+ 371 m ascent. - 460 m descent. Time: 5 hours



Day 8. O´Pedrouzo - Santiago de Compostela. Distance 19 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.

+ 296 m ascent. - 306 m descent. Time: 5 hours



Day 9. Return trip. The trip can be extended a couple of days to visit Santiago or some other places (please consult)

4 More information

Price: **1.575€** per person in high standards accommodation in a double room (single room supplement: 215€).

4.1 Included

- Bilingual guide with support vehicle during the whole tour.
- 8 nights in a comfortable high-quality accommodation in double room and half board regime (breakfast and dinner). Please consult for individual room.
- All lunches (picnic or restaurant on the way).
- Road transfer to the trip starting point (Ribadeo) from the Santiago airport, transfer from Santiago to Santiago airport and some other transfer during the way.
- Luggage transportation during the trip.
- Pilgrims' Credential.

4.2 Not included

- Flights.
- Lunches. They will take place on the way (picnic or restaurant).
- Any drinks not included in the menus (dinner and breakfast).

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 20-30 litres).
- Trekking boots or sneakers.
- Telescopic poles.
- Technical clothes:
- Socks.

- Short and long mountain pants.
- Thermal t-shirt (base layer)
- 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

- <http://www.caminosantiago.org/cpperegrino/comun/inicio.asp>

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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