



CAMINO SAN SALVADOR

LEON TO OVIEDO

5 Stages - 125 km

The Camino San Salvador offers a unique and challenging journey where you can experience the beautiful landscapes and rich cultural heritage of northern Spain. You will pass through charming towns and villages, with plenty of opportunities to sample the local cuisine and meet other pilgrims.

The Camino San Salvador is a demanding route and requires a good level of fitness.

The pilgrimage on this Camino is not to a tomb of a saint like on the Camino de Santiago but to the Christian relics that are kept in the Cathedral of Oviedo.

Highlights along the way are the stunning cathedral in Leon, the spectacular scenery of the Cordillera Cantabrica, and the picturesque city of Oviedo, among many other highlights.

Everyone walks the camino for their own reason... no matter what yours was, you will always be rewarded with memories that will live on forever, the Camino is so much more than a simple walk through Spain.

Would I walk it again?... Absolutely!

Wishing you a Buen Camino!!



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Camino Getting Ready to Go: The Basics

When to go:

When the best time to go is one of the biggest questions one will encounter when planning a Camino.

A typical Camino Primitivo usually lasts anywhere from 7 to 14 days depending on route and one's own walking pace. Giving yourself a few rest days in between and at the end of your walk will also determine how long you should plan your trip for and are highly recommended.

Weather wise the best time of the year to walk are Spring - April through June and Fall Mid September to early November. The worst time to walk is August as not only can the weather on some of the routes be very hot, but August is also the major holiday month in Spain, which makes finding accommodations much more difficult no matter what route you are on, specially on the last week stretch of the Camiino Frances from Sarria on words as it is very popular and can be near to impossible to find accommodations on in August. Even if you are not walking the Frances it is something to consider as the Norte, Primitivo and Via de la Plata all merge into the Frances towards the end.

If you want solitude and don't mind the cold, rain or snow then the winter months are a good time to enjoy the camino. Services and albergues will be fewer so you may have to resort to staying in a Hostal every now and then but usually there will always be one Albergue open at the end of each stage. There is a list of albergues that gets updated regularly available online published by [Aprinca click here](#) to get it.

Physical preparation:

Preparing yourself physically for the Caminos stresses on your body is near to impossible, but as long as you are in a reasonably healthy state and are used to walking a few kilometers a day you should be able to make it all the way to Santiago.

Walking 10 to 30 kilometers for 6 to 8 hrs a day is not easy, but it also is not the hardest thing in the world as long as you follow a few simple rules.

Before you head out on your camino be sure to walk at least 5 to 10 kilometers every other day before setting out. Do a trail day hike in the woods with all the gear. Test your backpack and make sure it is a good fit. If you can stand a full day hiking without a problem you should be ready. But remember:

- Wear proper fitting and well broken-in footwear.
- Make sure your backpack weighs as little as possible. (aim for less than 10% of your body weight)
- Walk at your own pace... it is not a race.
- Listen to your body.
- Know your limits.

Listen to your body and know your limits... I have seen countless pilgrims half my age push themselves too far, not get very far...Don't be one of them!

Aches and pains will happen, but as long as you pay attention to them and don't try to ignore the messages your body is sending you should, you will be fine. It's when you don't pay attention to the warning signs and just keep on pushing yourself beyond your limit day after day that your body will finally let you know it has had enough and prevent you from going any further, taking day or two break so that your body can heal is way better than having to break off your camino or breaking yourself...

Know when to stop and rest, pace yourself...remember it is not a race!

Guide Books, Maps and Apps:

Unlike other caminos, there are very few guidebooks for the San Salvador.

For this reason I recommend smartphone app such as Buen Camino, Gronze or Camino Ninja instead, as they provide much of the same information and don't weigh you down, but also give you the added benefit of having a live map so that you always know exactly where you are, which is very helpful when you are wondering if you are actually still on the correct route.

Book Guides: Android:

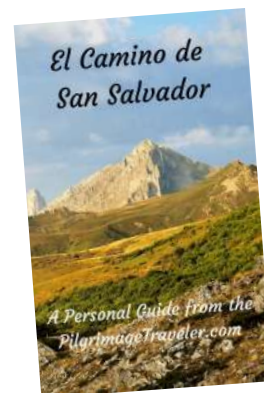
[Pilgrim Travel Guide](#)book

Apps for iPhone:

[Buen Camino](#)
[Camino Ninja](#)
[Wise Pilgrim](#)
[Camino Tool](#)
[Gronze](#)

Apps for

[Buen Camino](#)
[Camino Ninja](#)
[Wise Pilgrim](#)
[Camino Tool](#)
[Gronze](#)



Finding your way:

Whilst guidebooks and maps will help you plan your journey, you really don't need them as getting lost on the Camino is virtually impossible, not only because there are many apps to help you navigate the route, but because a priest called Elías Valiña drove across the whole north of Spain on his Citroën GS packed with yellow paint, painting bright yellow arrows to indicate the right way at the various tricky crossroads along the trail leading to Santiago.

Nowadays they have become an ubiquitous symbol of the camino... and can be found everywhere from t-shirts to bandanas.

After a day or two you become an expert at spotting the arrows that are basically everywhere from lampposts to trees to rocks...



Lodging:

There are some amazing places to stay at the beginning and end of the camino San Salvador in Leon and Oviedo, with very few options on the route in between the two.

On the San Salvador there are very few Municipal Albergues. Private Albergues tend to be your main option and are also more comfortable than the Municipal ones and offer blankets and washing machines, but are also more expensive.

Most albergues have a kitchen where one can cook, most private albergues will offer a communal dinner and basic breakfast at an additional charge.

The distinctions between Hotels and Hostels depend on the services offered. Some Hostels are as good as 5 Star hotels. There are also Casa Rurales or Posadas, which are more like a B&B's and are usually only found in rural areas.



My favorite Paradores Nacionales is in Leon which is a government run hotels and the Parador de Leon is one of the best in Spain and was featured in the movie The Way.. It is a bit more pricey, but definitely worth splurging for every now and then.



If you want the most authentic Camino walking experience, you definitely will want to stay in Albergues as often as possible. The dorm rooms usually can sleep anywhere from 4 to 40 people, and cost anywhere from €8 to €15 for a bunk bed per night. They are the cheapest option when walking the camino.

Most Municipal Albergues require you to have a sleeping bag or sleeping bag liner as no blankets are provided or towels, some charge €1 extra for disposable sheets. Most private albergues provide blankets and sheets, some even provide you with a fresh towel, but it is a good idea to bring your own as some charge you €1 or €2 to rent one.

At Municipal Albergues lights go out at 10 pm and you have to leave by 8 am the next morning, and will not be able to stay a second night unless it is an emergency..

Also most Albergues Municipales require you to have a *Credencial de Peregrino* in order for you to stay and don't accept reservations or credit cards. The Credencial is a passport you get at the start of your pilgrimage, that you get stamped wherever you stay. You always have to show your credencial and passport when checking in. You can call after 1 PM and usually they will tell you if they have beds available... but you cannot reserve a bed and they don't accept credit cards. A few of the Albergues along the camino are donation based, which means that they are funded by the donations that pilgrims give. Many people believe that they can get away with leaving no or very little money... and because of this they are becoming fewer and fewer due to the fact that some pilgrims equate a donation to being free...



Albergues are a nice place to meet and hang out with fellow pilgrims seeing most pilgrims are exhausted from the day's walk. They are very nice and quiet after 10 PM... Except for the occasional snorer, so bring earplugs!

If you are walking with another person, getting your private room is not much more expensive than getting two bunks at an Albergue, but you will be missing out on the camaraderie that develops when staying at them which is a big part of the camino experience.

Most hotels and albergues have washers and dryers, municipal ones mostly only offer some kind of hand washing facility and drying line. Washing machines can cost anywhere from €5 to €6 and Drying about €2 to €4.

Accommodation Prices range:

Albergue Municipal:	€8 to €15
Private Albergue:	€10 to €20
Donativo Albergue:	€8 to €12 Donation
Hostal:	€15 to €50
Hotel:	€30 to €150
Parador Nacional:	€70 to €350

Hotel Booking Sites and Apps:

[Bookings.com](https://www.bookings.com)
[Hostelworld.com](https://www.hostelworld.com)
[Hotels.com](https://www.hotels.com)
[Trivago.com](https://www.trivago.com)
[Agoda.com](https://www.agoda.com)
[Paradores.es](https://www.paradores.es)
[Gronze.com](https://www.gronze.com)

Eating and Food:

Spain has some of the best restaurants and food of Europe, but if you stick to eating the Pilgrim Menu and eating in the albergues along the camino every night you would never know...

Most albergues offer a communal dinner in the evening, but **on the San Salvador you will need to let them know a day in advance so that they can prepare for your arrival.** It is a nice way to spend your evening meeting and exchanging stories with your fellow pilgrims after a long day's hike. While it is a nice experience, most of the time the menu is the same no matter where you go: soup, salad, a main dish usually consisting of some kind of meat that comes with french fries and then a desert of flan or tarta santiago... and plenty of red wine and casera to wash it all down with. Usually the meal will cost about 12 to 15 Euros and while this is not much, after a few evenings you will notice that not only are all places serving you the same basic meal it all pretty much tastes the same...

You can usually do way better for the money eating out at any restaurant in town, but in the smaller towns along the San Salvador your options are very limited, so it is best you call ahead.



Most albergues offer very basic breakfast of toast, jam and coffee that costs you way more than a good coffee and croissant and fresh orange juice in a bar. Spain has fantastic cafe's in most any town or village along the camino where you can get good cafe con leche for about 1.20 € to 2.50 €, starting as early as 6.30 AM in the morning. If you are hungry for a snack a slice of Tortilla or a Bocado de Jamon or Queso will usually hold you over till the next meal and will only set you back 3 or 4 euros.

During lunch hours from 1 till 4 pm most restaurants serve a "Menu del Dia" which usually includes a starter, main dish and desert and includes a drink (wine) and bread.... Sometimes they even include a coffee. A decent menu will usually run

anywhere from 10 to 15 €, but you get so much food that you usually will not have to eat dinner and usually the food is exceptional. If you are not all that hungry you can also order a ½ Menu.

Finding a good restaurant or cafe is easily done using Google Maps or asking the host at your albergue or hotel.

Getting there and away:

Getting to Leon and Oviedo, the starting and end of the Camino San Salvador is pretty easy. You can fly to Leon or Oviedo - Gijon Asturias airport from Madrid and Barcelona. Getting into town is pretty straight forward as both are on the bus or taxi.

Traveling by train or bus is also pretty straightforward. The main train line between Madrid and Oviedo via Leon, to get to Oviedo from Gijon you need to take the Renfe Regional service which runs several times every hour.



Getting to your starting point by rail is pretty straightforward. The main train line between Madrid and Leon on the AVE high speed service

Renfe is the main company that runs trains from Madrid to Leon. As of 2021 there are several new low cost choices such as IRYO and Ouigo that may serve Santiago soon. If you travel from Madrid North you will be leaving the Chamartin Train Station which is reachable via the Madrid Metro. There are various different train services : AVE is the high speed rail service. Usually it is a bit more expensive than the rest.

When leaving Santiago de Compostela, be sure to book your train ticket well in advance as it is not unusual for the trains leaving Santiago to get fully booked days ahead, especially during long weekends and holidays.

For timetables and reservations:

RENFE.es

Buses in Spain are very reasonable and literally every little town has a bus stop that will get you to the next larger city. Avanza and Flixbus are the major bus companies operating in Spain. If you are traveling long distance you will need to book the ticket in advance.



For timetables and reservations:

AVANAZA.com

FlixBUS.com

Taxis are available almost anywhere along the camino. If you need you can call one to pick you up along the camino if you become tired or can not walk any more.

Safety, Health & Insurance:

Spain is a very safe country, but petty crime still happens, so beware of your belongings at all times even in the albergues. Always carry your passport and cash on you, do not leave them in your hotel or albergue dorm when you are not there.

Doctors, dentists and Hospitals and Clinics in Spain are of international standards and are much less expensive than the USA. Most big cities have hospitals and smaller towns have emergency clinics that are called Ambulatorios. Most every town and village will have a pharmacy that can pretty much always be spotted from afar because of their neon green cross. Bigger towns usually have at least one that is open 24 hrs and its location will be posted at ones that are closed as "Farmacia de Turno".

It is a good idea to have a travel insurance with emergency repatriation coverage in case needed.

The **Emergency Services Telephone** number in Spain is **112**

Money:

Spain runs on the Euro. Credit Cards are accepted at hotels and most restaurants. Use banks to exchange money as exchange houses usually charge very high exchange rates. ATM's work very well and even the smallest towns usually have a bank and ATM. La Caxia and Unicajal charge the lowest ATM fees, Santander, if you use Charles Schwab Debit Card you pay no withdrawal fee, which can be as high as €7 to €8

Calculate on spending at least anywhere between €30 to €50 a day.

Business Operating Hours:

Spain runs on EST European Standard time which is 1 hr ahead of GMT, but beware that Spain is famous for its *sesta* time, which means that from 1.30 to 4.30 pm most all shops CLOSE, but restaurants, bars and cafes stay OPEN!.

To most first time pilgrims this is very confusing.

It is also worth noting that most municipal albergues will not let you check in till after 1.30 pm even if you arrive early some will not even store your luggage, they lock the front door at 10 pm and you must leave by 8 am.

It is also worth noting that a very high percentage of small businesses in Spain are closed for holidays in August.

Store Opening hours: 9 am to 1 pm - 4.30 till 8.30 **Bank hours:** 8 am to 1 pm **Restaurant Opening hours:** Lunch 1 pm till 4.30 pm, Dinner 8 till 12 pm. **Cafe Opening hours:** 6 am till 8.30 pm **Bar Opening hours:** 9 am till 1 am **Albergue Municipal:** Check in after 1.30 pm - Door Closed 10 pm - Check out 8 am

Cell Phone and Wifi Service:

Most every cafe, bar and albergue and hotel in Portugal and Spain offer free wifi. If you need to ask for a password ask for the “clave” If you have an unlocked cellphone simply buy a local prepaid SIM Card from Movistar, Vodafone or Orange upon arrival at the airport in Madrid and add call minutes and data as needed. It will save you a lot of money in data and roaming charges in the long run. A 30 day unlimited call and text plus 15 gb data cost about €20.

Pilgrims Passport - Credencial:

Every pilgrim on the Camino should carry his Passport and also a Pilgrims Passport or Credencial, which serves as proof that you are a pilgrim and also that you have walked the stages. In Municipal Albergues and Pilgrims Albergues it is required.

It is a good idea to get one beforehand as many times it is quite difficult getting one along the way.

The Credencial del Peregrino is like a passport that gets stamps at every Albergue or Hotel with their stamp, their unique stamp and date of passage which serves as proof that you have walked that Stage.

In order to get your Salvadorena Certificate that states that you have completed your pilgrimage from Leon to Oviedo you need at least **one stamp a day**.



Bars and restaurants along the camino will also offer stamps making this requirement a pretty fun experience.

When you arrive in Oviedo you can get a very pretty Pilgrims Certificate with your name written in latin issued for free the Cathedral.

Collecting the stamps along the way is a fun exercise and will bring back good memories when you go over them years later. You can purchase a Credencial in advance from the Albergue Santo in Leon, else the Tourist office or Cathedral in Leon are your best places to try to get one.

Camino Packing Guide

What to Pack for your Camino:

Two of the biggest mistakes people make when setting off on the Camino is overpacking and overthinking what they will need for a long walk on the Camino. I myself was very guilty of this on my first camino, this is why I am including a basic packing checklist as a guideline for you to follow so that you do not make the same mistake..

Weight is your biggest enemy when walking, if you don't pay attention to how much you are carrying in your backpack sooner or later your body or feet will pay the price...

A good rule of thumb is that **your pack should not weigh more than 10%** of your body weight. If you stick to that rule you will definitely have a much more pleasant and easy walk.



One thing you should know, that I didn't, is that there are washing machines or laundromats most anywhere you will stay along the way, so clean clothes are never a problem.

Many "pro" pilgrims only pack one extra change of clothes and do a quick hand wash upon of their t-shirt and underwear and socks upon arriving at wherever they are staying; whilst this is a great strategy if you want to walk with the least amount of weight and clothes, you will be forced to do your wash every day and will be worrying if your clothes will be dry by morning.

I personally recommend having 3 sets of underwear and t-shirts and socks, and 1 pair of long or convertible pants and some short pants, that way you don't have to be washing every day and get more time to explore and relax.

As far as footwear I highly recommend that whatever you decide to take boots or trail runners, you walk at least 100 km in them before you start your walk, that way you will not have as many problems with blisters and sore feet. High quality hiking socks are the second most important blister prevention tool, I can't stress this enough... do not use cheap tube socks... you will pay the price in blisters!

Having a pair of flip flops will make the walk to and from the showers in the albergues more pleasant and also give you feet some fresh air and relief after a long day's walk. I personally like to take two pairs of shoes either 2 trail runners or a pair of boots and trail runners, just so I can give my feet a break and change every now and then.

As far as sleeping bags go, most Municipal Albergues require you to use one or to use a sleeping bag liner as they do not provide blankets. Most provide you with disposable sheets that really are terrible, so taking a sleeping bag or liner for the summer months is recommended, as it will weigh you down.

Just remember that each liter of water and all those snacks you carry also count to the total weight...

Luggage - Backpack Transfer Service & Storage:

You can always tell a true pilgrim from the rest as they most always are lugging their big backpack along as opposed to strolling along with a small day pack. Many short term or weekend pilgrims opt not to walk with their backpacks and have their luggage forwarded on from one stage to the next as they walk the Camino.

Using the luggage transport service is a good option if you have any physical ailments or problems or simply don't want to burden yourself with a large backpack, but on the San Salvador it really is not an option as there are very few pilgrims and the only real way to do this would be by taxi once you are away from Leon.

One thing to keep in mind is that you need have to have a specific location (hotel or private albergue) to send your luggage to, so you will need to make a reservation at a hotel or private albergue, as Municipal Albergues do not accept reservations or luggage (they are on a first come first served basis) and will not accept your bags if you are not there.

The cost per bag is anywhere from €5 to €12 depending on service and time of year. In the summer most routes offer this service, in the winter months the service is limited and more expensive.

If you have an onward trip that doesn't involve backpacking after you arrive in Santiago de Compostela an option is to send your non backpacking luggage to the Correos in Santiago or else send it to Casa Ivar in Santiago for safe keeping till you arrive. Once you finish the Camino you will be able to pick up your suitcase in the office that Correos has next to the Cathedral of Santiago (Rúa do Franco, 4). They store them for up to 45 days so you can walk the Camino calmly and worry-free. There is a small per day fee that they charge, but you will have the peace of mind knowing your luggage is safe and sound.

If you just want to leave your backpack somewhere for a few hours while exploring Santiago the Pilgrims House offers free backpack storage.

For more information on all of these these services visit:

Transport:

[Correos](#)

[Jacotrans](#)

[Caminofacil](#)

Storage in Santiago:

[Casa Ivar](#)

[Pilgrims House](#)

Camino Packing Checklist

- ☐ Hiking Backpack 28L to 40L - ca. 10% of your body weight when full

CLOTHING:

- ☐ 3x T-Shirts Merino or Quick Dry Wicking Synthetic. Avoid cotton (Heavy & Slow Drying)
- ☐ 1x Long sleeve shirt For protection from sun and cold.
- ☐ 1x Long Hiking Pants Or Convertible Pants - Flexible and Light and fast drying
- ☐ 1x Hiking shorts
- ☐ 3x Underwear Ex Officio Wicking - Fast Drying
- ☐ 1x Sweater - Fleece Polartec or Smartwool
- ☐ 1x Warm Down Jacket W From October to May
- ☐ 1x Light Rain Jacket For in town or light drizzles and windy Stages
- ☐ 1x Backpacking Poncho Over backpack type will keep you and your backpack dry!
- ☐ 1x Hat or Wool Cap Sun / Cold protection
- ☐ Gloves W From October to May

FOOTWEAR:

- ☐ 1 x Hiking Boots Be sure to break them in well before setting out on your camino!
- ☐ 1x Trail Runners For summer months and asphalt sections.
- ☐ 1x Flip Flops For albergue showers and airing feet
- ☐ 3 x Good Hiking socks

IMPORTANT: Your feet expand and flatten out considerably from walking many hours a day, so it is a good idea that you purchase your footwear one size larger than you normally would. I also recommend taking 2 pairs of shoes, either one boot and one trail runner or two sets of trail runners as it is nice not to have to wear the same shoes all the time, especially after a long days walk.. Next to your well worn in shoes, your socks are going to be the most important protection against blisters and sore feet, so be sure you use good quality hiking socks, not the cheap 10 pack tube socks... they will make a big difference. I recommend Wigwam and SmartWool brand socks, they may be a bit more expensive at first but you will not be paying the price later.

SLEEPING:

- ☐ Sleeping Bag W Required in some Albergues.
- ☐ Sleeping Bag Liner S For warm weather instead of Sleeping bag
- ☐ Pillow Case Also can double as a laundry bag.
- ☐ Earplugs To get rest in Albergue

BATHING:

- ☐ Quick Dry Towel
- ☐ Toiletry Kit

Most albergues don't offer towels
Toothbrush, Razor, Travel Size Toothpaste, Soap + Shampoo,

HIKING GEAR:

- ☐ Hiking Poles
- ☐ Knee Support Braces

They will give you extra support on downhill and on the uphill sections
If you have problems with your knees I recommend taking a pair

- ☐ First Aid Kit
- ☐ Sunscreen
- ☐ Lip Protection

S&W

Ibuprofen, Vaseline, Compeed, Band Aids, Blister & Bandage Tape

- ☐ Water Bottle/Camelback

750cc to 1L Remember that each liter of water is 1 more kg you carry!

- ☐ Headlight / Flashlight

For early morning start - Night in dorms

- ☐ Phone
- ☐ Camera
- ☐ Headphones
- ☐ Watch - Fitness Tracker

Chargers, Cables and Adapters

Chargers, Cables, SD Card, Batteries

Charger

NON ESSENTIAL EXTRAS:

- ☐ Hiking Umbrella
- ☐ Swiss Army Knife
- ☐ Gaiters
- ☐ Power Bank
- ☐ Compression Sacks
- ☐ Backpack Rain Cover
- ☐ Guide Book - Apps
- ☐ Small Day Pack

For sun and rain / drizzle

Keeps gravel and mud out of boots and pants

For extra charge for phone and other electronics

Keep things organized and save some space in your backpack

I recommend apps over books as it can weigh as much as 3 t-shirts!

Small bag or backpack for shopping - sightseeing trips

NOTE: If you forgot anything or need to replace any hiking gear, Decathlon is a major sporting gear chain that has large outlets in Sevilla, Merida, Caceres, Salamanca and Ournese. They stock pretty much anything you may need for hiking at very reasonable prices. You can also buy on Amazon.es and ship to their drop boxes that are available in most big cities in Spain.

[Decatlon.com](https://www.decathlon.com)

[Amazon.com](https://www.amazon.com)

[Rei.com](https://www.rei.com)

W = Recommended in Winter S = Recommended in Summer

Camino San Salvador Stages

Start

Leon

Services: [A,H,PaS,R,B,C,P,Ti](#) - Air, Rail, Bus

Population: 124.753

Province: Leon

Region: Castilia - Leon

Airport: LEN



Leon: The second largest city on the Camino Frances and starting point of the San Salvador. It has a very beautiful historical center with exceptional restaurants and hotels. Leon is a good place to rest up for a few days before starting your camino.

Stay: [Hostal QuartierLeon](#)*** K

[Albergue Pilgrim Alda Barrio Humedo](#)**** W&D,K,V

[Parador Nacional de Leon](#)**** Fantastic New Renovation

Eat: [Cafe Marcela](#) - Great breakfast and Lunch

See & Do: Visit the [Casa Botines](#), Barrio Humedo

Stage 1

Leon > La Robla

Services: [H,S,R,B,P](#)

Population: 3.884

Province: Leon

Region: Castilla Leon

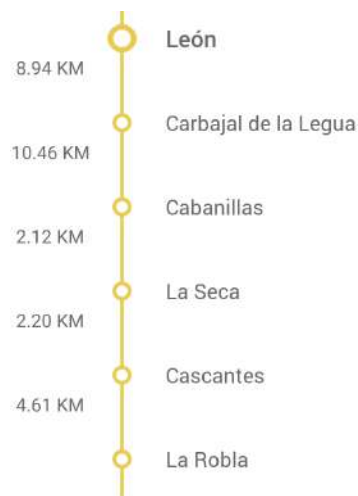
Stage Distance: 28.1 Km

Stage Difficulty: Moderate

Terrain: Some uphill sections

Walking Surface: Street, Dirt path

Scenery: City, Rolling Hills, Fields



Highlight of the Stage: Leaving Leon and hilly countryside outside of Leon

Stay: [Hostal Ordoñez de Celis](#)

NOTE: Call Hostal Restaurante in Poladura to arrange Lunch and Dinner!!

[Hostal Embrujo](#)

Stage 2

La Robla > Poladura de Tercia

Services: [A,H,R,B,C](#)

Population: 59

Province: Leon

Region: Castilla Leon

Stage Distance: 24.45 km - 15.2 miles

Stage Difficulty: Moderate

Terrain: Some steep uphill section

Walking Surface: Dirt path

Scenery: Rolling Hills, Forest

Highlight of the Stage: Forest - Grado

Stay: [Hostal Embrujo***](#) B, D
[Alberge Municipal](#)

NOTE: Call albergue in Pajares or Llanos to arrange Lunch and Dinner!!

[Albergue de Pajares](#) - Pajares

[Alberge Cascox](#) - Llanos de Someron



Stage 3

Poladura de la Tercia > Pajares - Llanos

Services: [A,H,S,R,B,C,P](#)

Population: 45

Province: Oviedo

Region: Asturias

Stage Distance: 20 km

Stage Difficulty: Difficult

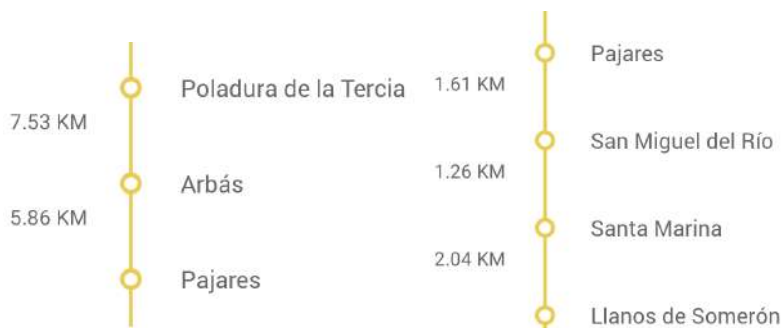
Terrain: Mostly downhill

Walking Surface: Dirt path, Short Road

Scenery: Forest

Highlight of the Stage: Cordillera Cantabrica scenery at the [El Mirador Cafe](#)

Stay & Eat: [Albergue de Pajares](#) - Pajares
[Alberge Cascox](#) - Llanos de Someron



Stage 4

Pajares > Mieres del Camino

Services: [A,H,R,B,S,P](#)

Population: 38.598

Province: Oviedo

Region: Asturias

19 September

Stage Distance: 27.3 km

Stage Difficulty: Difficult - Dangerous

Terrain: Mostly uphill or roadside variant.

Walking Surface: Dirt path, Road

Scenery: Forest

Highlight of the Stage:

Countryside after Pajares

Stay: [Residencia Universitaria](#)



Stage 5

Mieres del Camino > Oviedo

Services: [A,H,S,R,B,C,P,Ti](#) [Air](#), [Rail](#), [Bus](#)

Population: 220.000

Province: Oviedo

Region: Asturias

Airport: OVD

Stage Distance: 18.6 km

Stage Difficulty: Moderate

Terrain: Steep long uphill - Very steep long downh...

Walking Surface: Short Road the Dirt path

Scenery: Forest, Open hillside pass

Highlight of the Stage: Beautiful forests

Getting away: Train - Bus - Plane

Pilgrims Credencial: At Cathedral

Highlight of the Day: Exploring Oviedo

Cathedral and Cloisters

Stay: [Albergue de Peregrinos de Oviedo](#)

[Hotel Alda Centro](#)

Eat: [La Marimorena](#) - Very good menu del dia!



Services Codes: A= Albergue H= Hotel Pa= Parador S= Supermarket R= Restaurant B= Bar C= Cafe P= Pharmacy
Ti= Tourist Info W= Washing Machine W&D= Washer-Dryer B=Breakfast L=Lunch D=Dinner K= Kitchen V=Vending
Machine

*I hope you enjoyed this guide and that you get good use out of it. If you have any questions or comments,
please feel free to contact me at rolf@magener.com*