



The Camino de Santiago, also known as the Way of St. James, is a network of pilgrimage routes that lead to the Cathedral of Santiago de Compostela in northwestern Spain, where the remains of the apostle Saint James are believed to be buried.

One of the most popular routes is the Camino Via de la Plata, which translates to "Way of the Silver" in English. This route, also known as the Southern Way, begins in the ancient city of Seville and passes through the regions of Andalusia, Extremadura, and Galicia.

It is known for its beautiful landscapes, rich history, and cultural significance. Pilgrims who embark on this journey often do so for spiritual, personal, or cultural reasons. The Camino Via de la Plata offers a unique opportunity to connect with the land and with oneself, as well as with other travelers along the way.

To walk the Via de la Plata is to walk on history! Walking the Via de la Plata is something that people have been doing for millennia as it started out as a Roman trading route... All along the way there are constant reminders of this, from the old roman road surfaces you walk on to the old roman millenario mile markers columns and towns and cities you walk through.... You are constantly reminded that you are on the original route that joined the cities of Merida and Astorga.

Nowadays the Camino Via de la Plata joins Seville, Zafra, Merida, Salamanca, Zamora and Ourense, and countless towns and villages along the way.

The yellow arrows will be your loyal companions all the way from Seville to Santiago. The route crosses four Spanish regions; Andalusia, Extremadura, Castilla y Leon, and Galicia. It offers a great combination of beautiful countryside scenery, impressive Roman ruins along the way.

Everyone walks the camino for their own reason... no matter what yours is, you will always be rewarded with memories that will live on forever.

I wish you a Buen Camino!

INDEX

Basic Info

When to go	Page 4
Physical preparation	Page 4
Guide Books, Maps and Apps	Page 5
Finding your way	Page 5
Lodging	Page 5
Eating and Food	Page 7
Getting there and away	Page 8
Safety, Health & Insurance	Page 9
Money	Page 9
Business Operating Hours	Page 9
Cell Phone and Wifi Service	Page 9
Camino Passport - Compostela	Page 9
Camino Packing Guide	Page 11
What to Pack for your Camino	Page 11
Luggage - Backpack Transfer Service & Storage	Page 11
Camino Packing Checklist	Page 13

Via de la Plata Stages

<i>Stage 1</i> Sevilla > Guillena	Page 16
<i>Stage 2</i> Guillena > Castilblanco del Arroyo	Page 16
<i>Stage 3</i> Castilblanco del Arroyo > Almadén de la Plata	Page 17
<i>Stage 4</i> Almadén de la Plata > Monesterio	Page 17
<i>Stage 5</i> Monesterio > Calzadilla del Barro	Page 18
<i>Stage 6</i> Calzadilla del Barro > Zafra	Page 18
<i>Stage 7</i> Zafra > Vilafranca del Barro	Page 19
<i>Stage 8</i> Villafranca de los Barros > Mérida	Page 19
<i>Stage 9</i> Merida > Aljucen	Page 20
<i>Stage 10</i> Aljucen > Casas de Don Antoño	Page 20
<i>Stage 11</i> Casas de Don Antoño > Cáceres	Page 21
<i>Stage 12</i> Cáceres > Casar de Cáceres	Page 21
<i>Stage 13</i> Casar de Cáceres > Cañaveral	Page 22
<i>Stage 14</i> Cañaveral > Galisteo	Page 22
<i>Stage 15</i> Galisteo > Olivos de Plasencia	Page 23
<i>Stage 16</i> Olivos de Plasencia > Aldeanueva del Camino	Page 23
<i>Stage 17</i> Aldeanueva del Camino > Calzadilla de Béjar	Page 24
<i>Stage 18</i> Calzadilla de Béjar > Fuenterroble de Salvatierra	Page 24
<i>Stage 19</i> Fuenterroble de Salvatierra > San Pedro de Rozados	Page 25
<i>Stage 20</i> San Pedro de Rosados > Salamanca	Page 25
<i>Stage 21</i> Salamanca > El Cubo de la Tierra del Vino	Page 26
<i>Stage 22</i> El Cubo de la Tierra del Vino > Zamora	Page 26
<i>Stage 23</i> Zamora > Granja de Moreruela	Page 27
<i>Stage 24</i> Granja de Moreruela > Tabara	Page 27
<i>Stage 25</i> Tabara > Santa Marta de Tera	Page 28
<i>Stage 26</i> Santa Marta de Tera > Rionegro del Puente	Page 28
<i>Stage 27</i> Rionegro del Puente > Asturiana	Page 29
<i>Stage 28</i> Asturiana > Puebla de Sanabria	Page 29
<i>Stage 29</i> Puebla de Sanabria > Lubián	Page 30
<i>Stage 30</i> Lubián > A Guiñda	Page 30
<i>Stage 31</i> A Gundiña > Laza	Page 31
<i>Stage 32</i> Laza > Xunquería de Ambia	Page 31

INDEX

<i>Stage</i> 33 Xunqueira de Ambia > Ourense	Page 32
<i>Stage</i> 34 Ourense > Cea	Page 32
<i>Stage</i> 35 Cea > A Laxe	Page 33
<i>Stage</i> 36 A Laxe > Ponte Ulla	Page 33
<i>Stage</i> 37 Ponte Ulla > Santiago de Compostela	Page 34

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 walk along the VLP from Seville to Santiago usually takes anywhere from 30 to 40 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 Camino 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 Hostel 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:

Guidebooks such as Wise Pilgrim or Gerald Kelly's guides are great help. If you want to know more about the route you are on and its history. Most guidebooks include extensive information about the towns and villages you will pass through and also have detailed maps and route profiles so that you will be able to see what to expect ahead. The only real negative about guidebooks is that they tend to weigh a lot.. Usually more than 2 or 3 t-shirts!

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:

[A Pilgrim Guide Series](#)
[Wise Pilgrim Series](#)

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 along the camino in Spain ranging from simple rustic country houses to ultra modern 5 star luxury hotels.

Hotels and Hostales range from 1 to 5 stars, and Albergues the most common lodging used by pilgrims on the camino come in three categories: Municipal, Private and Donatio.

Municipal Albergues are usually run by the town or city they are in and are usually quite basic in their offerings. In Galicia most albergues are run by the Xunta de Galicia and are usually very nice and modern.

Private Albergues tend to be 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. Then 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 place to stay are Paradores Nacionales which are government run hotels that usually are found in fantastic historic locations. They are a bit more pricey, but definitely worth splurging for every now and then.

One question that arises, on a recurring basis with pilgrims who have never walked the camino before is whether or not it is necessary to make reservations for their accommodation in advance. The answer is simple, you can improvise and look for accommodation on arrival, or you can take the bookings made at home, it depends on what kind of experience you want to live, since having accommodation previously reserved on the Camino de Santiago has its advantages, but it also has some disadvantages.

The main advantage of booking accommodation is that you avoid having to search for a place to sleep at the end of a long day's walk, and that you are also able to forward your baggage ahead and don't need to carry it. But by doing so will also be less flexible to spontaneously change your plans and the adventure factor of your trip will be gone.



In the holiday season and in August when most of Spain takes their Summer vacation, it is a good idea to book ahead a day or two ahead, as it can sometimes be quite difficult to find a free bed. But as long as you stay flexible or don't mind paying a few euros more you can always grab a bus or taxi to the next larger town and stay there and then backtrack the next morning, but rest assured you will never be left out on the street without a place to sleep at night.



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 5 to 15 euro 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. Some charge extra for disposable sheets. Most private albergues provide blankets and sheets, some even provide you with a fresh towel.

At Municipal Albergues lights are 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. 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.

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)

NOTE: If you are walking a camino in the winter be sure to get the [Aprinca](#) list of Albergues that are open [click here](#) to get it.

Eating and Food:

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

Most albergues offer a communal dinner in the evening, which is a nice way to spend your evening meeting and exchanging stories with your fellow pilgrims after a long days 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 taste the same...

You can usually do way better for the money eating out at any restaurant in town.

The same goes for breakfast... 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 or Tortilla or a Bocadillo 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" wich usually includes a starter, main dish and desert and includes a drink (wine) and bread.... Sometimes you 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.

host at your albergue or hotel.

Finding a good restaurant or cafe is easily done using Google Maps or asking the

Getting there and away:

Getting to your starting point along the Camino Norte is pretty easy. San Sebastian - Irun is well connected to other international airports. Iberia and Vueling are the major Spanish airlines serving these cities from Madrid, but Ryan Air and Easyjet offer very inexpensive flights from many cities in Europe.. Getting into town is pretty straight forward as both are on the bus or taxi.

AIR: There are several cities with airports that you can fly into along the Camino Norte other than San Sebastian/Donostia - Irun; Bilbao, Santander, Gijon - Oviedo.



RAIL: Getting to your starting point by rail is pretty straightforward. The main train line between Madrid and San Sebastian on the AVE high speed service, to get to Irun / Hendaya you need to switch to the Renfe Cercanias service which runs several times every hour.

Renfe is the Spanish Rail line that runs trains from Madrid. 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 South you will be leaving the Atocha 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. Intercity and Regional Services are the other options.

If you plan on leaving Santiago de Compostela by rail at the end of your Camino, 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](#)

[Ouigo](#)

[IRYO](#)

Not all the other towns and villages along the VLP are connected by rail, so bus service will your best option.

BUS: Buses in Spain are very reasonable and literally every little town and village along the VLP has a bus stop that will get you to the next larger city and are the best way to get from city to city as the rail line does not directly connect the cities on the VLP as it does on other caminos. Alsa and Avanza are the major bus companies operating in Spain.

In Galicia Monbus runs the intercity lines. Tickets can be purchased on the bus. If you are traveling long distances you will need to book the ticket in advance. The new bus station in Santiago is now conveniently located next to the train station.



For timetables and reservations:

[AVANAZA.com](#)

[MONBUS.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.

To keep my passport and extra credit cards safe, I use a hidden rf blocking pocket from Eagle Creek that attaches to my belt and tucks it into my pants. For the nighttime or when going to the shower I have a small Pacsafe safe-pouch that I can attach to the frame of the bed where I can put all my valuables in.

<https://www.eaglecreek.com/>

<https://pacsafe.com/>

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 be spotted from afar because of its 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 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!

Restaurants, bars and cafes do not close and 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 close their front door at 10 pm and you must leave by 8 am

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 1.30

Check out 8 am Door Closed 10 pm

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 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 Compostela Certificate that states that you have completed your pilgrimage to Santiago de Compostela you need to **get 2 stamps a day on the last 100 kms of Camino**.

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

When you arrive in Santiago de Compostela you can get a very pretty Pilgrims Certificate with your name written in latin issued for free at the Pilgrims Office which is located just below the Plaza of the Cathedral. For an extra 3 euros they will give you an official distance certificate, in case nobody believes you walked so much.

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 [Casa Ivar](#) and they will send it to you, else the Tourist office or Cathedral at your starting point 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 Forwarding - Transport:

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.,

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:

[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 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... goof socks 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:

- | | |
|--|--|
| <input type="checkbox"/> Quick Dry Towel | Most albergues don't offer towels |
| <input type="checkbox"/> Toiletry Kit | Toothbrush, Razor, Travel Size Toothpaste, Soap + Shampoo, |

HIKING GEAR:

- | | |
|--|---|
| <input type="checkbox"/> Hiking Poles | They will give you extra support on downhill and on the uphill sections |
| <input type="checkbox"/> Knee Support Braces | If you have problems with your knees I recommend taking a pair |
| <input type="checkbox"/> First Aid Kit | Ibuprofen, Vaseline, Compeed, Band Aids, Blister & Bandage Tape |
| <input type="checkbox"/> Sunscreen | S&W |
| <input type="checkbox"/> Lip Protection | |
| <input type="checkbox"/> Water Bottle/Camelback | 750cc to 1L Remember that each liter of water is 1 more kg you carry! |
| <input type="checkbox"/> Headlight / Flashlight | For early morning start - Night in dorms |
| <input type="checkbox"/> Phone | Chargers, Cables and Adapters |
| <input type="checkbox"/> Camera | Chargers, Cables, SD Card, Batteries |
| <input type="checkbox"/> Headphones | |
| <input type="checkbox"/> Watch - Fitness Tracker | Charger |

NON ESSENTIAL EXTRAS:

- | | |
|--|--|
| <input type="checkbox"/> Hiking Umbrella | For sun and rain / drizzle |
| <input type="checkbox"/> Swiss Army Knife | |
| <input type="checkbox"/> Gaiters | Keeps gravel and mud out of boots and pants |
| <input type="checkbox"/> Power Bank | For extra charge for phone and other electronics |
| <input type="checkbox"/> Compression Sacks | Keep things organized and save some space in your backpack |
| <input type="checkbox"/> Backpack Rain Cover | |
| <input type="checkbox"/> Guide Book - Apps | I recommend apps over books as it can weigh as much as 3 t-shirts! |
| <input type="checkbox"/> Small Day Pack | 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.

[Decathlon.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 Vía de la Plata > Mozárabe > Sanabrés Stages

Start

Sevilla

Population: 689.000

Province: Sevilla

Region: Andalucía

Airport: SVQ



Worthwhile Seeing and doing:

Flamenco Show

View from Giralda tower

Sevilla Walking Tour

Plaza de Toros tour

Patios of Seville

Cathedral Tour

Triana Tour

Tapas Tasting Tour



Don't miss:

Get your Credencial Stamped at Cathedral

Giralda

Columbus's Tomb in Cathedral

Plaza de Espana

Torre de Oro

Triana

Flamenco Show

Plaza de Toros



Stay:

[Albergue Room 007**** B](#)

[Albergue Triana B](#)

[Hotel Dona Maria B](#)

Buy: Any needed hiking gear at [Decathlon](#) in the city center.

Stage 1

Sevilla > Guillena.

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

Population: 12.560

Province: Sevilla

Region: Andalucia

Stage Distance: 14.6 miles - 23.49 km

Stage Difficulty: Easy

Terrain: Flat

Walking Surface: Streets, Road, Dirt path

Scenery: City, Villages, Fields

Rest Stop:

Highlights of the Day:

Walking through the Streets of Seville

Cathedral

Triana

Roman ruins of Italica

Stay: [Albergue Luz del Camino](#) [W](#) & [D](#), [B](#), [K](#)



Stage 2

Guillena > Castilblanco del Arroyo***

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

Population: 4.810

Province: Sevilla

Region: Andalucia

6 March 2022

Stage Distance: 11.8 miles - 18.99 km

Stage Difficulty: Easy

Terrain: Flat

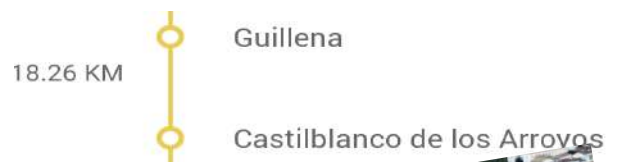
Walking Surface: Road, Dirt path

Scenery: Villages, Open Fields

Rest Stop: NONE!

Highlight of the Day: Storks and village of Castilblanco

Stay: [Albergue Municipal de Castilblanco](#) [D](#) \$, [K](#)



Stage 3

Castilblanco > Almadén de la Plata

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

Population: 1.379

Province: Sevilla

Region: Andalucía

7 March 2022

Stage Distance: 19.2 miles - 30.89 km

Stage Difficulty: Moderate - No services till Almadén - Bring snacks and water

Terrain: Flat but last 3km uphill **Walking Surface:** Side of Road, Dirt path

Scenery: Fields, Cork Forest

Rest Stop: **NONE!**

Highlight of the Day: Storks flying around Castilloblanco in the morning - Cork forests

Stay: [Albergue Municipal de Almadén de la Plata](#) [K,V](#)

Eat: [Restaurante El Molino](#)

Buy: Food for lunch as there are **NO SERVICES** till Almadén



Stage 4

Almadén de la Plata > Monesterio

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

Population: 1.295

Province: Badajoz

Region: Extremadura

Stage Distance: 22.4 miles - 36.04 km

Stage Difficulty: Moderate

Terrain: Flat but long

Walking Surface: Road, Dirt path

Scenery: City, Villages, Fields of Olives and Cork

Rest Stop: El Real de la Jalea [A,H,S,R,B,C,P](#)

[Leo Gas Station](#) [H,S,R,B](#)

Highlight of the Day: El Real de la Jata - Castles after El

Stay: [Hostal Extremadura](#) [W & D Service](#)



Stage 5

Monesterio > Calzadilla de Barros

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

Population: 4.784

Province: Badajoz

Region: Extremadura

Stage Distance: 13.9 miles - 22.369 km

Stage Difficulty: Easy

Terrain: Flat

Walking Surface: Streets, Road, Dirt path

Scenery: City, Villages, Fields

Rest Stop: Fuente de Cantos

Highlight of the Day: Deshias and countryside outside of Monesterio. - Exploring Calzadilla

Stay: [Hotel Rural La Fabrica](#) [B](#), [D](#)

Eat: Hotel Rural Restaurant - Good Menu del Dia



Stage 6

Calzadilla de los Barros > Zafra****

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

Population: 16.668

Province: Badajoz

Region: Extremadura

Stage Distance: 16.3 miles - 26.232 km

Stage Difficulty: Easy

Terrain: Flat

Walking Surface: Streets, Road, Dirt path

Scenery: City, Villages, Fields

Rest Stop: Puebla de Sancho Perez

Highlight of the Day: Exploring Zafra

Stay: [Albergue Vincent van Gogh](#)***** [K](#)

Very nice albergue!



Stage 7

Zafra > Villafranca de los Barros

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

Population: 12.895

Province: Badajoz

Region: Extremadura

11 March 2022

Stage Distance: 14.1 miles - 22.691 km

Stage Difficulty: Easy

Terrain: Flat

Walking Surface: Streets, Road, Dirt path

Scenery: City, Villages, Fields of Grapes

Rest Stop:

Highlight of the Day: The muddy walk!

Stay: [Albergue Extremadura](#) *****

Very welcoming host! [W](#)



Stage 8

Villafranca de los Barros > Mérida*****

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

Population: 60.295

Province: Badajoz

Region: Extremadura

Stage Distance: 27 miles - 43.45 km

Stage Difficulty: Moderate

Terrain: Flat but long day

Walking Surface: Streets, Road, Dirt path

Scenery: City, Villages, Fields of Olives

Rest Stop: Torremejia

Highlight of the Day: Exploring Merida

Stay: [Hostal Emiritae](#)**** Nice small fancy hostel



Via de la Plata Mozarabe

The VLP becomes the Camino VLP Mozarabe after Merida. The Camino Mozarabe starts its journey on the Mediterranean coast in Almeria going inland via Granada and Cordoba, and then bends off once again in Granja de Moruela where it joins the Camino Sanambres continuing on to Ourense to Santiago. The total Mozarabe route is 1225 km.

Stage 9

Mérida > Aljucén

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

Population: 245

Province: Badajoz

Region: Extremadura

Stage Distance: 11.7 miles - 18.829 km

Stage Difficulty: Easy

Terrain: Flat

Walking Surface: Streets, Road, Dirt path

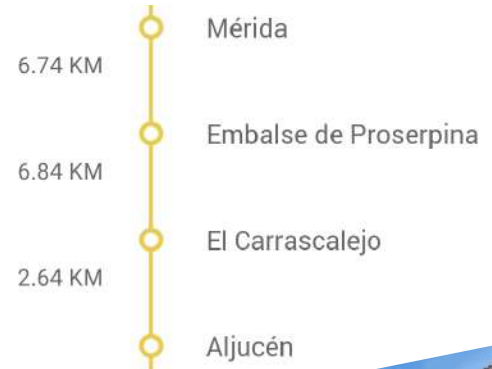
Scenery: City, Villages, Fields

Rest Stop: Embalse Prosperina

Highlight of the Day: Bulls alongside road -
Roman Dam at Prosperina- Soaking in the SPA at Aqua Libera

Stay: [Hotel Rural Termas Aqua Libera](#) W&D, B, L, Di SPA

Eat: At hotel



Stage 10

Aljucén > Casas de Don Antonio

Services: [No Services](#)

Population: 213

Province: Badajoz

Region: Extremadura

14 March 2022

Stage Distance: 21.6 miles - 34.76km

Stage Difficulty: Moderate

Terrain: Flat

Walking Surface: Road, Dirt path

Scenery: City, Villages, Fields

Rest Stop: Aluescar

Stay: [Albergue de Caminantes](#) W, K



Stage 11

Aldea del Cano > Cáceres****

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

Population: 96.295

Province: Cáceres

Region: Extremadura

Stage Distance: 13.9 miles - 22.369 km

Stage Difficulty: Easy

Terrain: Flat

Walking Surface: Road, Dirt path, Streets

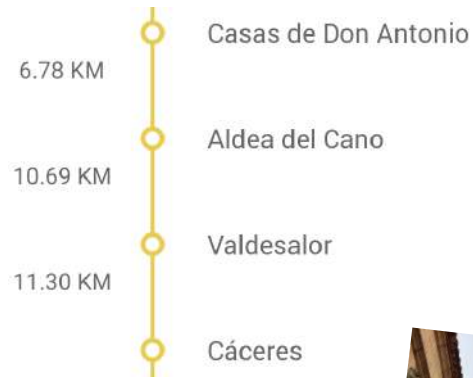
Scenery: Villages, Fields, Induone

Rest Stop: Valdesalor [C](#),[R](#),[S](#)

Highlight of the Day: Seeing army troops train
Exploring Cáceres

Stay: [Albergue Las Veletas](#) [W](#)&[D](#),[B](#),[Di](#),[K](#)

Buy: [Decathlon](#) in town for hiking gear



Stage 12

Cáceres > Casar de Cáceres

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

Population: 4.595

Province: Cáceres

Region: Extremadura

Stage Distance: 7.3 miles - 11.748 km

Stage Difficulty: Easy - Pay attention to app as the way out of Cáceres no signage!

Terrain: Flat

Walking Surface: Streets, Side of Road, Dirt path

Scenery: City, Villages, Fields

Rest Stop: NONE

Highlight of the Day: Exploring Casares in the morning - Ultra modern bus station architecture of Casar

Stay: [Albergue Rural Via de la Plata](#) - Nice modern building big rooms [L](#),[Di](#)

[Albergue Municipal](#) [W](#)&[D](#),[K](#)

Eat: [Curreria Borges](#) Opens at 5 AM!



Stage 13

Casar de Cáceres > Cañaveral

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

Population: 1.019

Province: Cáceres

Region: Extremadura

Stage Distance: 21.9 miles - 35.405 km

Stage Difficulty: Moderate - Long

Terrain: Flat with a few hill climbs

Walking Surface: Streets, Road, Dirt path

Scenery: City, Villages, Fields



Rest Stop: None!

Highlights of the Day: Walking on old roman roads -
Crossing the Tajo river that flows all the way to Lisbon

Stay: [Hostal Cañaveral](#) W&D,K

Stage 14

Cañaveral > Galisteo***

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

Population: 953

Province: Cáceres

Region: Extremadura

Stage Distance: 17.9 miles - 28.807 km

Stage Difficulty: Easy

Terrain: Flat

Walking Surface: Road, Dirt path

Scenery: Villages, Fields



Rest Stop: NONE!

Highlight of the Day: Exploring Galisteos walled town.

Stay: [Albergue Municipal de Galisteo](#) W,B Incl,K

Stage 15

Galisteo > Olivia de Plasencia

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

Population: 319

Province: Caceres

Region: Extremadura

Stage Distance: 19.8 miles - 31.865 km

Stage Difficulty: Easy - But long

Terrain: Flat

Walking Surface: Streets, Road, Dirt path

Scenery: Villages, Beautiful Fields, Cork Forest

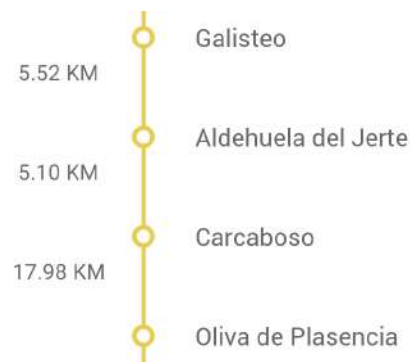
Rest Stop: Cafe Zap 2.0 in Carcaboso

Highlights of the Day: Bridge exiting Galisteo

Coffee in Carcaboso Countryside after Carcaboso

Stay: [Casa Rural San Blas](#) [K](#)

Eat: [Bar Tomatera](#)



Stage 16

Oliva de Plasencia > Aldeanueva del Camino***

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

Population: 753

Province: Caceres

Region: Extremadura

Stage Distance: 19.5 miles - 31.382 km

Stage Difficulty: Easy

Terrain: Flat

Walking Surface: Streets, Road, Dirt path

Scenery: City, Villages, Fields

Rest Stop: NONE!

Highlights of the Day: Roman Arch of Caparra -

Exploring Aldeanueva - Lunch and Dinner at [Casa Sebas](#)

Stay: [Albergue La Casa de Mi Abuela](#)**** [W&Di](#),[K](#)

Eat: [Casa Sebas](#)**** Amazingly good food and service!



Stage 17

Aldeanueva del Camino > Calzada de Béjar.

Services: [R](#),[B](#)

Population: 86

Province: Salamanca

Region: Castilla y Leon

Stage Distance: 14.8 miles - 23.818 km

Stage Difficulty: Easy

Terrain: Flat

Walking Surface: Streets, Road, Dirt path

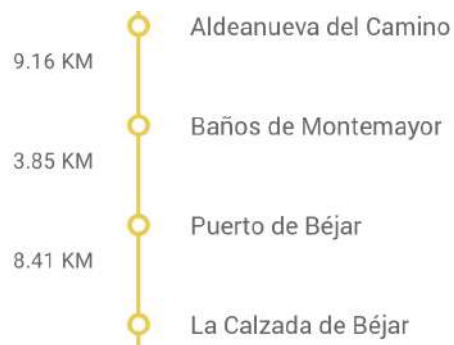
Scenery: City, Villages, Fields

Rest Stop: Baños de Montemayor

Highlight of the Day: Exploring Banos Mayor -
Seeing snow on mountains

Stay: [Albergue Alba - Soraya](#) [K](#)

Eat: [Manuelas](#) [B,L,D](#)



Stage 18

Calzada de Bejar > Fuenterroble de Salvaterra

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

Population: 248

Province: Salamanca

Region: Castilla y Leon

Stage Distance: 13.4 miles - 21.565 km

Stage Difficulty: Easy

Terrain: Flat

Walking Surface: Dirt path

Scenery: City, Villages, Fields

Rest Stop:

Highlights of the Day: Seeing the roman road
cross section, Pilgrims Mass, Communal Dinner

Stay: [Albergue Parroquial Santa Maria](#) ***** [D\\$](#),[W&D](#),[B](#),[Di](#),[K](#),

Eat: Communal dinner at albergue



Stage 19

Fuenterroble de Salvatierra > San Pedro de Rozados

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

Population: 301

Province: Salamanca

Region: Castilla y Leon



Stage Distance: 17.6 miles - 28.324 km

Stage Difficulty: Moderate

Terrain: Flat with a good hillclimb at the ½ way

Walking Surface: Road, Dirt path, Road

Scenery: City, Villages, Fields

Rest Stop: NONE!

Highlight of the Day: Reaching the ½ way mark of VLP at the Cruz de Fierro

Hospitality and food at the Casa Rural.



Stay: [Casa Rural VII Carreras](#) ***** Very welcoming hosts! [W&D,B,Di](#)

Eat: The restaurant at the Casa Rural is very good!

Stage 20

San Pedro de Rozados > Salamanca*****

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

Population: 143.978

Province: Salamanca

Region: Castilla y Leon



Stage Distance: 14.9 miles - 23.979 km

Stage Difficulty: Easy

Terrain: Flat

Walking Surface: Streets, Road, Dirt path

Scenery: Farms and Open Fields, Urban

Rest Stop: Morille - Miranda de Azan

Highlight of the Day: Exploring Salamanca - Eating breakfast at Hotel Torres overlooking the Plaza

Stay: [Albergue Municipal Casa la Calera](#) [B,K](#)
[Hotel Torres](#)***** Plaza Mayor Views

Eat: Breakfast at Hotel Torres*****

Buy: [Decathlon](#) for hiking gear!



Stage 21

Salamanca > El Cubo de la Tierra del Vino.

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

Population: 310

Province: Zamora

Region: Castilla y Leon

Stage Distance: 24.1 miles - 38.785 km

Stage Difficulty: Easy

Terrain: Flat

Walking Surface: Streets, Road, Dirt path

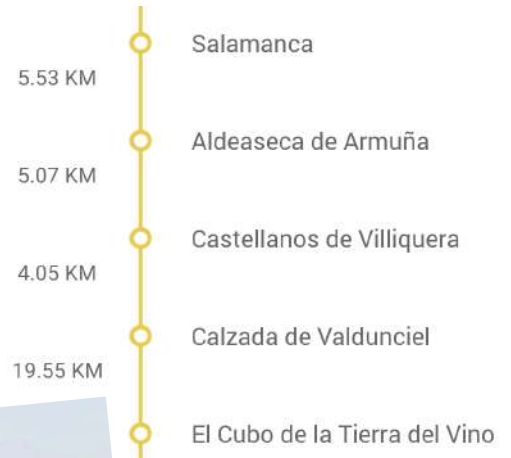
Scenery: City, Villages, Open Fields

Rest Stop: Castellanos de Villiquera [A,S,R,B](#)

Highlight of the Day: Arriving in El Cubo - Funny host!

Stay: [Albergue TorredeSabre](#) [W,Di,K](#)

Eat: At Albergue



Stage 22

El Cubo de la Tierra del Vino > Zamora

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

Population: 61.810

Province: Zamora

Region: Castilla y Leon

Stage Distance: 20.3 miles - 32.66 km

Stage Difficulty: Easy

Terrain: Flat

Walking Surface: Road, Dirt path, Streets

Scenery: Villages, Open Fields, Urban

Rest Stop: Villanueva de Campeán [R,B](#)

Highlight of the Day: Exploring Zamora's old town.

Stay: [Albergue Municipal de Zamora](#) [D\\$,B](#)



Stage 23

Zamora > Granja de Moreruela

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

Population: 377

Province: Zamora Region: Castilla y Leon

Stage Distance: 25.53 miles 41.086 km

Stage Difficulty: Easy but long - Very few services

Terrain: Flat

Walking Surface: Streets, Road, Dirt path

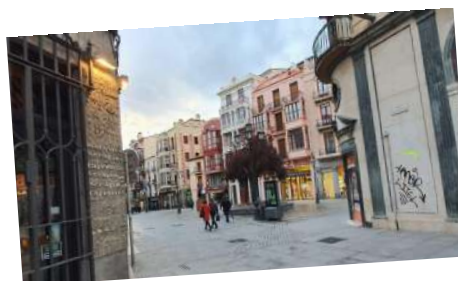
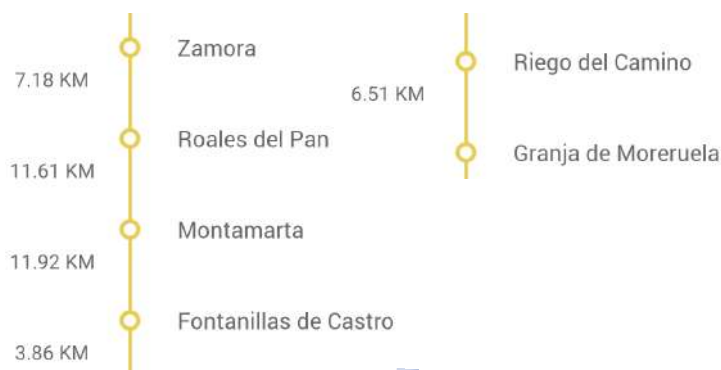
Scenery: City, Villages, Open Fields

Rest Stop: Montemarta [A,H,S,R,B,C](#)

Highlight of the Day: Last day on VLP!

Stay: [Albergue Municipal](#) Check in at bar!

Eat: La Espiga - [Bar Tele Club](#)



Camino Sanambrés - Mozarabe

The VLP itself finishes in Astorga where you would join the Camino Frances to continue on to Santiago. In order not to join the masses on the Frances, a popular choice is to bend off onto the Camino Sanambrés in Granja de Moreruela and continue on to Santiago via Ourense. While both routes are about the same distance to Santiago, the Sanambres is known for its natural beauty and solitude. If you decide to walk through Astorga, be ready to see many pilgrims, as the French Camino is the most popular route, especially the last 200-100 km to Santiago de Compostela.

Stage 24

Granja de Moreruela > Tábara***

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

Population: 762

Province: Zamora

Region: Castilla y Leon

Stage Distance: 15.7 miles - 25.7495 km

Stage Difficulty: Easy

Terrain: Mostly flat - Short steep downhill - uphill

Walking Surface: Road & Dirt path

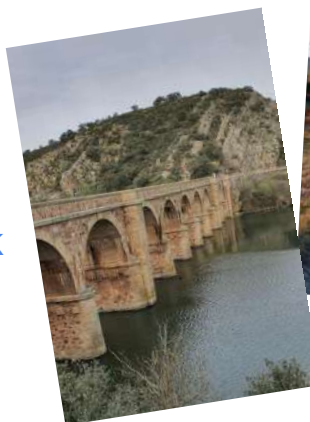
Scenery: Dam, Villages, Fields

Rest Stop: Fontemontanos

Highlight of the Day: Exploring Tabara

Stay: [Hotel - Albergue El Roble](#) *** [W&D,B,Di,K](#)

Eat: [El Roble](#)



Stage 25

Tábara > Santa Marta de Tera

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

Population: 255

Province: Zamora

Region: Castilla y Leon

Stage Distance: 15.1 miles - 25.266 km

Stage Difficulty: Easy

Terrain: Flat

Walking Surface: Streets, Road, Dirt path

Scenery: City, Villages, Fields

Rest Stop: Tortilla in Villanueva de las Peras

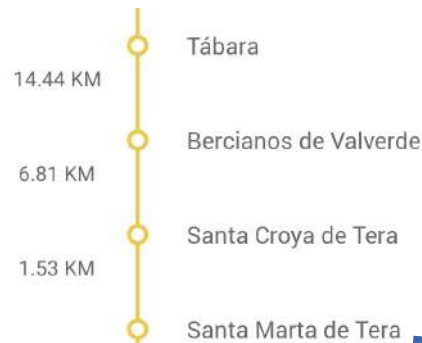
[Bar La Plaza](#)

Highlights of the Day:

Best Tortilla and tapas EVER!! [Bar La Plaza](#)

Stay: [Albergue Municipal](#) *** [W,K](#) Very nice albergue.

Eat: [Bar Stop](#)



Stage 26

Santa Marta de Tera > Rionegro del Puente

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

Population: 278

Province: Zamora

Region: Castilla y Leon

Stage Distance: 17.7 miles - 28.485 km

Stage Difficulty: Easy

Terrain: Flat

Walking Surface: Dirt path, Road

Scenery: Villages, Fields

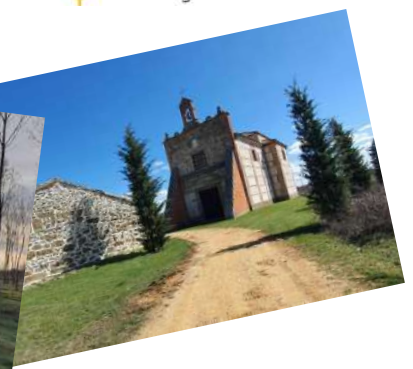
Rest Stop:

Highlight of the Day: Dam site,

Lunch at Me Gusta Comer next to Albergue

Stay: [Albergue Municipal](#) **** [W,K](#) Very nice

Eat: [Me Gusta Comer](#) **** Very good & original menu!!



Stage 27

Rionegro del Puente > Asturiana

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

Population:

Province: Zamora

Region: Castilla y Leon

Stage Distance: 16.5 miles - 26.55 km

Stage Difficulty: Easy

Terrain: Flat

Walking Surface: Streets, Road, Dirt path

Scenery: City, Villages, Fields

Rest Stop:

Highlight of the Day: Walking in the snow!

Stay: [Albergue Municipal de Asturiana](#)*

Ugly tiny albergue [B,D](#)

Eat: [Meson El Carmen](#)



Stage 28

Asturiana > Pueblo de Sanabria****

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

Population: 1.490

Province: Zamora

Region: Castilla y Leon

Stage Distance: 9.6 miles - 15.5 km

Stage Difficulty: Easy

Terrain: Flat

Walking Surface: Streets, Road, Dirt path

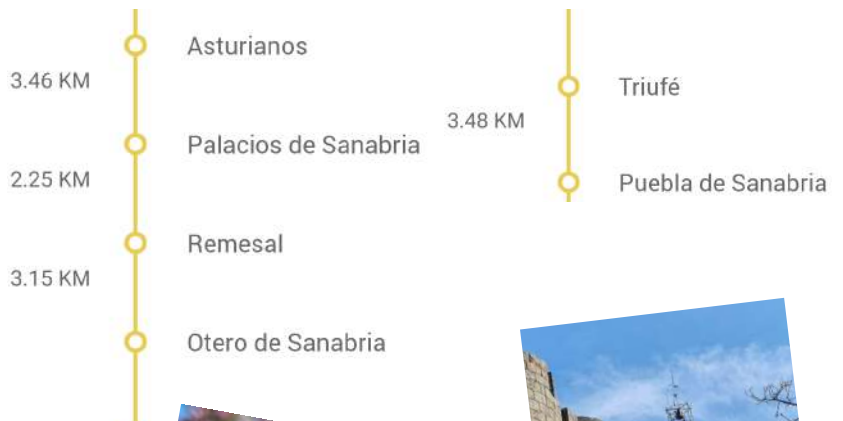
Scenery: City, Villages, Fields

Rest Stop:

Highlight of the Day: Exploring Puebla de Sanabria
Relaxing at the Parador - Lunch & Dinner

Stay: [Parador Nacional de Sanabria](#)***** [B,L,D](#)

Eat: [Real de las Misas](#)****



Stage 29

Puebla de Sanabria > Lubián****

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

Population: 302

Province: Zamora

Region: Castilla y Leon

Stage Distance: 18 miles - 28.9682 km

Stage Difficulty: Hard

Terrain: Very hilly

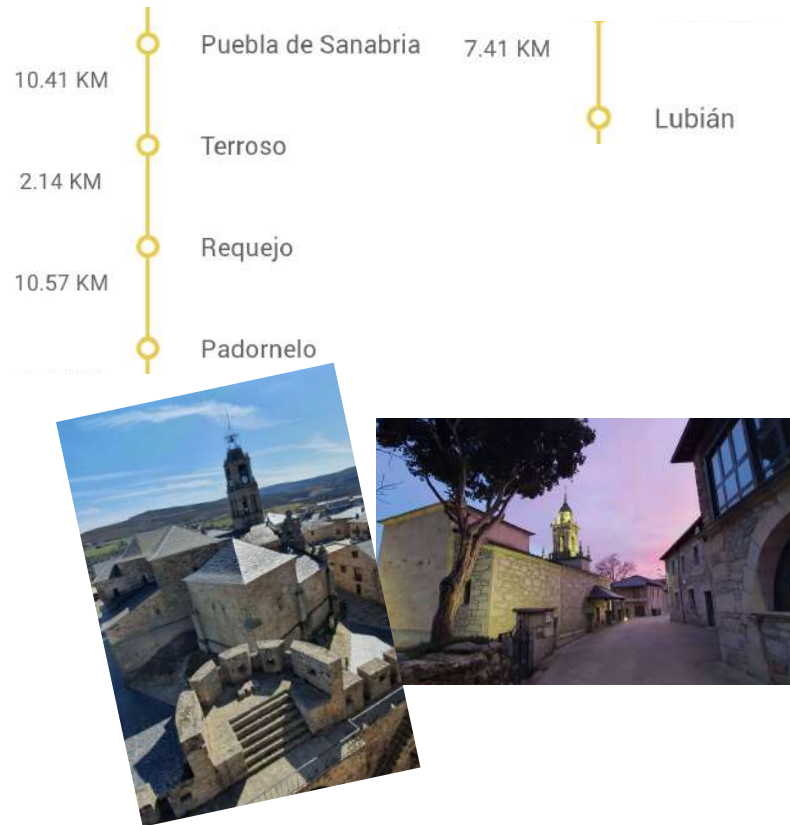
Walking Surface: Road, Dirt path

Scenery: Villages, Mountains, Running Water!!

Highlight of the Day: Mountain Scenery -
Exploring Lubian

Stay: [Albergue Municipal de Lubian***](#) W,K

Eat: [Bar Javi B,L,D](#)



Stage 30

Lubián > A Gudiña.

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

Population: 1.307

Province: Ourense

Region: Galicia

Stage Distance: 16.2 miles - 26.075 km

Stage Difficulty: Easy but long

Terrain: Flat

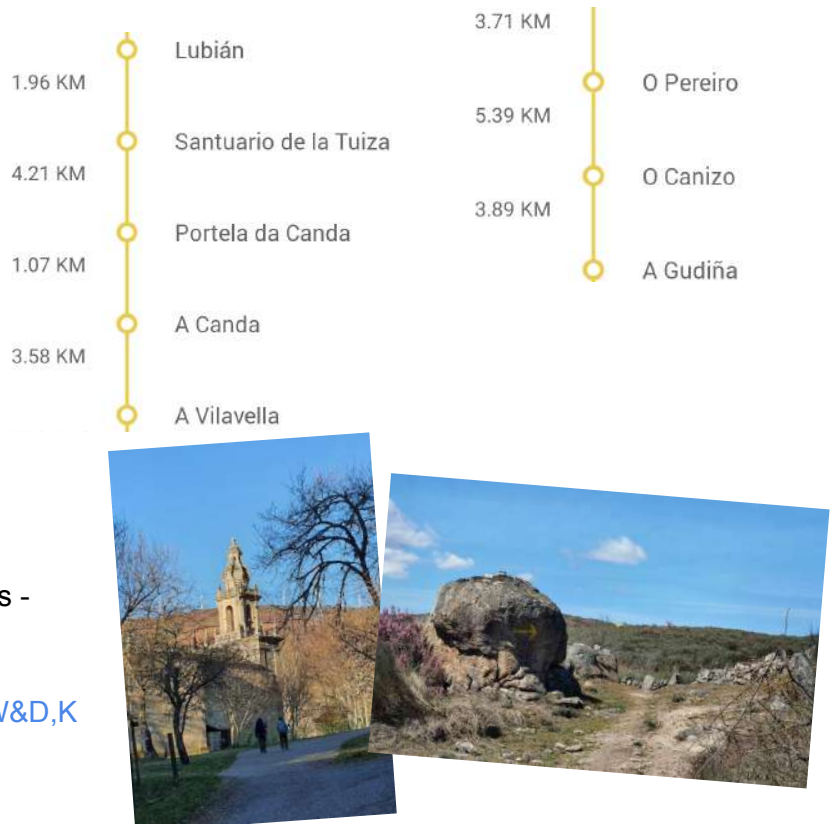
Walking Surface: Streets, Road, Dirt path

Scenery: Villages, Fields

Rest Stop: A Vilavella - Bar ON

Highlight of the Day: Scenery & Rocky fields -
Crossing over to Galicia - A Gudiña Albergue

Stay: [Albergue Municipal de A Gudiña*****](#) W&D,K



Stage 31

A Gudiña > Laza.

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

Population: 1.287

Province: Ourense

Region: Galicia

Stage Distance: 22.1 miles - 35.566 km

Stage Difficulty: Easy - But long

Terrain: Very Flat

Walking Surface: Streets, Road, Dirt path

Scenery: Fields - Stone Villages

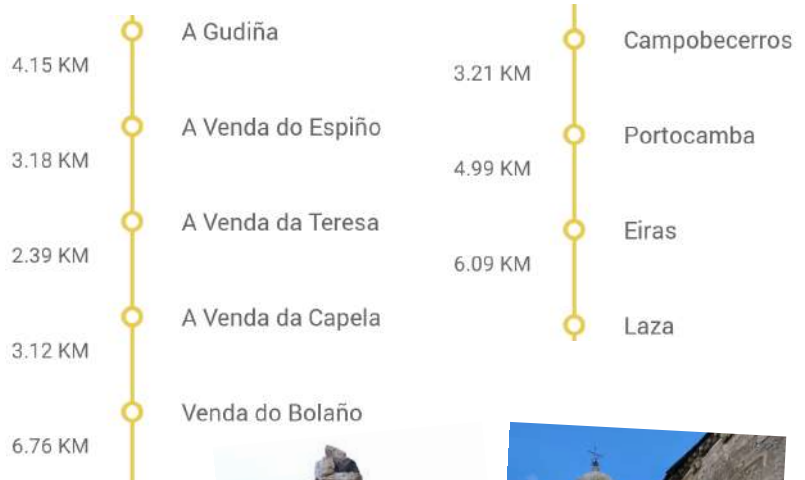
Rest Stop:

Highlight of the Day: Views from hillside looking over the dam

Stay: [Albergue Municipal de Laza](#) **** [K](#)

NOTE: You need to check in at the roundabout in town!

Eat: [Restaurante Picota](#) - [Descanso del Peregrino](#)



Stage 32

Laza > Xunqueira de Ambía

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

Population: 1.418

Province: Ourense

Region: Galicia

Stage Distance: 21.3 miles - 34.27 k...

Stage Difficulty: Moderate

Terrain: Hilly

Walking Surface: Dirt path

Scenery: Villages, Mountain, Forest

Rest Stop: Albergueria- [A,H,R,B](#) -

[Lunch in Vilar de Barrio - Bistro Don Manuel](#)

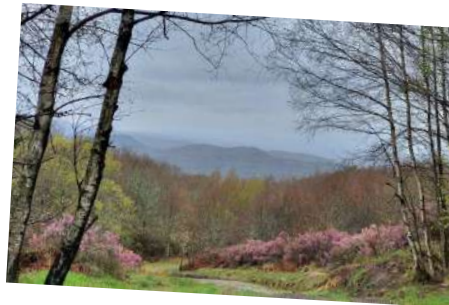
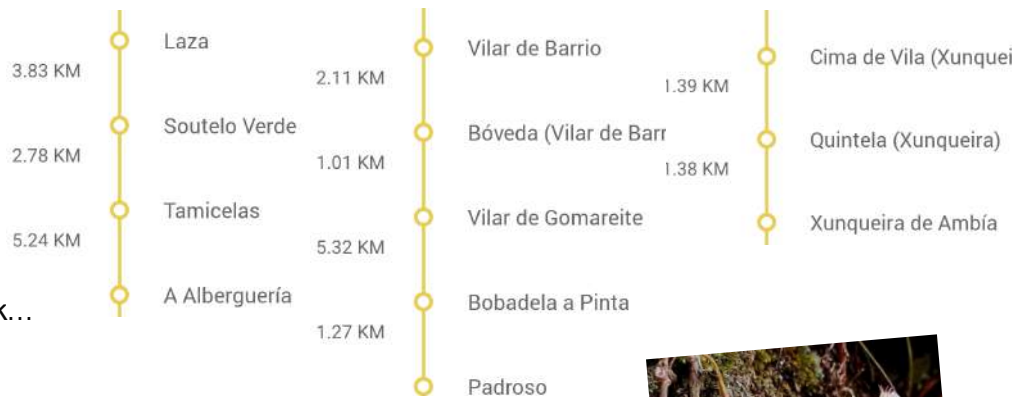
Highlight of the Day: Albergueria -

Views from hillside down at Xunqueira

[Lunch in Vilar de Barrio - Bistro Don Manuel](#)

Stay: [Albergue Municipal Xunqueira del Ambía](#) **** [W&D,B,Di,K](#)

Very modern architecture!



Stage 33

Xunqueira de Amíba > Ourense.****

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

Population: 105.233

Province: Ourense

Region: Galicia

Stage Distance: 14.8 miles - 23.818 km

Stage Difficulty: Easy

Terrain: Flat

Walking Surface: Road, Streets

Scenery: Villages, Fields, Urban

Rest Stop: A Castellana

Highlight of the Day: Soaking in the Hot Springs!

Exploring Ourense

Stay: [NH Ourense](#)*****

[Albergue de Peregrinos de Ourense](#) ***** [W&D,B,Di](#),

Eat: [Restaurante Peregrinus](#)

[Liceo Restaurante](#)



Stage 34

Ourense > Cea

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

Population: 426

Province: Ourense

Region: Galicia

Stage Distance: 14.6 miles - 23.496 km

Stage Difficulty: Easy

Terrain: Flat

Walking Surface: Streets, Road, Dirt path

Scenery: City, Villages, Fields

Rest Stop:

Highlight of the Day: Walk out of Ourense & views

Exploring Cea

Stay: [Albergue Municipal de Cea](#)***** [W,K](#)

Eat: [Sol y Luna](#)



Stage 35

Cea > Laxe - Bendoiro

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

Population: n.a

Province: Pontevedra

Region: Galicia

13 April 2022

Stage Distance: 21.5 miles - 34.600 km

Stage Difficulty: Easy

Terrain: Flat

Walking Surface: Streets, Road, Dirt path

Scenery: City, Villages, Fields

Rest Stop: Silleda

Highlights of the Day: Relaxing in the Fantastic Albergue

Stay: [Albergue Municipal Laxe](#) ***** [W&D,B,D,K](#)

Fantastic modern and grand albergue!

Eat: [Gas station](#)!



Stage 36

A Laxe > Ponte Ulla

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

Population: 13

Province: A Coruña

Region: Galicia

Stage Distance: 19.1 miles - 30.738 km

Stage Difficulty: Easy

Terrain: Flat - Downhill

Walking Surface: Road

Scenery: CVillages, Fields

Rest Stop: Silleda

Highlight of the Day: Sunrise walk -

Stay: [Albergue O Cruzeiro](#)****

Cheap single rooms! [W&D,B,D](#)

[Albergue Municipal Outerio](#) [K](#) No services in area!

Eat: At O Cruzeiro restaurant. Good menu del dia!



Stage 37

Ponte Ulla > Santiago de Compostela

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

Population: 96.000

Province: A Coruna

Region: Galicia

Airport: SCQ

Stage Distance: 12.8 miles - 20.5996 km

Stage Difficulty: Easy

Terrain: Mostly flat but with some hills

Walking Surface: Road, Walking Path, Streets

Scenery: Villages, Hilly Countryside

Highlight of the Day: Arriving in Santiago de Compostela
[Getting Compostela](#) - Meeting up with fellow pilgrims again

Worthwhile Seeing and doing:

Pilgrims Mass at the [Cathedral](#)

[Cathedral Museum](#)

[Portico de la Gloria Tour](#)

[Pilgrims Museum](#)

Coffee at the [Parador](#)

Tea in garden at [Costa Vella Hotel](#)

Visit the [Pilgrims House](#)

Sunset on the Plaza

Walk to Finisterre!

Don't miss:

Get your Compostela Certificate at the [Pilgrims Reception Office](#)!

Eating at [A Horta d'Obratorio](#)

Pilgrims Mass

Stay: [Albergue Seminario Menor](#)***** [W&D,B,K,V](#) 15 min walk to Cathedral Cheap single rooms
[Seminario Mayor](#)*** [B,L,D](#) By Cathedral - Pilgrims get when asking when reserving
[Hotel Alda Aligia](#)**** [W&D,B](#) Central - Cozy rooms.
[Parador Naciona Hospital Real](#)**** [B,L,D](#) By Cathedral - Splurge
[Hotel Costa Vella](#) *** [B](#) Center - Hotel with very nice garden

Eat: [A Horta d'Obratorio](#) (Michelin Guide Recommended) Reservation needed
[Casa Manolo](#) - Good for groups
[Enxebre](#) - Close to Cathedral - Parador

Relax: [Cafe La Morena](#) - Great Coffee
[Cost Vella](#) - Nice Garden - Quiet Spot
[Pilgrims House](#) - Luggage storage - Quiet Spot - Camino Debrief



Services Codes :D\$= Donativo 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 hope you get some good use out of it. If you have any questions or comments, please feel free to contact me at rolf@magener.com