

CAMINO DEL NORTE

From Gijón to Ribadeo

 With land on one side and sea on the other, the Camino del Norte will take you all the way to Santiago de Compostela. The ocean will be your constant companion. You will walk through tiny fishing villages, along beaches of varying size and also through some beautiful towns, rich in history and culture. After a day of such walking you will be ready for a good glass of cider and some delicious sea-food!

This is a long-distance footpath which will take you to Santiago de Compostela through peaceful, beautiful and varied landscape.

PROGRAMME

JL091

9 days - 8 nights - 7 days' walking.

DAY 1: GIJON

Arrive at Gijón and settle in to your hotel. If you get here during the day, take advantage of your free time by going to look at the Palacio de Revillagigedo and la Colegiata de San Juan Bautista, two splendid old buildings in the town.

DAY 2: GIJON - AVILES

We suggest you take a bus No. 12 to the Fatima bus stop to get out of the town. This day's walk then takes you through contrasting scenery which includes farm-land, an industrial estate and eucalyptus forests.

When you reach Aviles, you will be able to stroll round the town (which is classed as a historical site), especially through the pedestrianised streets of Galiana and Rivero and in the plaza de España with its town hall. Also well worth visiting are the old church of Sabugo, dating from the 13th century, and another modern one dedicated to Santo Tomás of Canterbury. In addition, you shouldn't miss the impressive palacios (mansions) of Valdecarzana and Camposagrado, not to mention the Teatro Palacio Valdes.

Walking time: ≈ 6 h, distance 24 km.

DAY 3: AVILES - MUROS DE NALON

From Aviles, the track takes you on to San Cristobal, from where you have a wonderful view over Salinas and the coast, before making your way down to the bathing beach.



We suggest you follow the Senda Costera (coastal path) from San Esteban de Pravia, rather than the Way of Saint James (the Compostela track) which goes alongside the main road and the motorway at this point. The Senda Costera is a specially-made footpath which follows the shore until you come to the Playa de Aguilar. You follow this footpath once you leave the jetty of San Esteban. The distance between San Esteban and the Playa de Aguilar is 8 kilometres (roughly 2 hours' walking time).

Walking time: ≈ 6 h, distance 24 km.

DAY 4: MUROS DE NALON - SOTO DE LUIÑA

From the hotel, you go the Way of Saint James. This continues to wander past a great variety of villages, chapels, stately homes, beaches and forests.

We recommend you to take a diversion through Cudillero, a little fishing village which is well worth the visit.

At Soto de Luiña, you should go and look at the beautiful 18th century church of Santa María.

Walking time: ≈ 4h30, distance 16,5 km.

DAY 5: SOTO DE LUIÑA - CADAVEDO

For a while you walk along a former main road and then you go along the seaside. There is some uphill and downhill during this day's walk, but thanks to the glorious landscape you will hardly notice it.

Walking time: ≈ 6 h, distance 23,5 km.

DAY 6: CADAVEDO - LUARCA

This short day's walk is a mixture of tracks with some short sections on the main road. These are not dangerous, though, and the walk is pleasant throughout.

Walking time: ≈ 4h30, distance 16,6 km.

DAY 7: LUARCA - NAVIA

There is nothing difficult about this short, easy stage. However, it is rich in relics of the old pilgrims' way. Among other sights worth seeing are the churches of Santiago Apostol, San Bartolomeo and San Salvador...). The day's walk finishes at Navia and its fishing port.

Walking time: ≈ 5 h, distance 18,5 km.

DAY 8: NAVIA - RIBADEO

For this last day's walk in Asturias you have two options: one along the coast and one through the countryside. At the end of this day you will cross the sea-inlet, the Ria de Ribadeo, which forms a natural boundary between Asturias and Galicia. Santiago de Compostela is not far away now!

Walking time: ≈ 8 h, distance 32 km.

DAY 9: RIBADEO

Your holiday ends after breakfast.

LA PELERINE Randonnées et Voyages à pied

32 Place Limozin 43170 SAUGUES

Tél : +33 (0)4 71 74 47 40 \ contact@lapelerine.com \ www.lapelerine.com



DATES

You can start this holiday on any day of the week between 1 April and 15 November. Book early if you want a holiday in July or August.

Please indicate on your booking form any alternative dates which would suit you equally well (for example if you are able to start or finish the holiday a few days earlier or later than your ideal date). This is very useful if one or more of the hotels or other places of accommodation are fully booked for your first choice date.)

We also ask you to **book as early as possible**. We do not keep permanent reservations, and some places can be booked up several months in advance.

THE PRICE INCLUDES

- Nights in half-board accommodation for the whole holiday.
- Transportation of baggage.
- An information pack with a guide book for 1-2 people.

THE PRICE DOES NOT INCLUDE

- Midday meals.
- Drinks and personal expenses.
- Insurance.
- Extra charge for postage outside France (15 € per booking)
- Booking fees (15 € per person)

ARRIVAL AND DEPARTURE

At the beginning of the holiday:

Arrive and check in at your hotel in Gijon. You have a night's half-board accommodation before your first day's walking.

The holiday ends:

At Ribadeo after breakfast.

LEVEL OF DIFFICULTY

There are between 4h30 and 8h walking each day. The distances range from 16 km to 32 km and are over hilly terrain.

ACCOMMODATION

This is in hotels and bed-and-breakfasts.



DINERS

They are included in our prices.

MIDDAY MEALS

Packed lunches are not included in our prices

TRANSPORT OF LUGGAGE

Your bags will be transported for you during each day's walk.

ATTENTION: We ask you to leave your luggage in the entrance of each place of accommodation in the morning. YOU MUST HAVE ONLY ONE BAG PER PERSON, AND THE WEIGHT OF THAT BAG MUST NOT BE MORE THAN 14KG. If the number (one bag) and the weight (14kg) is exceeded, the carrier may charge you extra at the end of the holiday. Alternatively, the carrier may refuse to transport your luggage at all if it is too heavy or awkward.

We strongly advise you to have a small rucksack for carrying the things you will need with you during the daytime.

If you are part of a group, please show clearly on your luggage labels the name of the person who is responsible for your group (i.e. the person who booked the holiday).

ACCESS

*GETTING THERE

- Train or bus : Trains from France to Oviedo; and bus (30 minutes) from Oviedo to Gijon (with bus company Alsa).
- Plane : It is possible to fly from Paris or Brussels to Oviedo. (Ask the agency or research on the internet for flights from London or elsewhere.). Then bus (45 minutes) from Gijón airport (with bus company Alsa)
- Car : From Bordeaux, take the N10 towards Spain and then follow signs for Bilbao, Santander and Ribadeo.

*GETTING HOME

- Bus : regular bus service between Ribadeo and Gijon (change in Aviles) or between Ribadeo and Oviedo (direct) or between Ribadeo and Santiago de Compostela with bus company Alsa. (www.alsa.es)
- Plane : From the airport at Santiago de Compostela, there are regular services to Paris, Nice, Lyon. (Check on the internet or ask the Agency about flights to London and elsewhere.)



HOLIDAY INFORMATION PACK

In the month before your holiday, but after we have received your payment, we will send you an information pack containing all the papers and information you need for your holiday to go smoothly. This will include guide-books, maps, luggage labels/stickers, a guide on the transport of yourself and your luggage, the addresses of the places where you stay and some administrative/legal documents such as your receipt and your insurance contract and details. In the guide-book you will find a full description of your walking route (the entire route is way-marked) and descriptions of the villages and sights that you will see. A full set of these holiday documents will be sent to every 1-4 walkers on the holiday.

THINGS TO TAKE WITH YOU

- A small rucksack for your packed lunch and any other things you want to carry with you.
- A small personal first aid kit (plasters, new-skin, eosine [disinfectant for small wounds, insect bites or blisters], alcohol etc).
- A pair of walking boots or shoes suitable for hill walking. Make sure you test them before you go, so you know they are comfortable.
- Glasses, cream and a hat for sun protection.
- Waterproofs for protection against rain.
- Light footwear for the evenings.
- A water bottle; it is important to drink 1.5 to 2 litres per day.
- A small knife.
- A pocket torch (if you wish).
- Binoculars (if you wish).
- Paper handkerchiefs.
- Needle, thread and one or two safety pins.
-

EXAMPLES OF EQUIPMENT WHICH CAN BE BOUGHT FROM OUR PARTNER COMPANY, VERTICAL

FOR CARRYING THINGS:

-Rucksack aventure 40L, has an excellent capacity for taking on long walks. It holds enough for those who want to walk in reasonable comfort, and is made of light but strong material.

OR

-Rucksack 5L Polyvalent (for general use): This small general purpose rucksack is useful for taking with you on a day's walk.

-Walker's bag carried in front. This attaches easily to braces etc on the front of your body, and enables you to carry things both in front and behind, for greater comfort and better balance.

EXAMPLES OF CLOTHING FROM VERTICAL TREKLIGHT:

Think of comfort, but also breathability



-**Chemise AUBRAC (shirt)**, slightly shaped, with long sleeves made of recycled polyester. It is comfortable, fit-for-purpose and weighs only 300g.

-**Lightweight over-garment ANTARA** : 295 grams ! Warm, stretchy and very light. The inside is textured and the outside smooth for good wind-proofing.

-**Rain-cape** : Minimum weight and encumbrance yet a true rain-cape. The fabric is Membrane MP+ of Vertical which makes it waterproof and yet breathable. It has a built-in zip which can be opened all the way in hot weather.

Special advantage: the extension in the back allows you to adapt your cape so that it can enclose the volume of your rucksack, up to a size of 60-70L. This cape comes with a bag for stuffing it into when it is not in use.

-**Pantalon (trousers) CoolTrek** : These are very comfortable thanks to their elasticity and reinforcements in places where they are needed. This is one of the classic products of Vertical.

With four pockets these trousers these trousers have a very convenient design, yet they are extremely light, weighing only 380g.

-**Casquette + Rabat (Cap with extension)** : It is essential to have something to cover your head. Special advantage: The detachable sun-protection enables the cap to be adapted according to the weather conditions.

-**Bâtons Alu Trek Light (walking poles)**: 280 grams (weight of one). A great help for long-distance walking. Their system of length adjustment means that you can always get maximum benefit from them.

