

CAMINO DEL NORTE

From Ribadeo to Santiago de Compostela

 At Ribadeo, you leave the coast and Asturias and go inland, deep into the unspoilt Galician countryside. Landscape, language and culture all change.

In the scenery, green is still the predominant colour, but the background blue of the sea disappears.

You pass through some pretty Galician villages such as Mondañedo, Vilalba and Sobrado and rejoin the Camino Frances (the more southerly branch of the Way of Saint James) at Arzua.

This is a path of peace and tranquillity which takes you to Santiago de Compostela through beautiful varied countryside.

PROGRAMME

JL092

11 days - 10 nights - 9 days' walking.

DAY 1: RIBADEO

Arrive at Ribadeo and settle in to your hotel. If you arrive early, you could go and bathe at the Playa de la Catedrales which is 8km from Ribadeo (you can get to this beach by taxi or by train). This trip is probably best out of season, or when the tide is low.

DAY 2: RIBADEO - LOURENZA

You leave the sea and make your way into the countryside, and the eucalyptus forests of Galicia. This is a long day's walk with plenty of uphill and downhill, but it presents no particular difficulties and is very enjoyable. You enter Lourenza by crossing over a medieval bridge. At Lourenza you will be transported to your accommodation, which is 7km outside the town

Walking time: ≈ 7h30, distance 27km.

DAY 3: LOURENZA - ABADIN

This day's walk is hilly but your efforts will be compensated by your visit half way through to the cathedral of Mondoñedo (13th century). Inside the cathedral is the diocesan museum of Galicia, which contains a large number of religious artefacts and artworks of the region.

Walking time: ≈ 7 h, distance 25 km.



DAY 4: ABADIN - VILALBA

This is a very pleasant day's walk which takes you into the Terra Cha, a region which is relatively flat. Meadows and pasture, interspersed with streams and small areas of forest, dominate the landscape.

Walking time: ≈ 5 h, distance 19 km.

DAY 5: VILALBA - BAAMONDE

Today's walk again is not particularly difficult. You walk mainly through woodland and see many medieval remains. At the end of the day's walk you will be given a lift to your accommodation, which is in the little village of Friol.

Walking time: ≈ 5h30, distance 21 km.

DAY 6: BAAMONDE - MIRAZ

After breakfast you will be given a lift to Baamonde, the starting point for today's walk. If you didn't get a chance to do it the day before, on arriving here, take the opportunity (since this is a short day's walk) to go and have a look at the 14th century Santiago church, with its wonderful crosses. In the evening you will once again be transported to Friol.

Walking time: ≈ 4 h, distance 16 km.

DAY 7: MIRAZ - SOBRADO DOS MONXE

After breakfast, you will be taken back to Miraz, which is where you begin today's walk. You will pass through beautiful varied countryside, and when you reach Sobrado dos Monxes, take the opportunity to visit the monastery of Santa Maria. You will be transported at the end of the day to Friol for your third and last night there.

Walking time: ≈ 6h30, distance 26 km.

DAY 8: SOBRADO DOS MONXES - ARZUA

First you will be given a lift from Friol to Sobrado dos Monxes.

This is your last day's walk before you reach the Camino Frances at Arzua. Your final objective on this long walk, Santiago de Compostela, is getting close!

Walking time: ≈ 5h30, distance 22,5 km.

DAY 9: ARZUA - A RUA

Your penultimate day's walk before arriving at the longed-for destination of Santiago de Compostela. Today's walk finishes at A Rua.

Walking time: ≈ 4h30, distance 18 km.

DAY 10 : A RUA - SANTIAGO DE COMPOSTELA

This is your last day's walk, rich in emotion and crowned by your arrival in **Santiago**, a UNESCO World Heritage site. You approach via the Monte de Gozo which gives you a view over the whole of the town. Having made your way in through the outskirts of the town, there are



a large number of very interesting things to see: the cathedral and the Plaza de Obradoiro, the Hostal de los Reyes Catolicos, the Cloisters and the Archbishop's Palace, the Palace of Raxoi... and more.

Walking time: ≈ 5 h 30, distance 22 km.

DAY 11: SANTIAGO DE COMPOSTELA

Your holiday ends after breakfast.

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 Ribadeo. You have a night's half-board accommodation before your first day's walking.

The holiday ends:

At Santiago de Compostela after breakfast.



LEVEL OF DIFFICULTY 🏃🏃🏃🏃

Between 4h and 7h30 walking time per day on average with distances ranging from 16 km to 29 km over undulating terrain.

ACCOMMODATION

This is in hotels, inns and bed-and-breakfasts.

RESTAURATION

Dinner (evening meal) is included. It can either be taken at your place of accommodation, or in a restaurant nearby.

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

- by bus : there are trains from France to Oviedo; then take a bus from Oviedo to Ribadeo (the bus company is called Alsa).

- by plane: Asturias airport (14 km from Aviles, 40 km from Gijón and 47 km d'Oviedo). (Check flights from Ireland and UK with cheap airlines to Santander. There may be others. Also possible ferry to Santander from UK.)

- by car: from Bordeaux, follow the N10 towards Spain, then follow signs to Bilbao, Santander, Gijón and Ribadeo.



*RETURN

- by bus: regular service between Santiago and Ribadeo with the bus company Alsa (www.alsa.es)
- by plane: airport of Santiago de Compostela, regular flights to Paris, Nice, Lyon.

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.



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-**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 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.

