



WALKING THE CAMINO DE SANTIAGO

IS IT YOU THAT'S INTERESTED
IN THE CAMINO?

OR IS IT THE OTHER WAY AROUND...

WHAT IS THE CAMINO?

- **Some very long walks...**
 - Walked for many different reasons:
 - Physical and Mental Challenges
 - Seeking Romance
 - Christian pilgrims seeking refuge
- **Many paths lead to Santiago de Compostela**
 - Popular: French, Portuguese, del Norte
 - Gained popularity because of a movie The Way
- **A Focus on The French Way**
 - Approx 500 Miles (optional routes)
 - 33 Days (average 25km p/day or 15 miles)
 - Mountains & Valleys
 - Cities & The Meseta

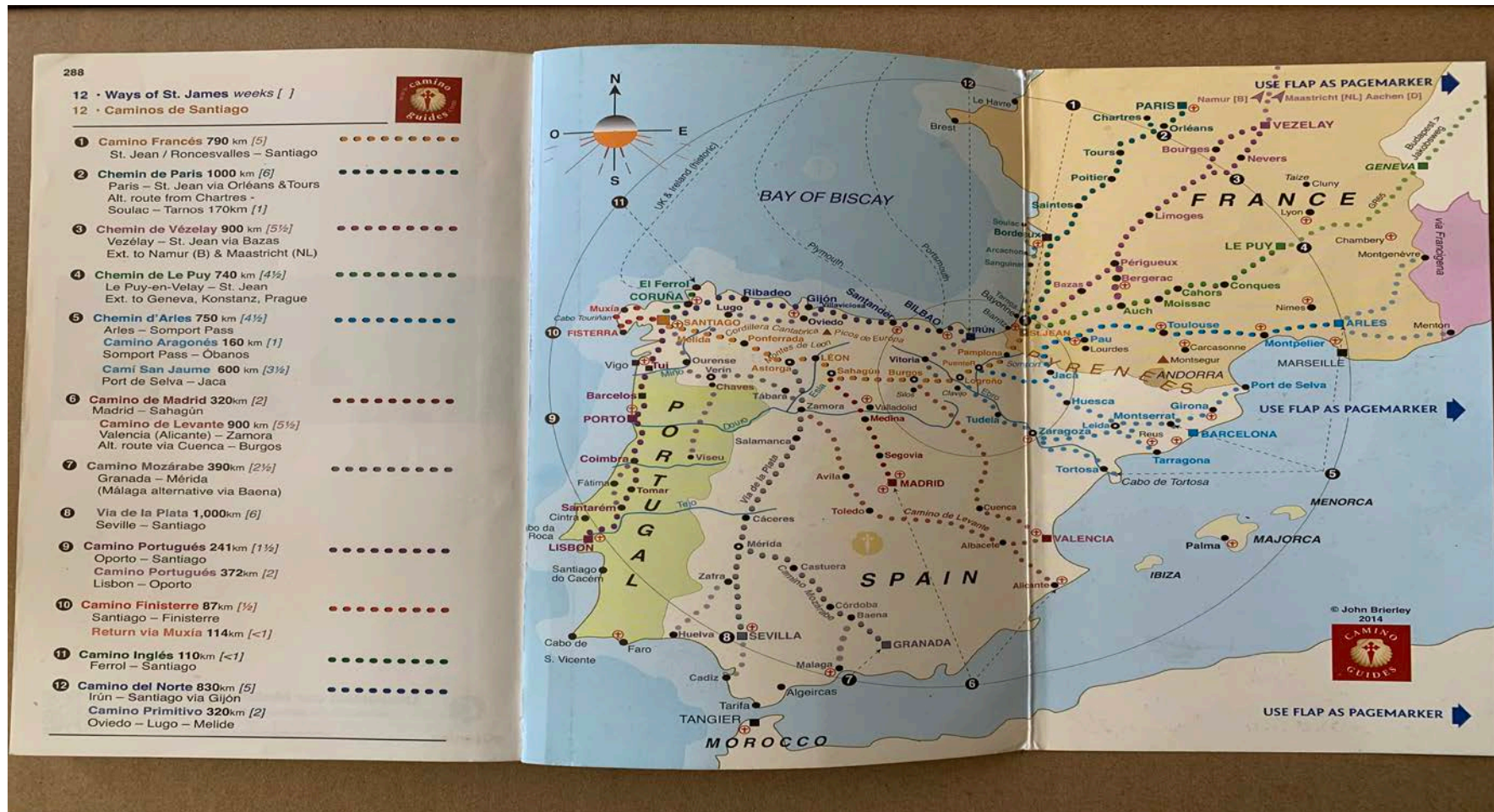




A BRIEF BACKGROUND

- **Not a huge hiker**
 - Used two, three and four mile flat loops for my training
 - Rarely carried any type of day or backpack
 - Never used hiking sticks before the Camino
- **Horrible lower back pain few months before**
 - SI joint and discs annoyed, right leg pain 10
 - Pain free after Radio Frequency Ablation
- **Walked the Camino with Cancer**
 - In my lymph nodes in my neck and tonsils
 - Got in GREAT SHAPE for the fight

DIFFERENT ROUTES



From the book: Camino de Santiago by John Brierley

WHO WALKS THE CAMINO?

- **A lot of people!**
 - Although it never seems too crowded – you can have your own space.
- **Walked now for many reasons**
 - People from over 150 nationalities seeking:
 - Spiritual enlightenment, physical challenge, stress relief, the food, create new relationships, a break from reality, etc.
- **In 2022, over 450,000 completed a Camino**
 - A high point due to publicity
- **All shapes and sizes, physical conditions, etc.**



WHO WALKS THE CAMINO?



WHY DO PEOPLE WALK THE CAMINO?

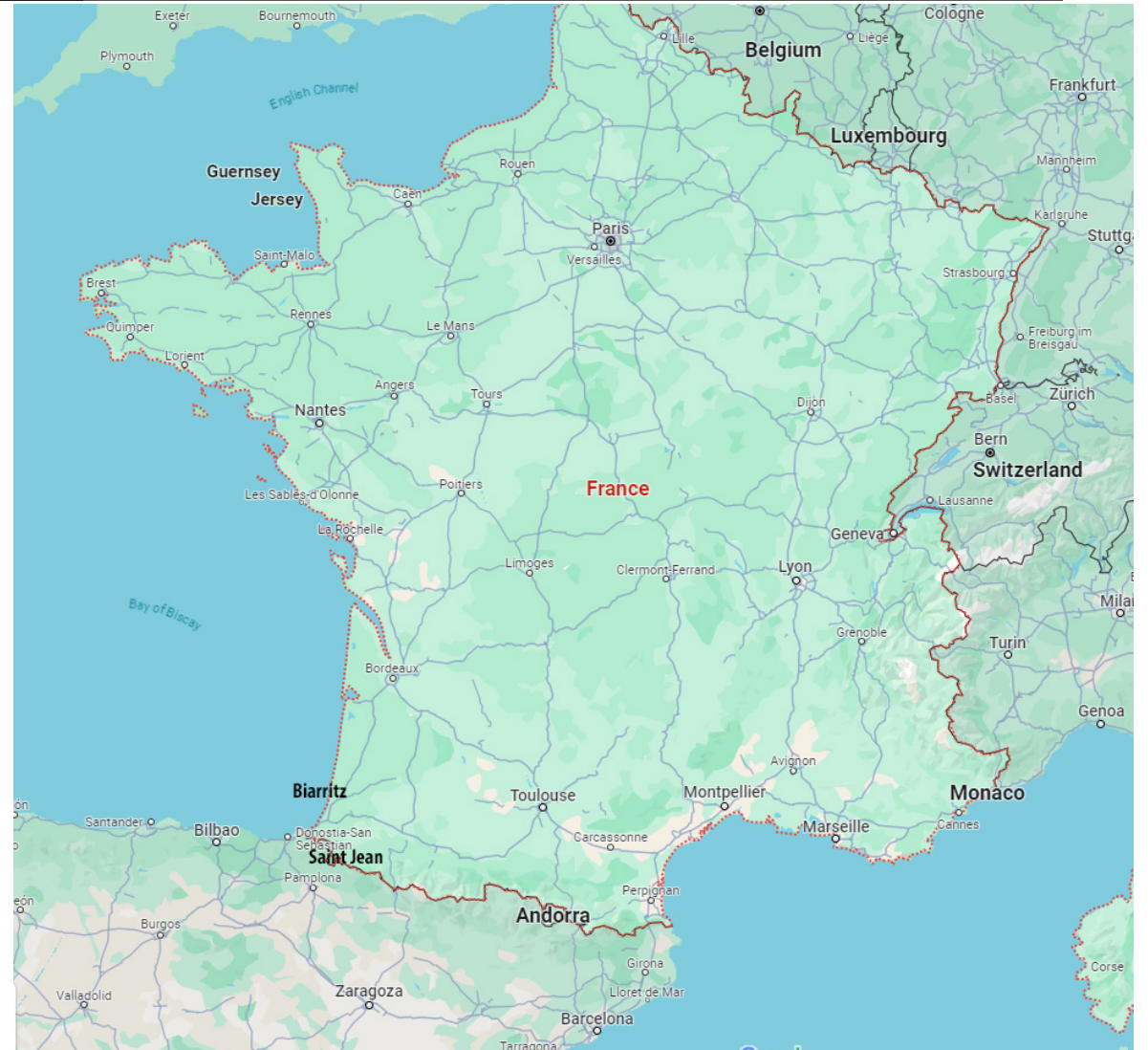
- **I don't know.** I found my own reason on the Camino, and its pull was undeniable.
- **I love this passage from John Brierley's guide:**
“We have a sacred contract, a divine function and reason why we came here. Pilgrimage provides an opportunity to delve deeper into that purpose and the time to or-orientate our lives towards that fulfillment.”



Picture and excerpt from the book:
Camino de Santiago by John Brierley

HOW DO YOU GET THERE

- Fly into Paris and connect to Biarritz
- Train, Shuttle or Group Taxi to Saint Jean
 - Some Albergues will pick you up for a fee



THE FRENCH WAY – SAINT JEAN TO SANTIAGO

- Broken down into 33 stages
 - Approx: Longest 22 miles, Shortest 12, Average 16
 - Approximately 6-8 hours of walking and resting
 - Planning your day – Spain has different hours
 - Leave late – Be hungry. More later...
- Walking sections of the Camino
 - Popular starting points and time frames
 - Don't have a month? No worries!
 - From Leon 13, Sarria 7, Porto 12 – lots of other options
 - Pilgrims joining along the route
 - Credential mileage requirements

C ROUTE SUMMARY: 43				
33 STAGE SUMMARY – ROUTE MAPS & TOWN PLANS				
St Jean Pied de Port – Santiago de Compostela 778.5 km (483.7 miles)				
Stage	From – To	km	Town Plan p.	Page
NAVARRRE				
01	St Jean – Roncesvalles	25.1 km	<i>St Jean—45</i>	48
02	Roncesvalles – Zubiri	21.9 km		56
03	Zubiri – Pamplona	20.9 km	<i>Pamplona—67</i>	60
04	Pamplona – Puente la Reina	23.8 km	<i>P. la Reina—74</i>	68
05	Puente la Reina – Estella	21.9 km	<i>Estella—81</i>	76
06	Estella – Los Arcos	21.5 km	<i>Los Arcos—89</i>	84
07	Los Arcos – Logroño	27.8 km	<i>Logroño—95</i>	90
LA RIOJA				
08	Logroño – Nájera	28.9 km		98
09	Nájera – Santo Domingo	21.3 km		106
10	Santo Domingo – Belorado	22.4 km		112
CASTILLA Y LEON (BURGOS)				
11	Belorado – St Juan Ortega	24.2 km		118
12	St Juan Ortega – Burgos	26.1 km	<i>Burgos—131</i>	124
13	Burgos – Hornillos	21.0 km		134
14	Hornillos – Castrojeriz	21.0 km		140
CASTILLA Y LEON (PALENCIA)				
15	Castrojeriz – Frómista	24.9 km		146
16	Frómista – Carrion 'Condes	19.3 km		152
17	Carrion los Condes – Terradillos	26.8 km		158
18	Terradillos – Bercianos	23.5 km	<i>Sabagún—167</i>	162
CASTILLA Y LEON (LEÓN)				
19	Bercianos/Calzadilla – Mansilla	26.7 km	<i>Mansilla—175</i>	170
20	Mansilla – León	18.1 km	<i>León—181</i>	176
21	León – Villadangos/Mazarife	21.3 km		184
22	Villadangos – Astorga	28.5 km	<i>Astorga—199</i>	192
23	Astorga – Rabanal	20.6 km		202
24	Rabanal – Molinaseca	25.6 km		208
25	Molinaseca – Villafranca	30.6 km	<i>Ponferrada—219</i>	214
26	Villafranca – O'Cebreiro	28.9 km	<i>Villafranca—223</i>	224
GALICIA (LUGO)				
27	O'Cebreiro – Triacastela	20.7 km		236
28	Triacastela / Samos – Sarria	18.7 km	<i>Sarria—245</i>	240
29	Sarria – Portomarín	22.7 km		248
30	Portomarín – Palas do Rei	24.6 km		254
31	Palas do Rei – Ribadiso (Arzúa)	26.3 km		260
GALICIA (LA CORUÑA)				
32	Ribadiso – Pedrouzo (O' Pino/Arca)	23.7 km		266
33	Pedrouzo – Santiago	20.1 km	<i>Santiago—279</i>	270

From the book:
Camino de Santiago
by John Brierley

THE FRENCH WAY – SAINT JEAN TO SANTIAGO, THEN FINISTERRE (LANDS END)



Source: caminoways.com

EQUIPMENT - RECOMMENDED

- Twenty pound or less full backpack – I used an Osprey Stratos 36 with built-in rain cover
- Day pack with support belt/chest strap – I used a 30L day pack bought in Leon at Decathlon (big sports store)
- Hiking poles with shock absorbers – use them properly
- Friction socks – two-layer Wrightsock – no blisters!
- Lightweight high top hiking boots, with extra inserts
- Waterproof rain jacket, pants, shoe/boot covers
- Lightweight towels & thongs for the showers
- Zip-locks, toilet paper, pack shovel (more later...)
- Lightweight & waterproof hat with big rim
- Lightweight sleeping bag liner – if you stay in Alberques
- Foot glide, Cannelloni's, Body Guide
- Rechargeable headlamp
- Knee and ankle supports – if you've ever had any pain
- Sunscreen
- Bug spray – buy it there
- Sunglasses with hard case
- Hand sanitizer
- Lightweight European power adapter plug
- Cell Phone, 2 charger cords & hard (Otter like) case
- Lightweight water bottle and a disposable bought there
- Small garbage bags
- Assorted sizes of ruck sacks – for clothes
- Alkaline/Hydration tablets, like nuun, etc.
- Lightweight/convertible pants & moisture wicking shirts
- First Aid kit – Band-Aids, Neosporin, Moleskin patches

What is the word used most on this list?

EQUIPMENT - OPTIONAL



- **Considerations**

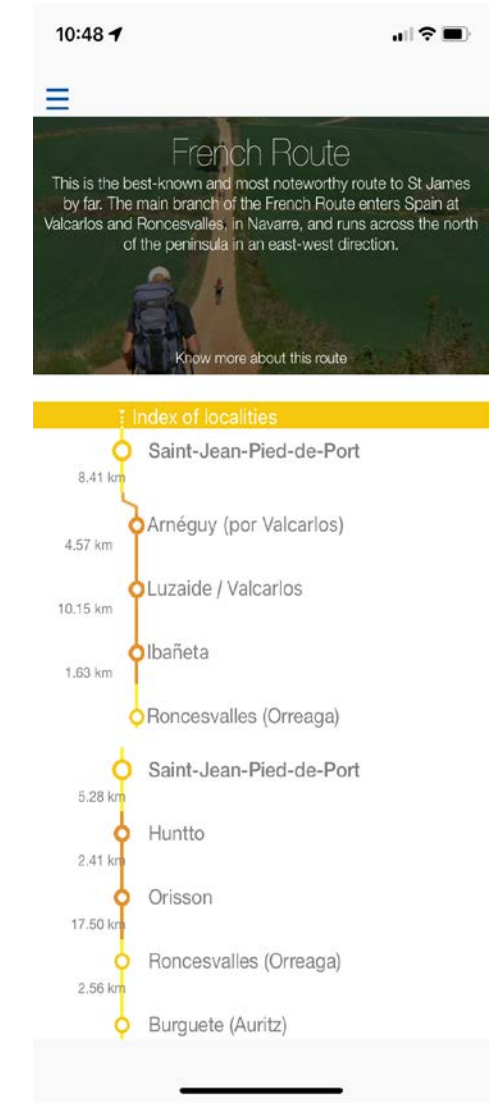
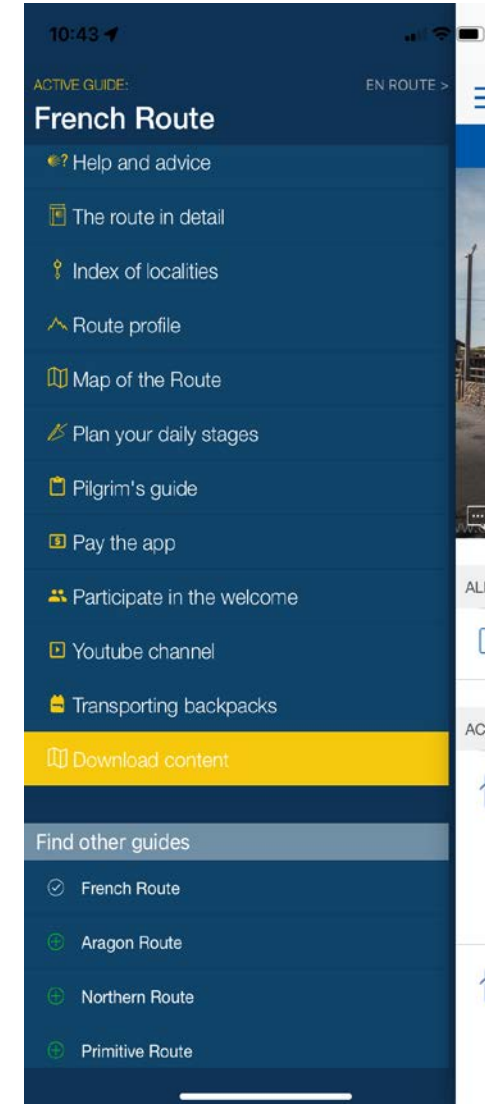
- Shampoo & conditioner, soap – Buy it there
- Covid test kit – buy it there if you need it, you'll be fine
- Body wipes
- Lidocaine patches or heat pouches/patches
- Water filter – you can get or buy water everywhere. Only place you might need it is on the Mesata (high plateau)
- Inexpensive duffel bag for checking your backpack

- **Please don't bring**

- A Drone! I almost tackled a dude hovering it above me
- A Bluetooth speaker to play along the way
- Your “baggage” to your journey. If so, you'll find you get tired of thinking or hearing it. Lose it along the way.

APPS TO USE ON THE ROUTE

- **Buen Camino**
 - Offers maps, elevation changes, lodging details, food, laundry, points of interest and more for all Camino de Santiago routes. Follows your movement.
 - Book lodging yourself 2-3 days ahead for transfers
- **Booking.com**
 - Most places on the Camino are listed.
- **FarOut**
 - Like Buen Camino but not the detail/selection
- **Google Maps**
 - The trusty verification you may need, or to find specific locations such as historic sites, sports stores, groceries, restaurants, government offices, etc.



The figure consists of four screenshots from the Camino app, illustrating its features for route planning and navigation.

- Screenshot 1 (Left):** Shows the 'Main route' screen at 9:47. It lists 'My daily stages' with a list of locations and distances:

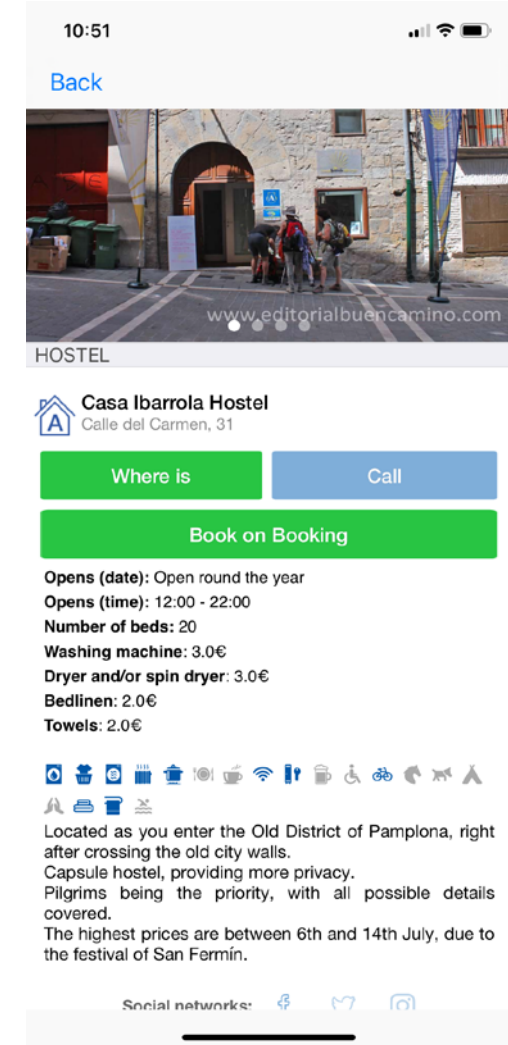
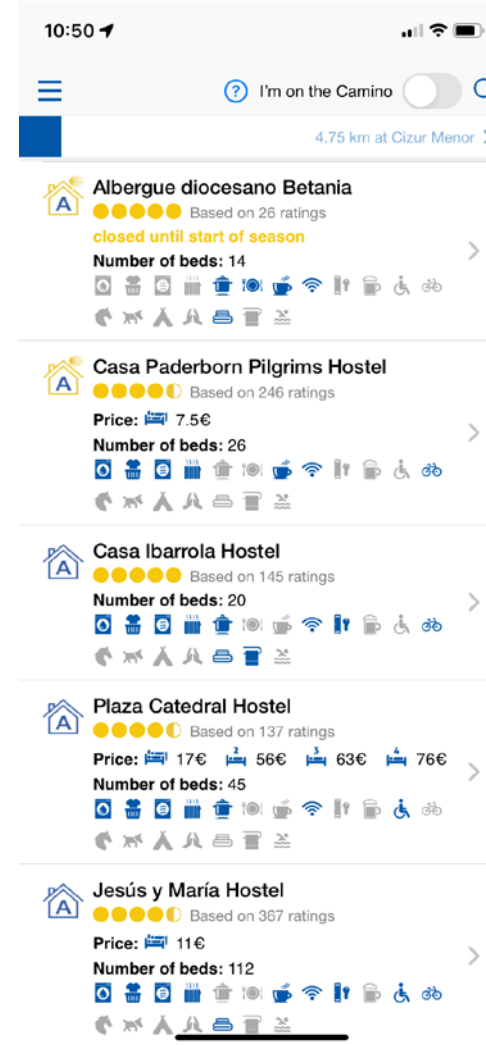
Stage	Distance
Carrión de los Condes Lédigos	14.42Mi
Saint-Jean-Pied-de-Port Roncesvalles (Orreaga)	15.66Mi
Roncesvalles (Orreaga) Zubiri	13.26Mi
Zubiri Pamplona	12.59Mi
Zubiri Cizur Menor	15.54Mi
Pamplona Puente la Reina	14.70Mi
Cizur Menor Puente la Reina	11.75Mi
Puente la Reina Estella	13.67Mi

 A yellow button at the bottom says 'Set up daily stage'.
- Screenshot 2 (Second from Left):** Shows the 'Back' screen at 9:48. It displays the current stage: 'Saint-Jean-Pied-de-Port Roncesvalles (Orreaga)' with a distance of 15.66Mi. Below this, a vertical elevation profile shows the route with key points and distances:

Point	Distance from Start
Saint-Jean-Pied-de-Port	3.28Mi
Huntto	1.50Mi
Orisson	10.87Mi
Roncesvalles (Orreaga)	1.59Mi

 At the bottom are buttons for 'View on map' and 'Watch in profile'.
- Screenshot 3 (Third from Left):** Shows the 'I'm on the Camino' screen at 9:48. It features a large photo of a street in Huntto with a temperature of 10.2°. Below the photo are sections for 'ALERTS' (showing 'Large slope'), 'ACCOMMODATION' (listing 'Ferre Ithurburia Hostel' with price and beds), and 'SERVICES' (showing various icons for facilities like Wi-Fi, food, and restrooms).
- Screenshot 4 (Right):** Shows the 'Back' screen at 9:52. It displays a photo of a steep, paved path with hikers. Below the photo is a text box titled 'Large slope' with the question 'Where is'. At the bottom is a map showing the current location on the route.

BUEN CAMINO SCREENS – GUIDANCE AND LODGING



LODGING ON THE CAMINO



- **Albergues** – typically reserved for Pilgrims
 - A lot of places fall under the term Albergue...
 - Hostels, Pensions, Tepee's, Dorms, etc.
 - Public and private
- **Convent or Monastery**
 - Like a Hostel but typically with a Pilgrims Mass
- **Hotels**
 - Everything from Motel 6 style to five-star hotels
- **Camping / RV Parks**
 - Camping is generally not allowed on the Camino
 - There are several RV parks along the way

LODGING ON THE CAMINO



- **Hotels**
 - Stayed in the nicer hotels on the weekends
 - Pamplona, Burgos, Logrono, Leon, Santiago, and Paris (headed back)
 - **Pamper yourself a little – you’re walking 500 miles!**
 - Nice hotels are between €75- €200
 - **Don’t ask me how much my Camino cost...**
 - It was worth every euro!
 - You can do it on €30- €50 per day, without those big hotels. Stick to Albergues
-



PILGRIMS MEAL

- **Albergues typically offer a Pilgrims meal**
 - From €8 to €12
 - Bread, bottle of wine, appetizer, main entrée and dessert – yes, a bottle of wine!
 - Dinner is typically at 8:00PM, maybe 7:00PM
 - **Dining out?**
 - Restaurants don't open until 8:00PM
 - Bars offer lighter meals all day
 - **The food on the Camino! More later...**
-

PILGRIM MEALS – ALBERGUE IN MAZARIFE (AFTER LEON)

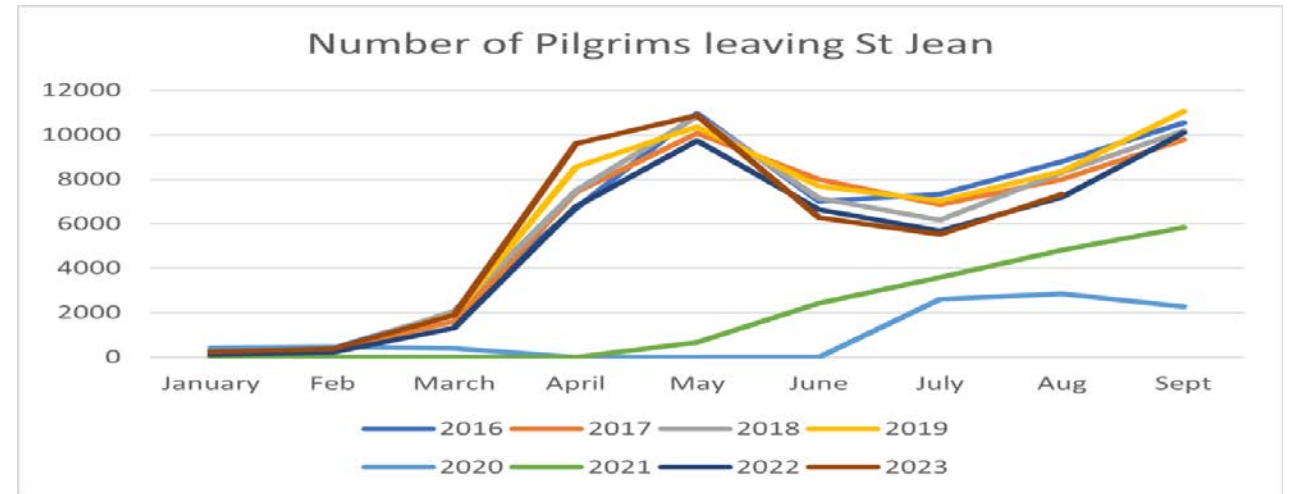


PILGRIM MEALS



WHEN TO WALK THE CAMINO?

- **Generally, the best times to walk the Camino**
 - Spring – late March – end of May
 - Fall – second week of September – Oct 31st
 - Pretty much closed November 1st – March 15th
- **Do Not Walk in the Winter!**
 - Camino Frances generally closed and dangerous
 - Snow, slippery rocks, floods, fog, high winds
 - Few Pilgrim related businesses are open
- **Weather interactive maps**
 - <https://followthecamino.com/en/camino-weather-map/>



	January	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
2016	302	392	2040	6698	10964	7016	7338	8815	10546	3972	546	324
2017	324	376	1602	7430	10071	7993	6867	8010	9778	3937	605	302
2018	292	320	2077	7499	10837	7148	6173	8320	10189	4135	602	289
2019	296	359	1914	8557	10358	7694	7049	8363	11064	4397	695	358
2020	428	465	409	0	0	0	2600	2854	2270	988	0	0
2021	0	0	0	0	664	2425	3589	4810	5852	2695	390	161
2022	121	231	1321	6769	9743	6635	5690	7193	10093	4172	680	278
2023	236	373	1903	9604	10890	6290	5540	7329				

Source: caminonow.com

WEATHER ON DIFFERENT ROUTES

- **Camino Frances (The French Way) Saint Jean France**

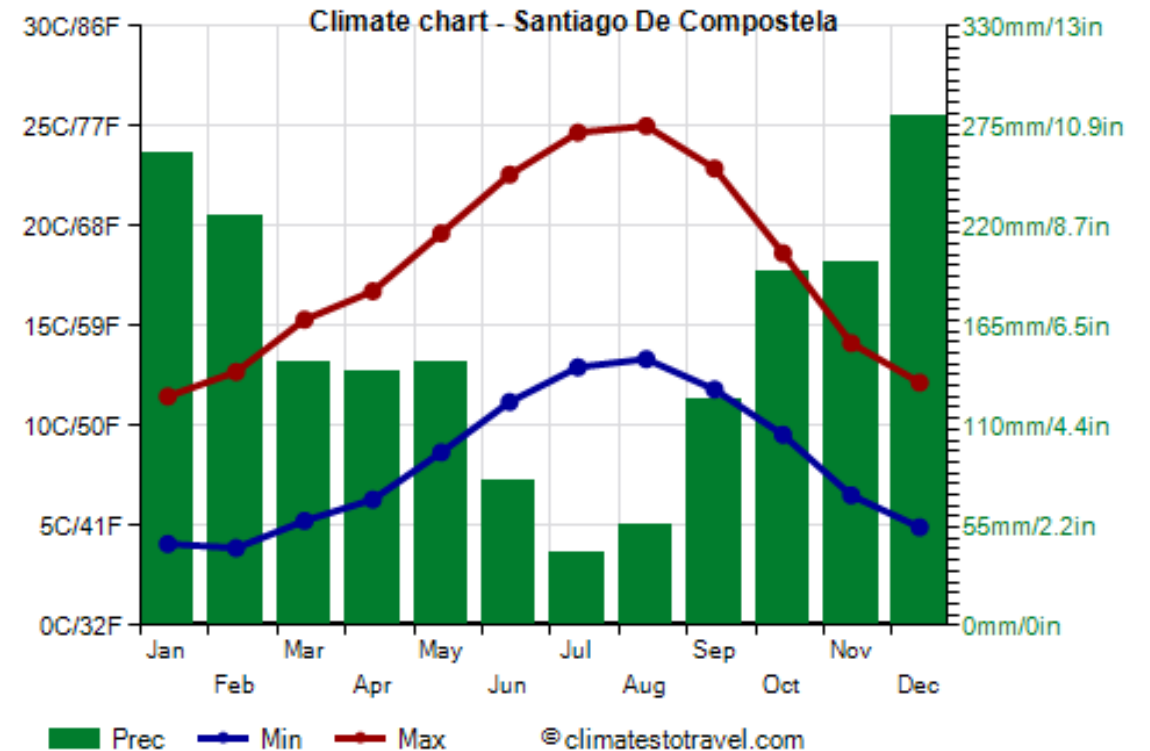
- Spring: 48°-70°
- Summer: 59°-82°
- Fall: 43°-57°

- **Camino Portugues (The Portuguese Way) Lisbon/Porto**

- Spring: 52°-68°
- Summer: 59°-77°
- Fall: 46°-63°

- **Camino del Norte (The Northern Way) North Coast**

- Spring: 50°-68°
- Summer: 57°-77°
- Fall: 46°-63°



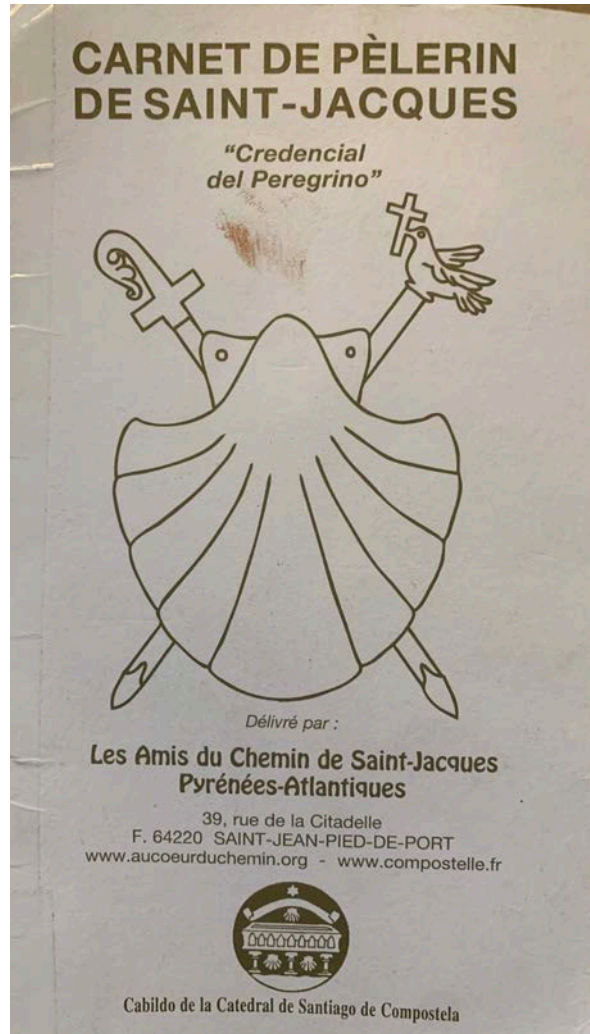
Source: climatestotravel.com

PILGRIMS CREDENTIALS

- **Everyone should register at the Pilgrims Office at the start of each route**
 - The center of Saint Jean, staffed by volunteers
- **A Pilgrim passport is generally required to book a room in a Albergue**
- **Required to get your certificate of completion in Santiago at the Pilgrims office – more later**
 - Certificates are also available for distance
- **Get your Camino shell!**
 - Available in the office and shops in Saint Jean



PILGRIMS CREDENTIALS



BACKPACK AND LUGGAGE TRANSFERS

- **Transfer services offer daily pack and luggage transfer to next lodging**
 - €4-12€ daily – depends volume and location
 - Totally safe and reliable, I never paid more than €5
- **Tour services use these transfer services**
- **Well worth the € considering 20-30lbs packs**
 - Use day pack for essentials
- **Services include Jacotrans, Caminofacil & Pilbeo**
 - They cover nearly all routes and Finisterre
 - You can decide at any time during your Camino
 - Uses the little envelope for € and the next address



BED BUGS AND MOSQUITOS

- **Bed Bugs - Warnings are over blown!**
 - I never got them and only heard of one case on the entire 500-mile Camino
 - If you are concerned, use the liner & spray
- **Mosquitos – Bigger issue on my Camino!**
 - If you hike in early morning hours use spray! They are a big annoyance, especially near areas with rivers and crops of any kind.
 - I carried spray and made a bunch of friends!
 - Pharmacies are in many towns and have spray



ONE LAST THING BEFORE WE HIKE – I GOTTA GO! ENOUGH SAID...

- **Everyone has the urge at different times**
 - The Camino deserves your respect
 - I found areas littered with TP, generally off the path and just out of town.
- **Please, carry a pack shovel, TP and bags!**
 - Don't go where crops are grown – Duh!
- **If you stop in the morning for coffee, do your business in town! If you can't, think about someone leaving goodies behind in your yard**
 - Pack out your paper!



LET'S TAKE A HIKE!

- Arrived mid-day into Saint Jean at the foot of the Pyrenees
 - Obtained our credentials, relaxed and had an incredible French dinner



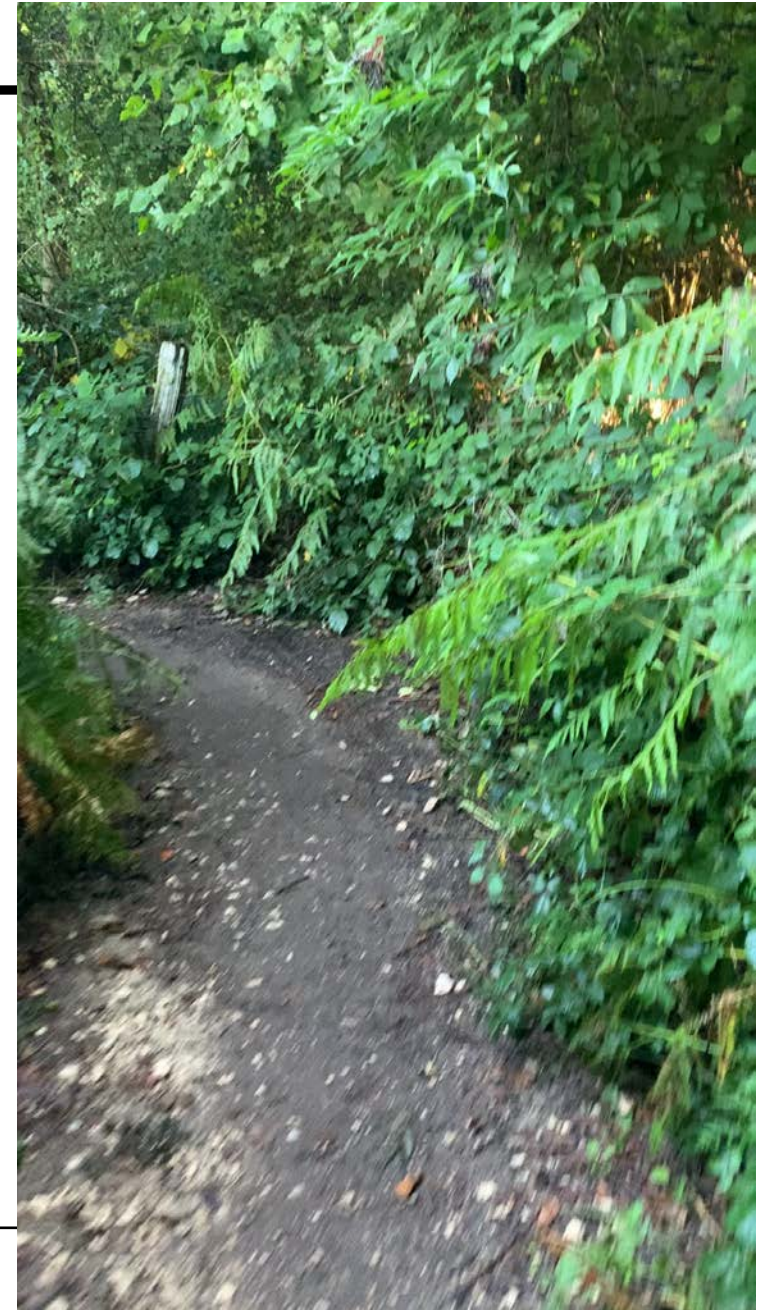


LET'S TAKE A BREAK!

- We did things a bit different...
 - Because of Jet Lag we did a short first day
 - Target was just 3 miles up the hill to the first Albergue: Ferme Ithurburia



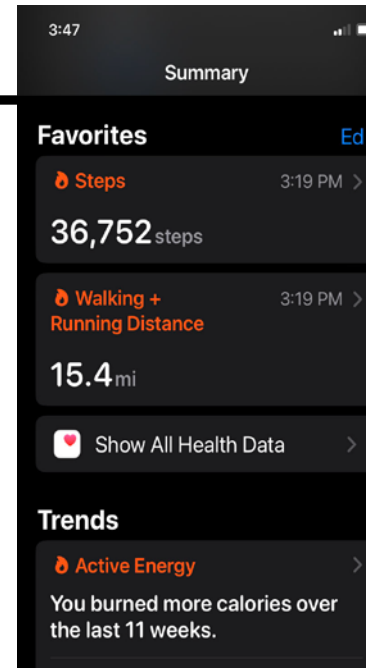
IT GETS BETTER!



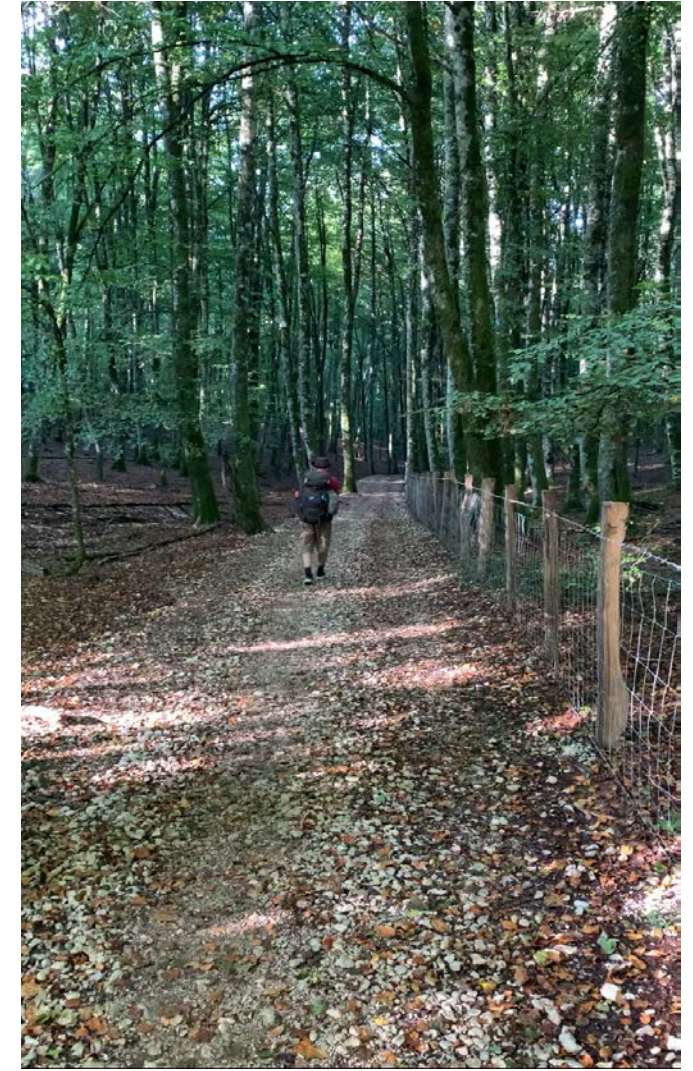
DAY 1 DONE



Hemingway lodged in this building in 1924 and 1925 on a fishing trip to the Irati river, described in his novel *The Sun Also Rises*. We stayed here and crossed over the river in the morning.



DAY 2 BEAUTIFUL: BURGUETE TO AKERRETA



HOW WELL MARKED IS THE CAMINO?

- **Hiking in the Countryside**
 - Yellow arrow or shell is everywhere!
 - Very difficult to get lost
 - West of Burgos, concrete way markers
- **Navigating the Big Cities**
 - Arrows painted on nearly every building
 - Shells embedded in the sidewalks
 - Apps are a huge help in the big cities



MOST COMMON MISTAKES ON THE CAMINO



From the website:
The Gallivanting Gallos

- #1 - Packing too much weight
- #2 – Starting off too fast
- #3 – Lack of time and no rest days
- #4 – Walking to keep up with others
- #5 – Racing for a bed
- #6 – Incorrect clothing
- #7 – Ill prepared for rain
- #8 – Underestimating care for your feet
- #9 – Forgetting to take photos
- #10 – Carrying too much water
- #11 – Lack of respect for others

MOST COMMON INJURIES ON THE CAMINO



- #1 – Blisters, chafing and lacerations – glide & socks
- #2 – Sprained ankles – incorrect foot/ankle support
- #3 – Plantar Fasciitis – (inflammation of the heel)
- #4 – Tendonitis – stretch every morning and at night!
- #5 – Meniscus – not distributing the load – use sticks!
- #6 – Fractures – tripping, falling – use sticks!
- #7 – Sunburn and heat stroke – walk when cooler!
- #8 – Dehydration – sip throughout your journey
- #9 – Heat rash – wear shorts, I didn't

I got something very strong at a pharmacy in Los Arcos and again in Estella. Rash gone in two days!

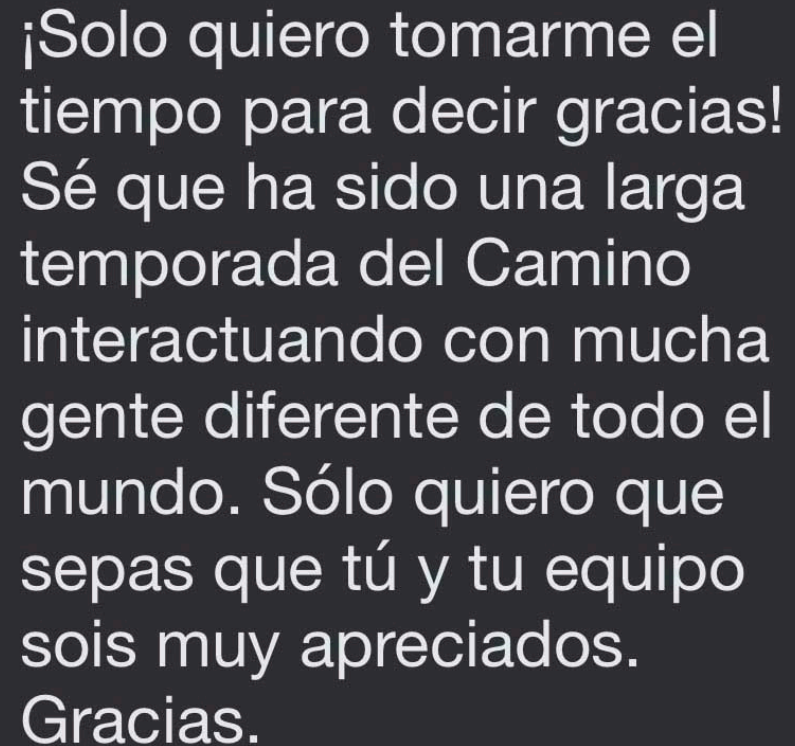


WALKING WITH OTHER PILGRIMS

- **Walking together or alone**
 - Finding your pace and connection with the Camino
 - Meeting new people - Helping each other (with bugs)
 - Breaking it off from someone – the famous ways
 - Staying extra nights in big cities or special places
 - **Big groups can get noisy - be respectful**
 - Break into smaller groups – bigger issue last 100km
 - **Long lasting friendships are formed on the Camino**
 - The moving groups of Pilgrims – Albergue reunions
-

INTERACTING WITH LOCALS

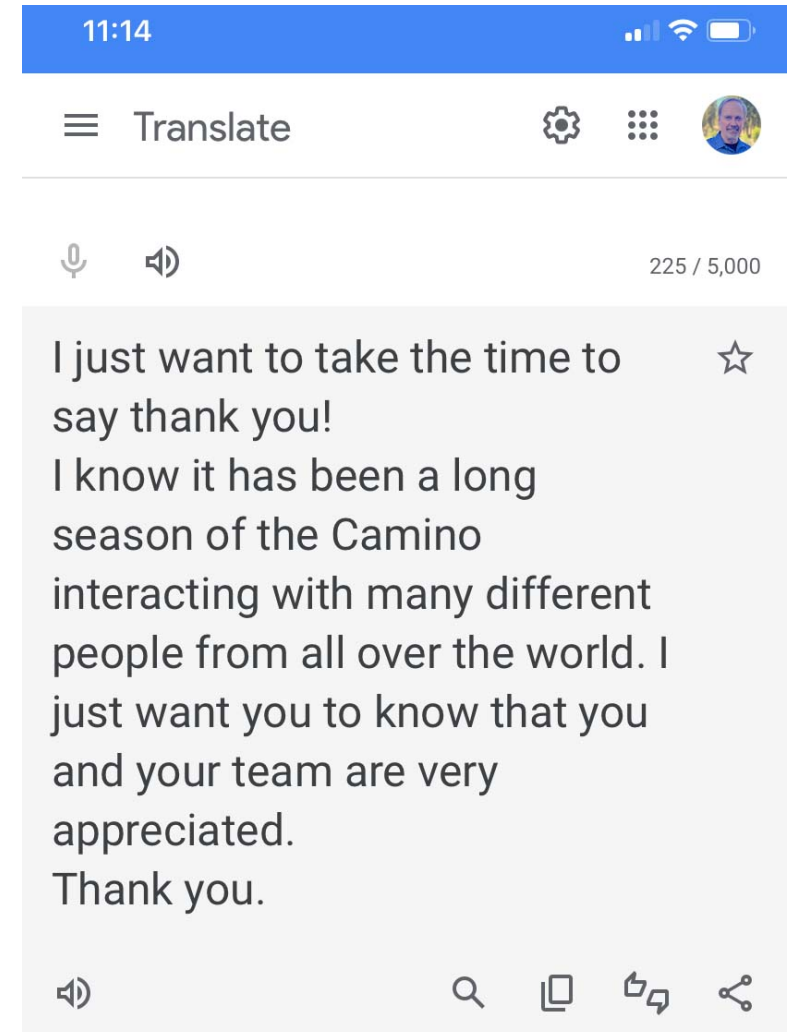
- **Dealing with some Pilgrims can be difficult, especially late in the Camino season**
 - Late Summer and Fall
- **Please be kind –these people work hard and deserve the same kindness we would like along the way**
 - Attitudes may have been affected by those who passed through before us
- **I prepared a little note on my phone for shop and restaurant staff to read every chance I got.**



¡Solo quiero tomarme el tiempo para decir gracias! Sé que ha sido una larga temporada del Camino interactuando con mucha gente diferente de todo el mundo. Sólo quiero que sepas que tú y tu equipo sois muy apreciados. Gracias.

INTERACTING WITH LOCALS

- **The Result**
 - There were a lot of hugs, tears and smiles
- **Late in the season we must do more to make up for what might have come before us**
- **Express your gratitude the best you can**
 - Tipping is not normal
 - Stopping to do little things, like a note, will brighten even the most bitter server
 - Be creative



PASSES THROUGH FOUR MAJOR REGIONS

- **Basque Country – France and into Spain**
 - Includes Saint Jean Pied de Port (foot of the pass)
 - Their own language, things painted red, white & green
- **Navarra**
 - Includes Roncesvalles, Pamplona & Estella
- **Castile / Leon**
 - Includes Leon, Astorga, Sahagun (1/2 way) & Villafranca
- **Galicia – Oh my goodness, The Food!**
 - Includes O’Cebrero, Sarria, Portamarin & Santiago



PASSES THROUGH 4 MAJOR CITIES

- **Pamplona**
 - Running of the Bulls in July of each year, Great Food!
- **Burgos**
 - Cathedral, fortress, artwork & big city life
 - Tomb of El Cid, popular Spanish Knight
- **Leon**
 - Cathedral, artwork, antiquities, night life
 - Tourists, travel hub, Decathlon, France-like street café's
- **Santiago de Compostela**
 - Cathedral, Pilgrims Mass, The Pilgrim museum
 - Pilgrim credentials, gathering of hikers in the square



NOTABLE SIGHTS – STROKES, VINEYARDS AND SMALL TOWNS

- Stroke nests on top of so many churches



- Vineyards and beautiful small hilltop villages
 - Cirauqui – truly a breathtaking experience. Medieval village picturesque streets, stone houses w/centuries old shields on doors



NOTABLE FOOD – END OF DAY, EVERYTHING DEVoured



NOTABLE PLACES ALONG THE CAMINO

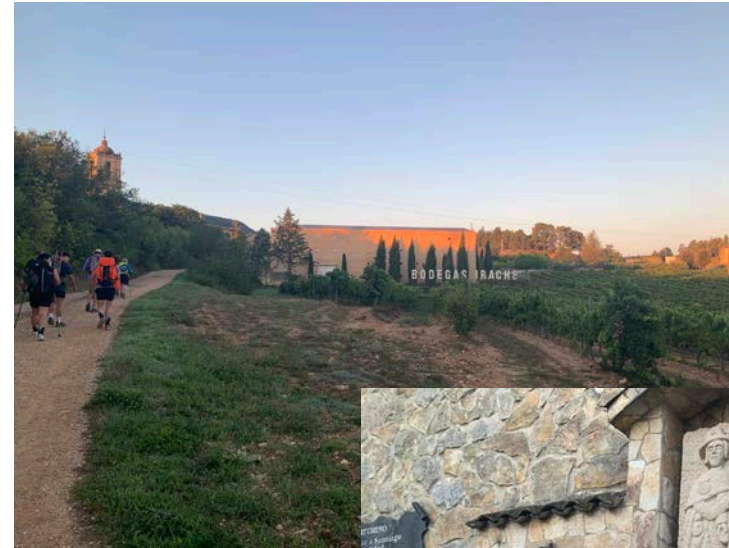
- **Very special places – too many to list**
 - **Roncesvalles – first stop over the Pyrenees**
 - **Akerreta – The hotel filmed in The Way**
 - **Pamplona city center square**
 - **Burgos – the Cathedral and surrounding area**
 - **Sahagun – the halfway point on the Camino**
 - **Leon – the Cathedral, city center and nightlife**
 - **Astorga – A masterpiece of Antonio Gaudi**
 - **Villafranca – Church built in 12th century**
 - **O’Cebreiro – Beginning of Galician region**
 - **Triacastela – The food, horse riding break**
 - **Sarria – Starting point for many Pilgrims**
 - **Portomarin – Home of the Camino almond cake**
 - **Ribadiso – Beautiful flowers, river and cows**
 - **Santiago – Bustling city and your sweet reward**
 - **Finisterra -Lands end, the lighthouse and ocean**
 - **Muxia – Famous small port and church**
 - **And everything and everywhere in between!**
-

NOTABLE PLACES – THE PILGRIM MONUMENT AND WINE SPOUT

- Pilgrim Monument
 - Outside and above Pamplona – Metal Pilgrim statues



- The Wine Wall spout – at Bodegas de Irache winery
 - Outside Estella, created to motivate weary Pilgrims



NOTABLE PLACES – SAHAGUN & ASTORGA

- Sahagun – Halfway point on the Camino Francés



- Astorga – A masterpiece of Antonio Gaudi



NOTABLE PLACES – RABANAL & VILAFRANCA

- Rabanal – Really old Alberque / Really old roads



- Villafranca - Church built in 12th century



NOTABLE PLACES – BETWEEN RABANAL & MOLINASECA

- **The Iron Cross**

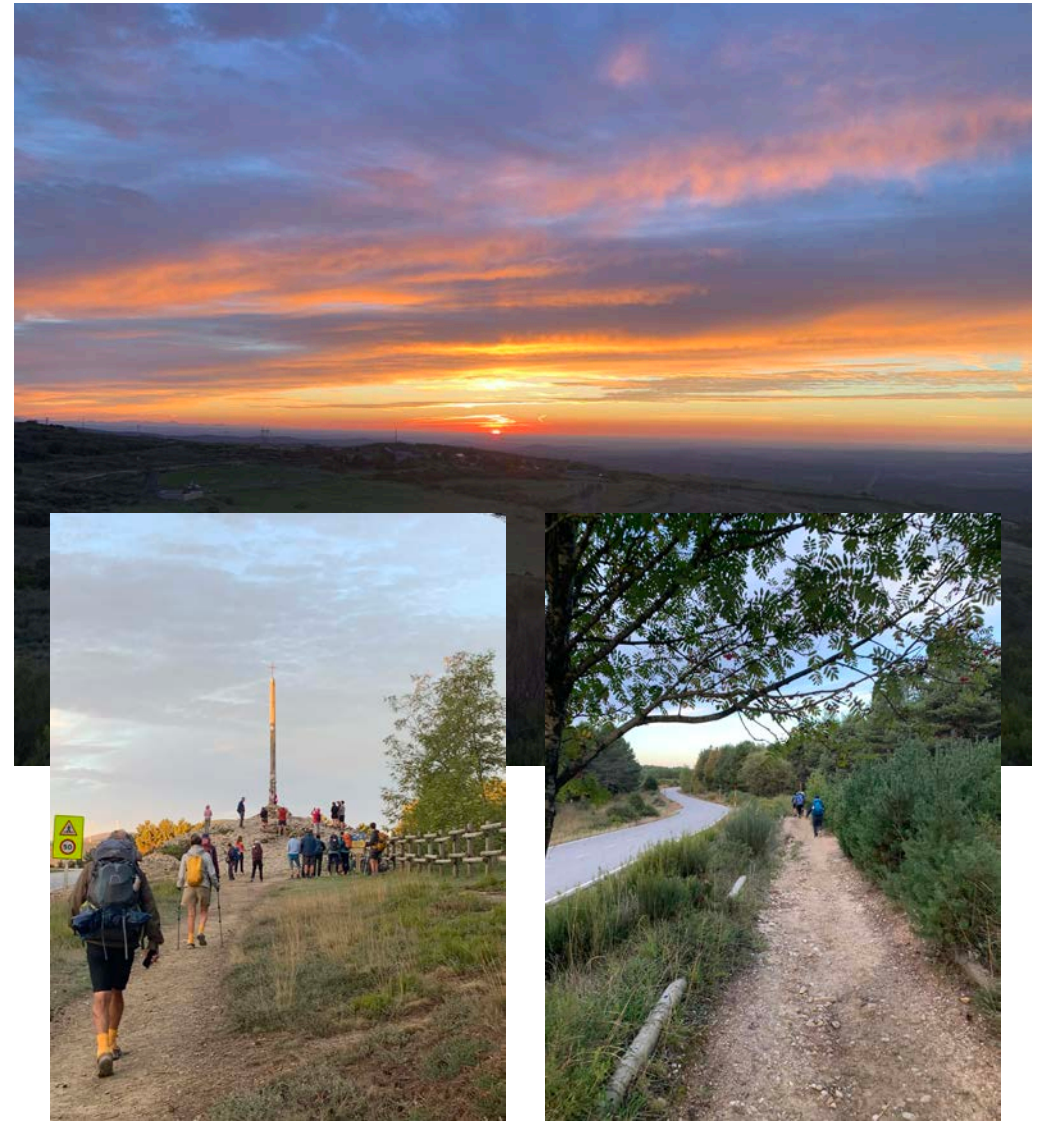
- Its general meaning: A reminder of the hardships and challenges each Pilgrim faces on the Camino

- **It is a place where Pilgrims seek forgiveness**

- Placing a small item there to represent sins left behind before moving on to Villafranca or Santiago for pardon or forgiveness

- **Incredible morning and odd landscape changes**

- A place where Pilgrims are greeted with incredible sunrises after walking very old roads
- Somewhat barren leading to The Iron Cross
- Incredibly beautiful green forest moving West



NOTABLE PLACES – O'CEBREIRO

- O'Cebreiro – Beginning of the Galician region

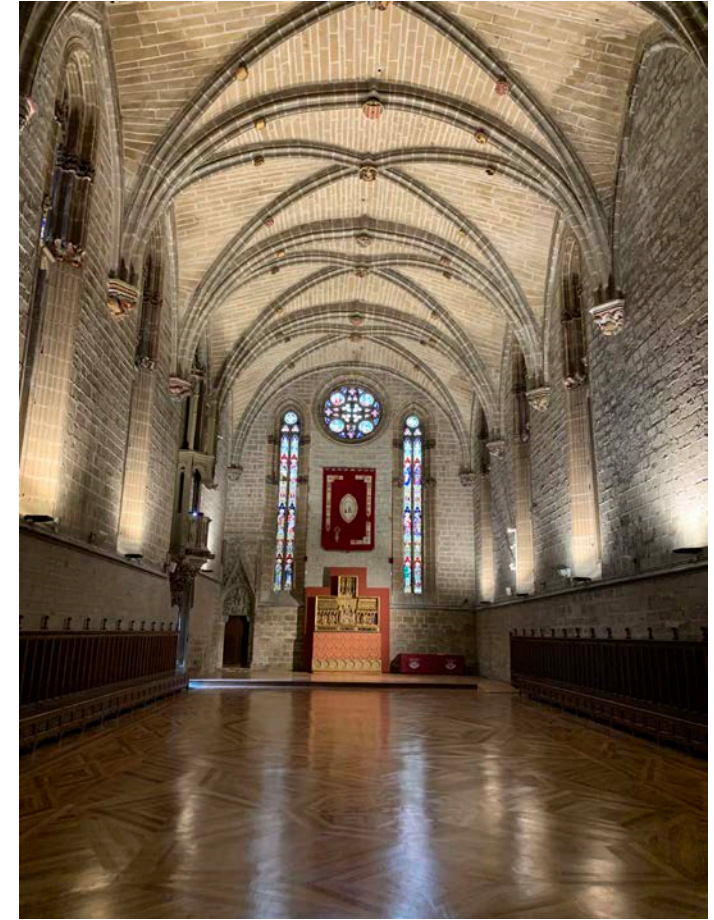
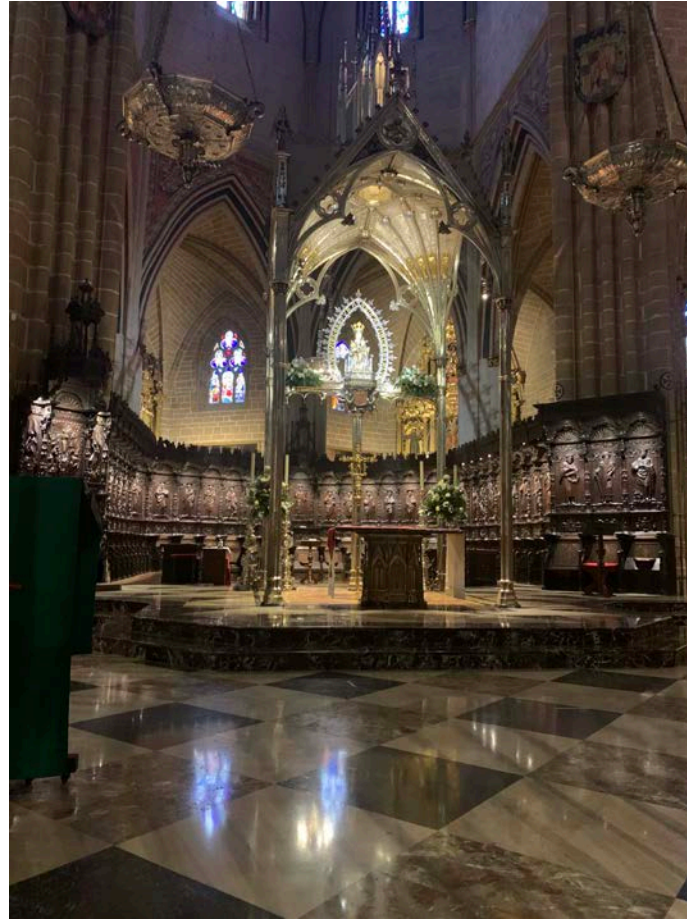


I LEARNED TO STOP AND SMELL THE ROSES, AND OTHER FLOWERS

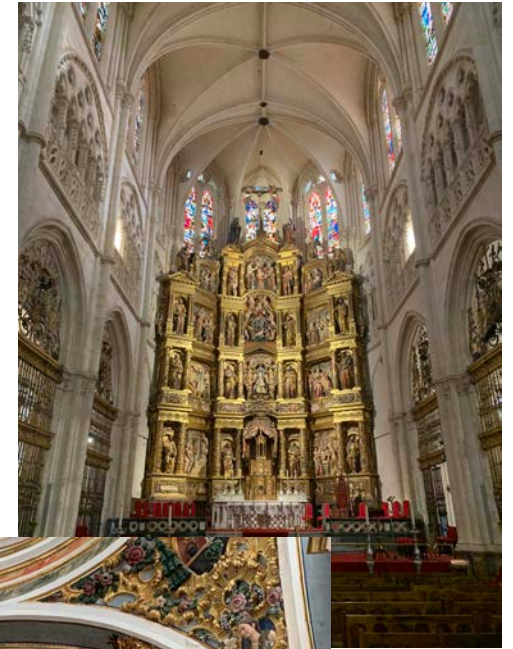


THE CATHEDRAL: PAMPLONA

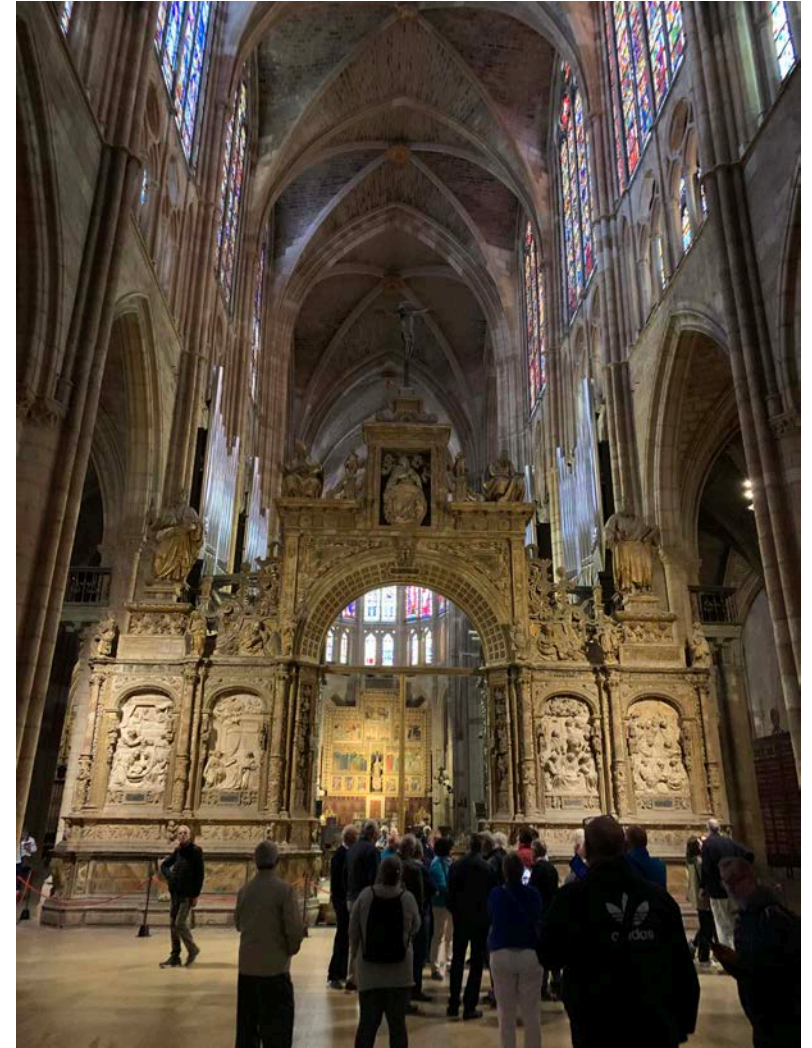
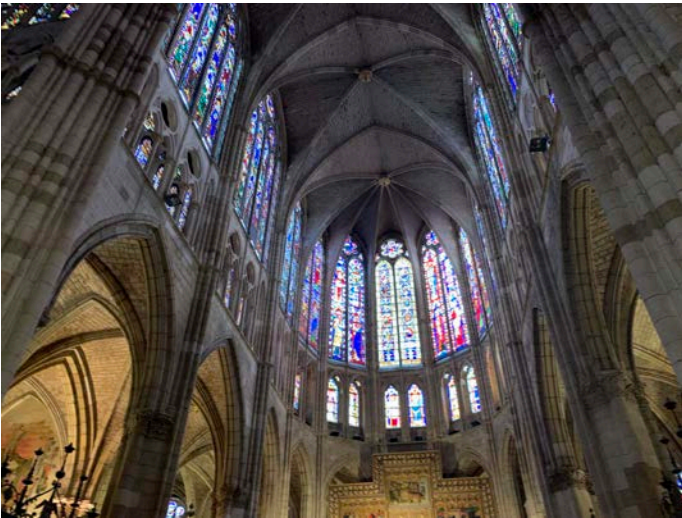
- The Cathedrals: Pamplona



THE CATHEDRAL: BURGOS

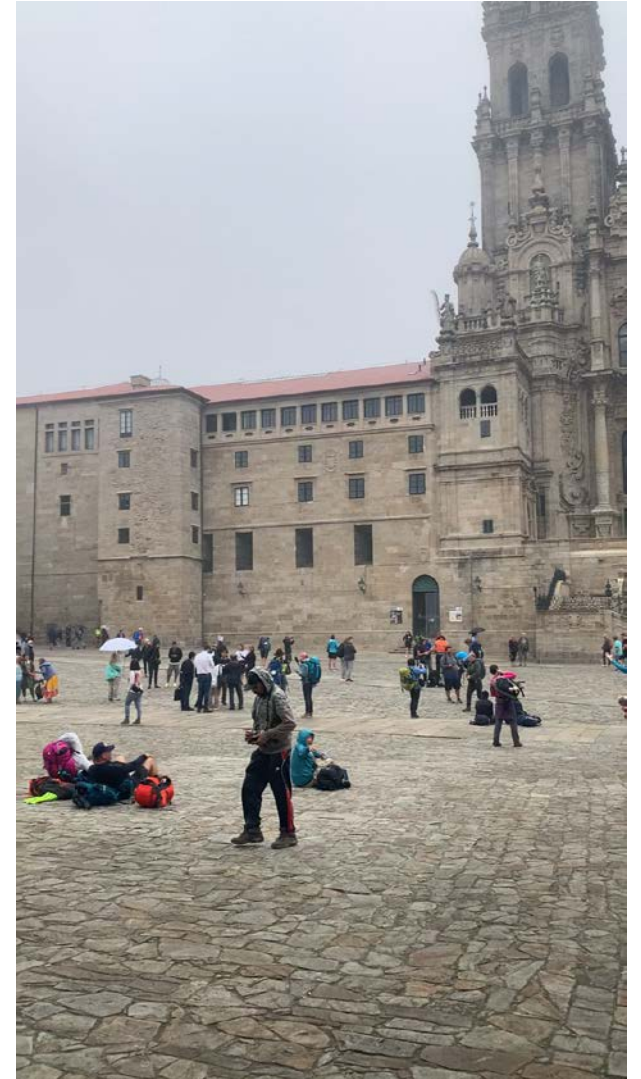


THE CATHEDRALS: LEON



737 windows, 1800 Sq m (19,375 sq ft) of stained glass

ARRIVING IN SANTIAGO

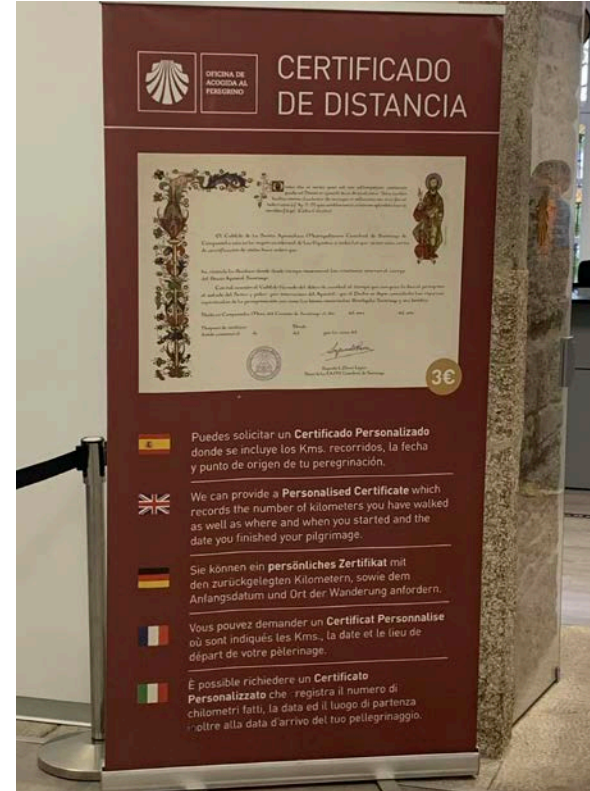


CATHEDRAL SQUARE REUNIONS



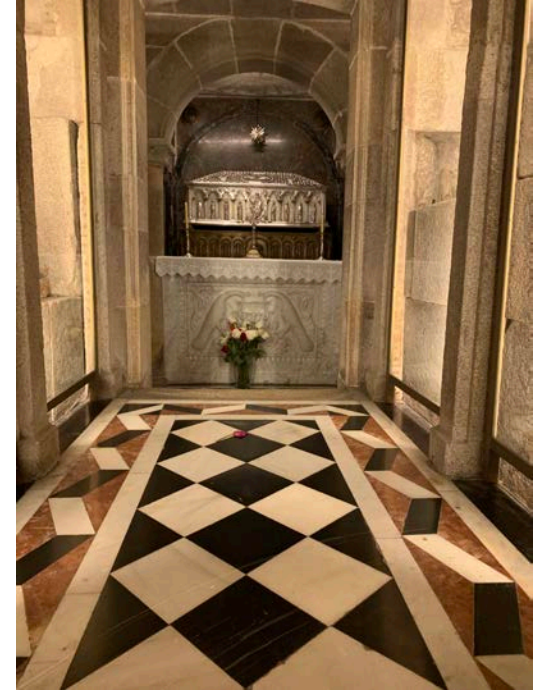
GETTING YOUR CREDENTIALS

- **Pilgrims Office**
 - Below the Cathedral to the West - Ask
- **Preregister ahead of time – get QR code**
 - Go to: www.oficinadelperegrino.com
 - Choose language, fill in form and you will receive a QR code to scan at the door
- **Get your certificate of completion**
 - And the tube!
- **Certificate of distance also available**
 - Stamped Pilgrim book required



THE TOMB OF SAINT JAMES

Tour of Saint James crypt typically done right after the Pilgrim's Mass. Located directly under the main altar.



PILGRIM'S MASS

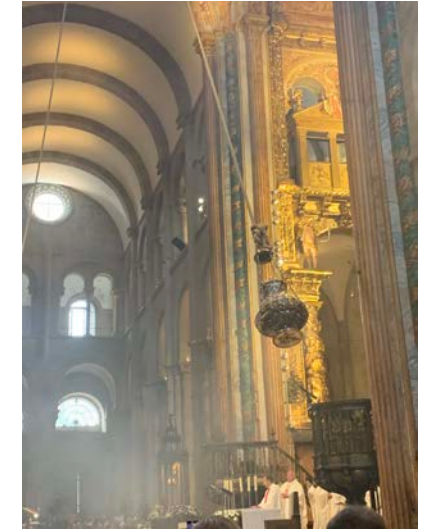
- **The Botafumeiro**

- A Thurible or Censor, or “smoke spreader”
- Weighs 175lbs, 45-50mph, travels the length and height of the Cathedral. Operated by 6 Monks
- Used in the middle ages to clean the air (fumigate the place) when crowds of stinky Pilgrims came in after completing their Camino de Santiago

- **It doesn't happen every day**

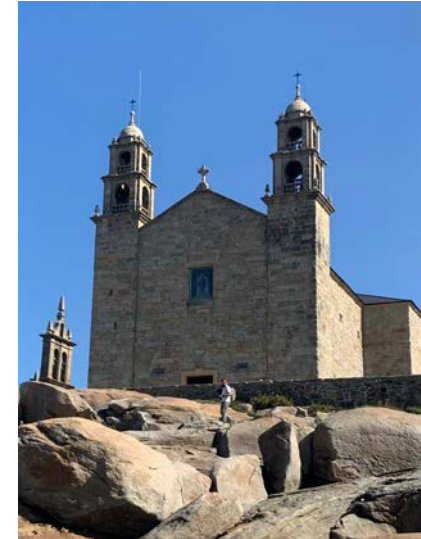
- In general, 7:30AM Pilgrim Mass each Friday, except Good Friday
- Busy season, sometimes twice or three times daily. Someone (dignitaries) can donate to have it done.

- **Follow-up with a tour of Saint James' crypt and the Pilgrims museum**



NOTABLE PLACES – FINISTERRA AND MUXIA

- Finisterra – The added pull of the Camino: End of the Earth
- Muxia – Beautiful small port town,

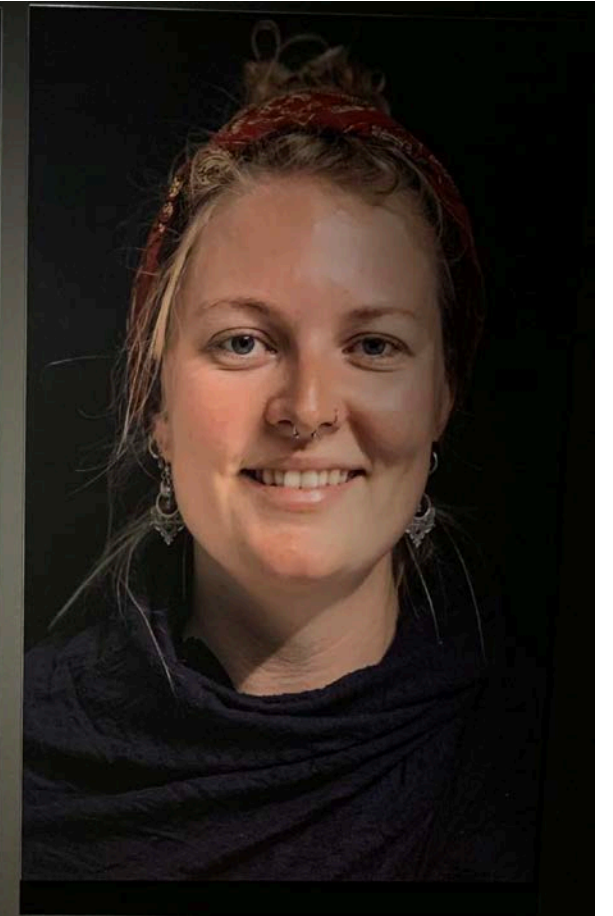
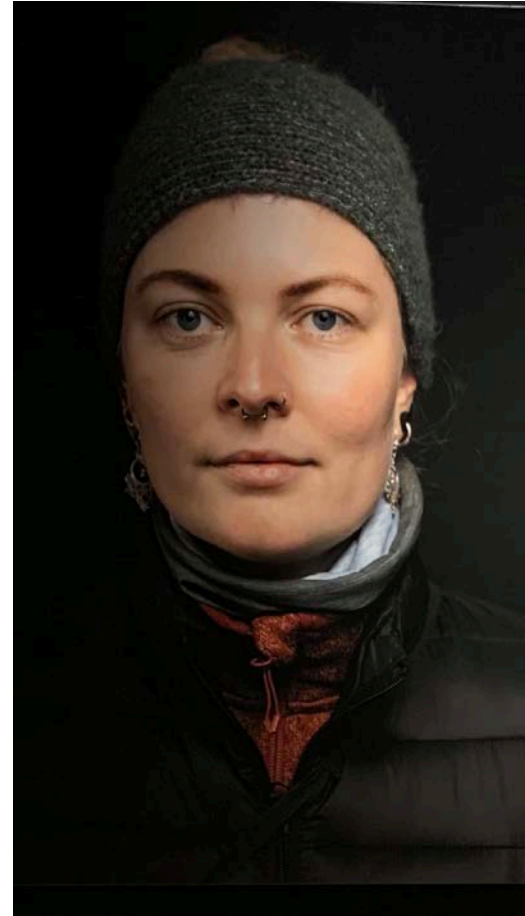
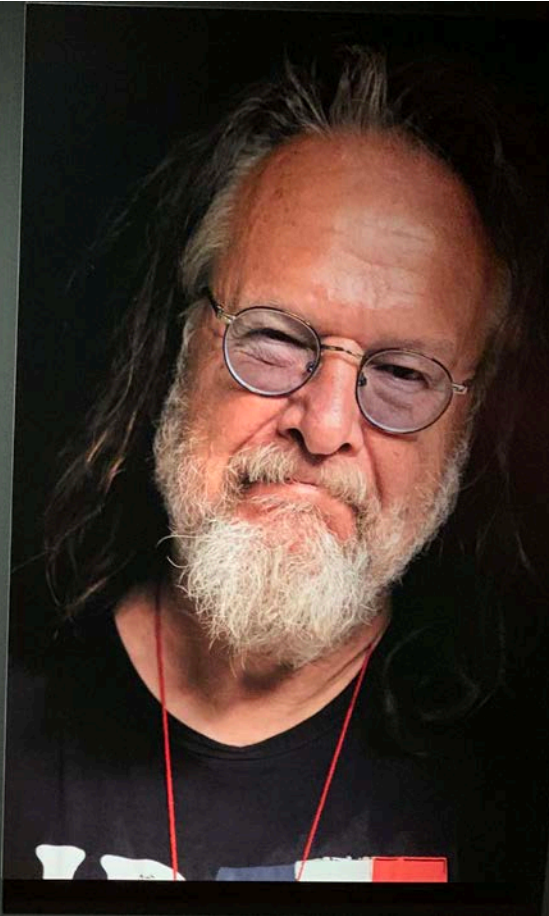
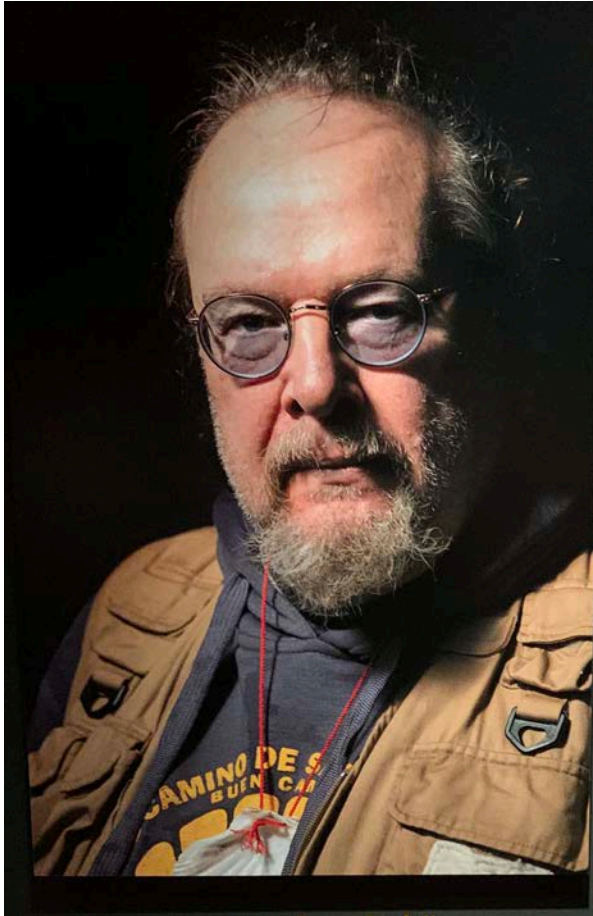


PILGRIM MUSEUM SANTIAGO – BEFORE & AFTER ROOM

- Off Cathedral Square – The museum is a Must See



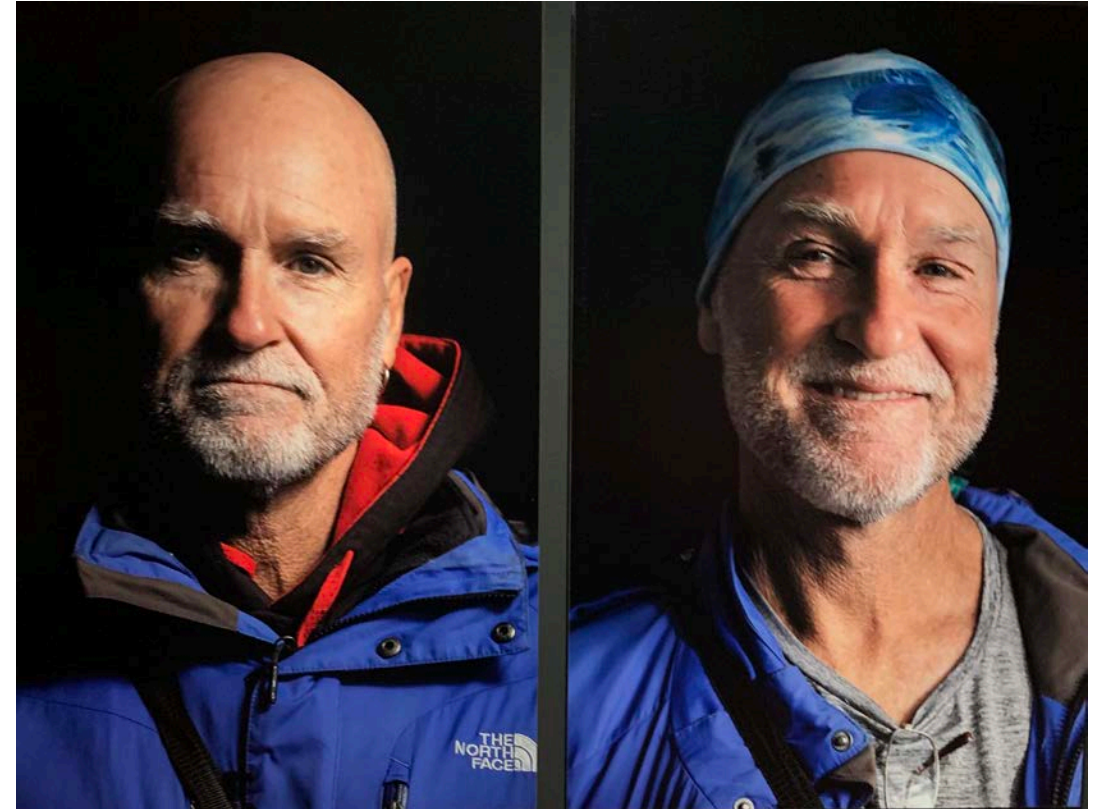
PILGRIM MUSEUM SANTIAGO – BEFORE & AFTER ROOM



PILGRIM MUSEUM SANTIAGO – BEFORE & AFTER ROOM



PILGRIM MUSEUM SANTIAGO – BEFORE & AFTER ROOM



PILGRIM MUSEUM SANTIAGO – BEFORE & AFTER ROOM



PILGRIM MUSEUM SANTIAGO – BEFORE & AFTER ROOM



TRAVEL BLOGS, RESOURCES, TOUR SITES, ETC.

- **Other Resources**

- Santiago-compostela.net
- Stingynomads.com
- Thecaminoprovides.com
- Exploreworldwide.com
- Americanpilgrims.org
- Thejollyapp.com
 - A little company created here in Bend

- **Tours, includes by foot and bicycle**

- Caminoways.com
- Followthecamino.com
- Galiwonders.com

- **By Bicycle**

- Macsadventure.com

- **By Horse**

- caminosantiagoacaballo.com
-

THANK YOU

