

# The Way of Saint James



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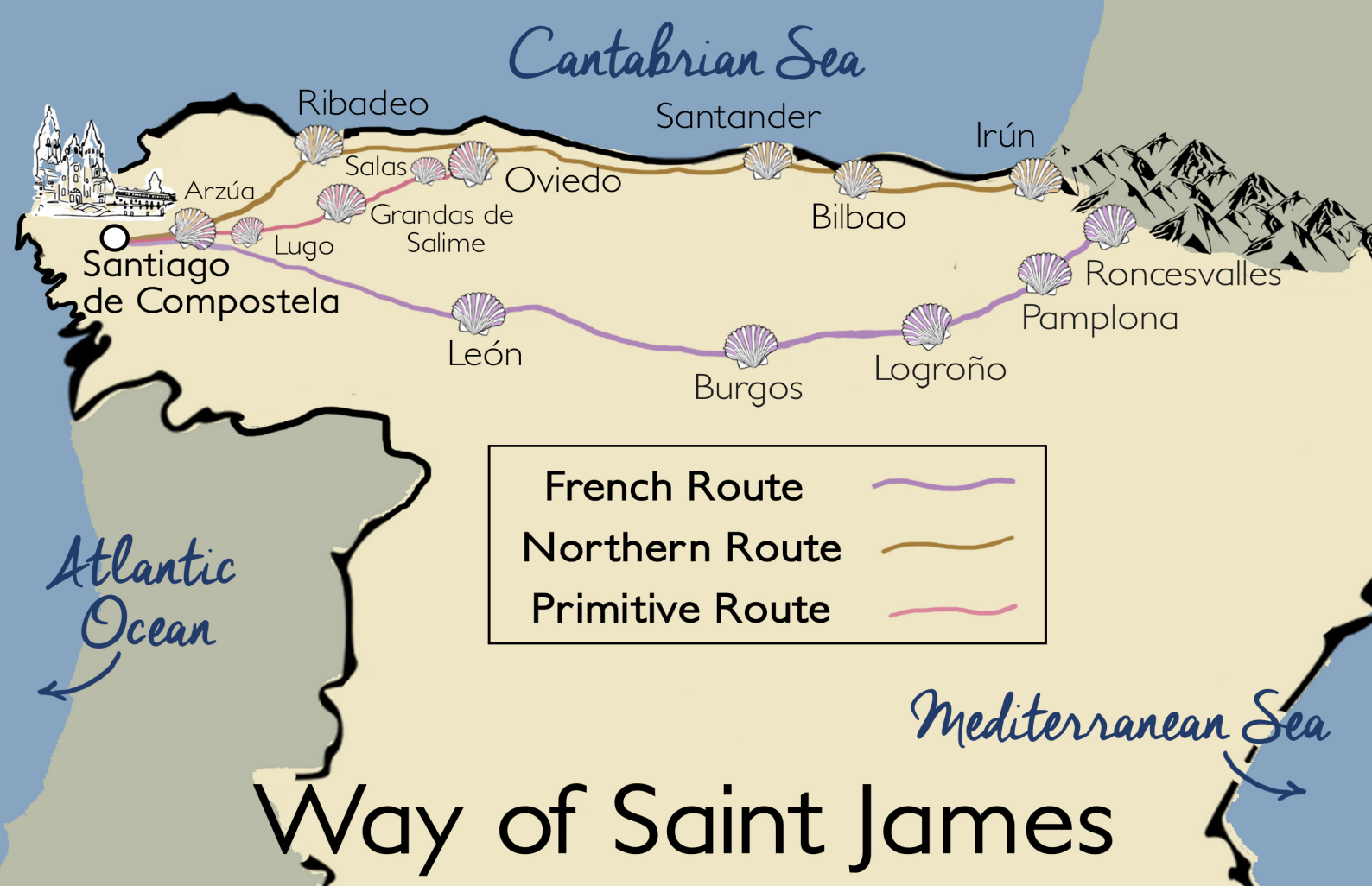
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*Back cover: Santiago Cathedral, Santiago de Compostela*



## INTRODUCTION

Have an unforgettable adventure on the **Way of Saint James**. Put on your boots, get on your bike or even take a sailing boat - an original way of making the journey - and discover Spain in a different way. Take up the challenge of completing an ancient route included on the UNESCO World Heritage List. You will travel through incredible natural spaces and visit towns full of history before reaching your goal, **Santiago de Compostela**.

This city in Galicia, where the remains of the apostle Saint James the Elder rest, receives thousands of pilgrims every year. There are almost as many reasons to travel the Way of Saint James as there are pilgrims who do it. In most cases, personal challenge, a religious or spiritual

quest, interest in history, art and nature and sport all converge. Whatever your reasons, we can assure you that the experience is worthwhile.

On the **Jacobean Route**, as the Way of Saint James is also known, you will enjoy the great cuisine of northern Spain on a culinary *tour* full of things to tempt your appetite.

On your way you will travel through as many as nine UNESCO World Heritage Sites.

Castles, cathedrals and cave paintings all await you. You can also experience the most authentic side of Spain by immersing yourself in our customs, traditions and popular festivities.

Whatever way you choose to travel through it, this route will provide you with a unique experience in contact with nature. From the mountain passes of the Pyrenees to the final destination in the hills of Galicia, on your way you will go through meadows and fairytale forests, see cliffs that will take your breath away and have the opportunity to visit National Parks.

You will always be accompanied on your pilgrimage. On the Way of Saint James you will meet fellow travellers from all over the world. The hospitality of the people living in the places you go through, all taking an interest in the pilgrims, will make you feel at home.

Dare to travel the Way of Saint James and get ready for a peaceful journey surrounded by nature. A journey of a lifetime awaits you.



# THE ROUTES

There are many routes to Santiago de Compostela. You can choose to complete all or part of a route. Join us on each of them.

## FRENCH ROUTE

The stages of the French Way offer a real journey back in time, making you feel like a character out of a legend. This route, the most historic of all, was the one taken by the majority of pilgrims in the Middle Ages, and they left an artistic and cultural footprint that you can now discover.

If you decide on this route, and you want to do it all, your adventure will begin in the **Pyrenees**, before then going along the south side of the Cordillera Cantábrica Mountains until you reach **Galicia**. You can choose **Roncesvalles** (Navarre) or **Somport** (Aragon) as your starting point. These two paths converge at **Puente la Reina** (Navarre). Expect to see beautiful landscapes and enjoy exceptional cuisine en route.



▲ VILLATUERTA BRIDGE  
NAVARRRE

## THE WAY OF SAINT JAMES



▲ **FISTERRA**  
GALICIA

In the **Aragon** region you will walk through enchanting woods and meadows and see magical places like **Canfranc Station** and **Coll de Ladrones** Fortress, in Huesca Province. Also in this province, in the village of **Villanúa**, you can stop off to visit **Las Güixas Cave** before reaching **Jaca**, a district capital where you can rest and stock up with everything you need. Get ready for the next day by treating yourself

▼ **YUSO MONASTERY**  
LA RIOJA



▲ **SANTO DOMINGO DE LA CALZADA**  
LA RIOJA

to the area's typical cod dish called “**bacalao ajoarriero**”. Carry on to **Arrés** and enjoy the incredible view from the **Canal de Berdún** viewpoint: immense cereal fields, the forest on the banks of the **Aragón** River and the barrier formed by the Pyrenees in the background.

▼ **LA REINA BRIDGE**  
NAVARRE



Continue towards **Navarre**. In **Pamplona**, the capital of the Navarre region, try a “chistorra” sandwich, a tasty sausage that can either be fresh or cured with paprika. If you come in the second week of July, you can experience the famous **San Fermín** running of the bulls. You will travel through several villages, such as **Obanos**, with very beautiful civil architecture, until you reach the Romanesque **Puente la Reina** Bridge. It was built in the 11th century to help pilgrims cross the **Arga River** and now, ten centuries later, you can still use it. Nearby, two kilometres from the town of **Muruzábal**, you will come upon one of the symbols of the Way of Saint James, **Santa María de Eunate Church**. Romanesque in style, it is one of the best known images of the Way of Saint James and one of the most frequently used in related publications.

Always surrounded by splendid nature, from Navarre you will move on to **La Rioja**, the world famous wine region. Try some of the wine in situ, accompanied by Rioja-style potatoes, which are simple but delicious. In this region, you can visit the cradle of the Castilian language, at the UNESCO World Heritage Site of the **Yuso and Suso monasteries**, in **San Millán de la Cogolla**.

In **Santo Domingo de la Calzada**, a city that grew as a result of the Way of Saint James, climb the cathedral's bell tower for exceptional views of the area.





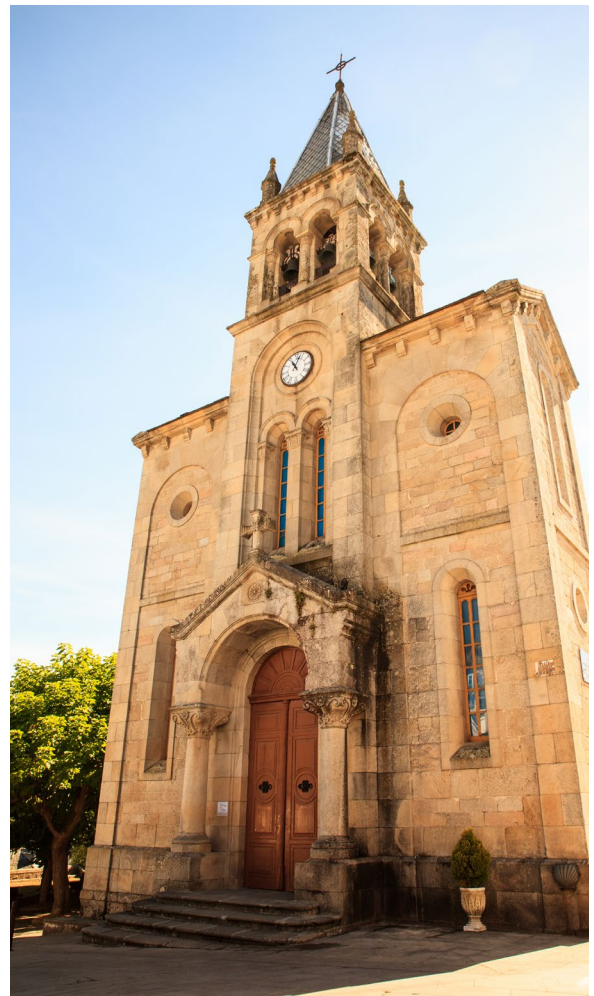
Once in **Castile-León**, spend some time in **Burgos**, a city that owes its importance in part to the **Way of Saint James**.

▲ **SAMOS ABBEY**  
LUGO

Craftsmen and merchants settled here and for centuries it was one of the most important cities in Spain. Its cathedral is one of the most beautiful examples of the Gothic style. There is a long list of monuments you can visit: San Nicolás Church, Santa Gadea Church, San Esteban Gateway... Afterwards you can recharge your batteries with a good roast Castilian lamb or some Burgos black pudding. You'll be surprised.

In Burgos, you can learn about human evolution at the **Museum of Human Evolution** and visit the nearby **Atapuerca complex**, which has been declared a World Heritage Site.

In **Palencia**, you can stop off at **Terradillos de los Templarios**. Its name is a reminder of the presence of the Knights Templar who belonged to one of the most powerful Christian military orders in the Middle Ages.



▲ **CHURCH OF SANTA MARIÑA**  
SARRIA, LUGO



After several stages during which you will cross the wide expanse of the plains of Castile, you will reach **León**, which many pilgrims choose as their starting point on the Way of Saint James. Visit the “Sistine Chapel” of the Spanish Romanesque, the **Royal Collegiate of San Isidoro**, and the **Pulchra Leonina**, as **Léon Cathedral** is known. Another highlight of the city, an old Roman camp of which some traces remain, is the ancient **San Marcos Hospital**.

Near the city, in **Astorga**, you will find the **Bishop's Palace**, designed by the genius of modernist architecture, **Antoni Gaudí**. Continue towards your goal, passing through León's fertile **El Bierzo** district. The historic centre of this district's capital city, **Ponferrada**, spreads out at the foot of an imposing castle founded by the Knights Templar. Before leaving León, stop at **Villafranca del Bierzo**, to visit its Old Quarter. Be sure to try some *cecina*, a delicious beef product cured in a similar way to Serrano ham.

From this point, the terrain demands more effort to get over mountain passes like **Cruz de Hierro**, the highest point on the French Route, and **O Cebreiro**, which is the entranceway to Galicia. From **Santa María a Real Monastery**, mist permitting, you can enjoy an exceptional view of the valley at sunrise.

Your journey enters its final stage in the green hills of Galicia. Streams, forests and pastures form the landscape of this magical, mysterious land. Here you will discover the legacy of the ancient Celtic settlers and enjoy the famous Galician cuisine. Try some hearty Galician broth and “*empanadas*” (pies), which have a great variety of fillings.



▲ PORTOMARÍN  
LUGO

In the province of **Lugo**, on the leg from **Sarria** to **Portomarín**, you will be delighted to come upon the Romanesque **Santa María de Ferreiros Church** right on the Way of Saint James. At **Samos Abbey** the Benedictine monks will offer you accommodation and the chance to accompany them in their morning prayers.

Lugo province is also home to **San Salvador de Vilar de Donas Monastery**, in the town of **Palas de Rei**. Inside the monastery there is a magnificent museum with Gothic sculptures, stone altarpieces of great value, and sepulchres in which Knights of Santiago were buried in the 12th century.

## THE WAY OF SAINT JAMES

Take a deep breath; you're almost done. Soon you will enter **A Coruña** Province, where the majestic city of **Santiago de Compostela** awaits you. This holy city has magic in the air. You can just feel the spirituality as you walk through the naves and chapels of the **cathedral**, a Romanesque gem. It stands in the beautiful **Plaza del Obradoiro**, where the different routes to the city converge. You have reached a unique destination: enjoy its university atmosphere, its cultural activity and the intense greenery of its parks and gardens.



## NORTHERN ROUTE

On this route you travel the Way of Saint James following the coastline of the **Cantabrian Sea**. As old as the French Route, it is one of the most beautiful and exciting ways. Discover the coastal landscapes of the **Basque Country, Cantabria, Asturias** and **Galicia** in an exceptional way, and take the opportunity to try the internationally renowned cuisine of northern Spain.

Come and see **Green Spain**, a region of exceptional natural beauty with mountainous landscapes, numerous watercourses, dizzying cliffs, lush forests and endless meadows. You will visit historic villages and lively cities. This route on the Way of Saint James has the greatest number of UNESCO World Heritage Sites.



HONDARRIBIA  
GUIPÚZCOA



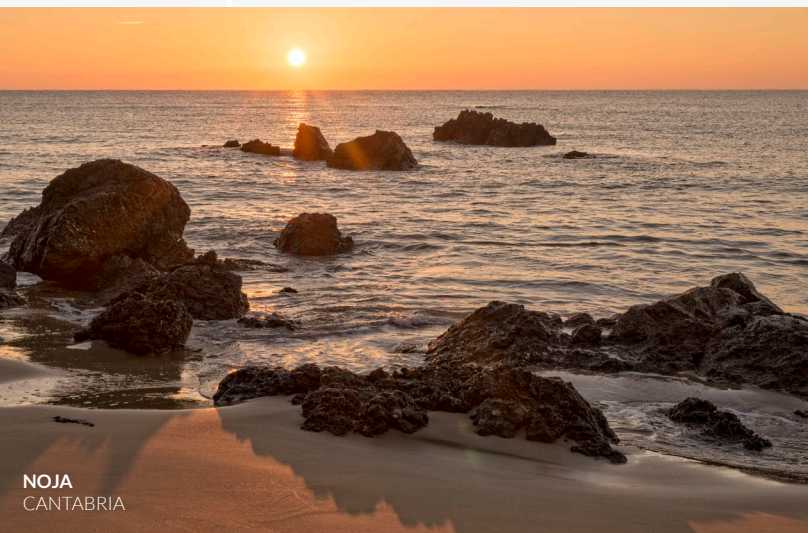
THE COMB OF THE WIND SCULPTURE  
SAN SEBASTIÁN

If you want to do the whole route, your first stage will start at **Irún** (Euskadi/Basque Country), on the French border. You will travel through **Gipuzkoa** Province to its capital city of **Donostia/San Sebastián**: a spectacularly beautiful city spread along a bay of white sand between the **Urgull** and **Igeldo** mountains. The mix of traditional houses, stately mansions and modern neighbourhoods make this one of the most attractive cities on the Cantabrian coast. Here you should visit **San Telmo Museum**, the **Comb of the Wind** sculpture and the **Kursaal** Conference Centre to see how the city combines tradition

and modernity. And enjoy its cuisine: **San Sebastián** is one of the world's cities with more Michelin Stars per square metre. Try the local white wine, called *txakolí*.

In the next stages along the coast of Gipuzkoa Province you will have to climb up and down the slopes between the pretty seaside towns of **Zarautz**, **Zumaia** and **Deba**. Between these last two you can see large formations of *flysch*, a geological phenomenon caused by the erosive action of the sea on stratified rocks. From the highest villages, namely **Askizu**, **Elorriaga** and **Itziar**, there are marvellous views of the green Cantabrian hills.

## THE WAY OF SAINT JAMES



Leaving the sea behind and heading inland, amid majestic holm oaks you will come across isolated hamlets as you head towards **Vizcaya** Province. In **Guernica**, a city that is named a “**Symbol for Peace**”, you will get a sense of the town's history. It was totally destroyed by the German and Italian air forces during the Civil War, in 1937. This incident inspired the iconic painting by **Pablo Picasso** that carries the town's name.

Still in **Vizcaya** Province, you will then reach its capital city, **Bilbao**. You will be impressed by the way the city combines its industrial past with avant-garde architecture that is respectful of the environment. An attraction not to be missed is the **Guggenheim Museum**, a titanium building designed by the architect Frank Gehry to house contemporary art, and which is a work of art in itself. And if you are interested in art, don't miss the **Bilbao Fine Arts Museum**. Regain your strength in the old town with some delicious *pintxos*, the name given to tapas in this region, and wash, them down with some local wine.

After covering the last remaining kilometres in the **Basque Country** you will come to the **Cantabria** region, where you will walk through beautiful towns and villages like **Castro Urdiales**, **Laredo** and **Noja** on your way to the region's stately capital city, **Santander**. Located to the south of what is considered one of the most beautiful bays in the world, it combines mountains and the sea. You will enjoy great views from any of the many viewpoints. Stroll through the historic centre and see its many fine buildings.



**SOBRELLANO PALACE**  
COMILLAS



▲ **RIBADESELLA**  
ASTURIAS

Continuing along the Cantabrian coast, you will arrive at **Comillas**. The cobbled streets and squares are lined with many beautiful ancestral homes. You will love its towers and modernist buildings. Visit **El Capricho**, a

building designed by **Antoni Gaudí**; the neo-Gothic **Sobrellano Palace**; and **Pontificia University**, which dominates the town.

Nearby, in **Santillana del Mar**, you can see the legacy of Upper Palaeolithic man in **Altamira Cave**, which is the greatest example of Spanish cave painting. These cave paintings, some 18,000 years old, are a UNESCO World Heritage Site.

Now in **Asturias**, there are some fun stages of the route and you will eat like a king. The Way of Saint James will take you through many parishes in the municipalities of **Ribadesella** and **Llanes**. In Llanes, spare some time to see the lovely surroundings of **Nuestra Señora de los Dolores Church** and **San Antolín Beach**.



Shortly after this you will reach a major city in Asturias, **Gijón**: an attractive combination of sea air, architectural heritage and modern urban development by the beach. You'll love it. You can see examples of Romanesque architecture like the church of **San Andrés de Ceares**.

You will also go through **Cudillero**, a pretty fishing town, and **Luarca**, known as **the White Village on the Green Coast**, just before you get to **Galicia** crossing the Ribadeo estuary.

In this region's **Lugo** Province, visit **Mondoñedo**. Located in a wide valley that opens onto the Bay of Biscay, its old town has been declared a cultural asset site, and its imposing neoclassical cathedral will take you centuries back in time. Try its traditional puff pastry tart with nuts and candied fruits.

In **Arzúa**, a town 40 kilometres from Santiago, you will meet pilgrims arriving from the **French Route**.

## PRIMITIVE ROUTE

This is the oldest of all the routes that comprise the Way of Saint James. Follow a path trodden by pilgrims in the 9th century through the western interior of Asturias. It is less busy than the **French Route** or the **Northern Route** and is clearly signposted. Moreover, the more wooded areas are easy to walk through and there are hardly any sections with asphalt, so you can fully enjoy the green Asturian valleys along the entire route.

Start in **Oviedo**, the capital city of the Asturias region, which is also known as the **Principality of Asturias**. It is a lively city with an immense heritage. Romanesque churches like **Santa María del Naranco**, **San Miguel de Lillo** and **San Julián de**

**Prados** are just some of the buildings in Oviedo on the UNESCO World Heritage list. The pedestrianised old town makes walking around Oviedo a pleasure. In **San Salvador Cathedral** you can see the **Cámara Santa** Chapel, built on the orders of the first pilgrim king, Alfonso II, to keep relics such as the Holy Shroud.

Now on the way to Galicia, crossing through the heart of Asturias, you will feel you are part of nature in the company of mighty rivers, steep gorges, waterfalls and ancient oak groves. Along the way you will come to towns like **Salas**, declared a Historic Site, where you can visit the **Santa María Collegiate Church**, one of the best examples of Asturian Renaissance archi-

### ▼ SALAS OVIEDO (ASTURIAS)





▲ GIJÓN

ecture, and the **Medieval Tower** which houses a museum where you can learn about the pre-Romanesque period. In the **Salas Cemetery**, from which you can enjoy magnificent views, the impressive **San Martín de Salas Yew Tree** stands 15 metres tall, and its trunk has a girth of 6 metres.

You will then go through the municipalities of **Allande** and **Grandas de Salime**, where the protected landscape of **Sierras de Carondio** and **Valledor** is breathtaking. Now close to Galicia, you will have pretty views of **Salime reservoir**. Before joining the French Route, in **Palas de Rei** (Lugo Province), you will reach the top of the beautiful **Alto del Acebo** Mountain, 1,030 metres above sea level.

On your journey through Asturias try the rich and plentiful traditional dishes. You can recharge yourself to continue on your way by eating the region's famous stew, the "**fabada**", with butter beans, bacon and chorizo sausage, or a "**cachopo**", two veal fillets filled with cheese and ham, then breaded and fried. For dessert try some **rice pudding** and wash it all down with the popular local drink of **cider**.



► CACHOPO





▲ BADAJOZ

## OTHER ROUTES

You can also reach Santiago de Compostela on other **routes**. Your choices include the **English Route**, originally used by British and Scandinavian pilgrims disembarking at the ports of **Ferrol** and **A Coruña**. The **Portuguese Route** will take you from **Lisbon** along the Atlantic coast to **Porto**, from where you go on to enter **Galicia** at the border town of **Tui** (Pontevedra Province). You can also take the **Silver Route**, an old cultural and trade route that **crosses Spain** from **Seville** in the south to **Gijón** in the north, connecting along the way with various branches of the Way of Saint James.





# HOW TO TRAVEL THE WAY OF SAINT JAMES

Before taking up the personal challenge of the Way of Saint James, make sure you are well-prepared. Here are a few tips just to get you started.

To get the final certificate confirming that you have achieved your goal, the **Compostela** Certificate, you will need to have your personal ID and a pilgrim's credential: this is a document similar to a passport giving you access to the hostels along the Way. You can get the stamp confirming that you have completed each stage at these hostels, as well as in parish churches, town halls and even in some authorised bars. You can get your credential document at a parish church or a hostel in the town where you start your journey or from one of the **Friends of the Way of Saint James** associations. The last stamp from Santiago Cathedral is given

at the **Santiago de Compostela Pilgrims' Office**. Keep in mind that to obtain the Compostela Certificate you must complete and confirm completion of a route of at least the last 100 kilometres on foot or horseback, or 200 kilometres by bicycle. It is also necessary to have undertaken the Way of Saint James for religious or spiritual reasons. If you have a different reason, you can ask for a pilgrim's certificate instead.

Before you start you must decide how you want to travel the Way of Saint James. You have several options. Here are some tips to help you complete your journey successfully, whichever you choose.

## ON FOOT

The best option if you want the most authentic Way of Saint James experience is to travel on foot, which is also the most affordable option. You can enjoy the landscape at your leisure, take in the sounds of nature and talk with people from all over the world. If you prefer, you can do it in silence and enjoy the solitude. The Way of Saint James is a perfect setting for meditation.

If you decide to walk, choose a good rucksack, and when you fill it be careful not to exceed 10% of your own weight, and a maximum of eight kilos. Your journey will have alternating sections of ground and asphalt. Wear comfortable shoes for each type of terrain: some good *trekking* boots and some sports shoes moulded to the shape of your foot. Poles or sticks for support on the steepest sections are highly recommended. Remember to pack necessary personal hygiene items and a small first aid kit.

Don't worry. If you have a mishap, you will never find yourself alone. Helping others is in every pilgrim's nature.



## THE WAY OF SAINT JAMES

some warm clothes and a waterproof cape big enough to cover you and your rucksack if it rains. Spain is a sunny country, so wear a hat and sunscreen. Regarding sleeping arrangements, many hostels will offer you a bed where you can stretch out your sleeping bag. However, on other occasions you may have to lie on the floor, so it is always a good idea to have a sleeping mat.



## BY BIKE

If you like cycling, tackling the Way of Saint James by bike is a unique experience. You can cover much more ground in each stage, so you can make quick detours to see the endless places of interest hidden away on your route.

To enjoy the Way of Saint James to the full, plan a route that suits your physical fitness and try to choose seasons of the year when temperatures are milder and it rains less, although the Way of Saint James is perfectly prepared to be travelled at any time of the year, with a network of welcoming hostels that will offer you shelter whenever you choose to go.

The **French Route** and the **English Route** do not present great difficulties. The **Coastal or Northern Route** and the **Primitive Route** enjoy perfect weather for travel during spring and summer. On the **Silver Route**, in the mid-summer weeks heat becomes an important factor and you should take this into account.

On your journey you will find sections and stages with detours for people going by bike. They are very well signposted but you can also find information in specific guides.

Most of the recommendations for pilgrims walking the Way will also apply to you. You will also have to carry essential equipment for your bike (spare inner tubes, patches, a pump, degreaser, etc.) and for you (glasses, helmet, gloves, reflective vest for road sections, etc.). When it comes to sleeping, keep in mind that public hostels give preference to pilgrims who are travelling on foot.



## ON HORSEBACK

Mount a steed and travel the Way of Saint James as kings and knights did in the Middle Ages. This is an unbeatable way of getting to know the Way of Saint James.

In this instance, there are more preparations required and you must include enough time to rest your horse and prepare the sacks of feed you will need along the route.

## THE WAY OF SAINT JAMES

Although this is a relaxed way of doing the Way of Saint James, it also requires a certain amount of physical fitness. Don't set yourself very long stages so that you can stop often to stretch your legs and enjoy the many experiences that your route will offer you.

You will have to inform the Local Police (telephone 092) of your entrance to **Santiago de Compostela** on horseback several days in advance. They will indicate the times and the route you should follow. In addition, they will give you an entry permit to reach **Plaza del Obradoiro** and to stop briefly in front of the **cathedral**. Take a final photo as a reminder of your incredible experience.

▼ MONTE DO GOZO  
A CORUÑA

## BY TRAIN OR SAILING BOAT

If you want to travel part of the English route - between Ferrol and Santiago de Compostela - you can do it aboard the *Ro-bla Express* on its Pilgrims' Route. This is a classic sleeper-train with a timetable that enables you to walk part of the English Route. It starts and ends in Oviedo in Asturias, with stations at Viveiro, Ortigueira, Ferrol and Santiago de Compostela.

Introduced in 2016, you can also travel the Way of Saint James via the waters of the Cantabrian Sea. The English and the Irish pioneered sea routes to Santiago de Compostela in the 12th century.

On this route, known as "*Sail the Way*", you travel parallel to the Northern Route via 17 marinas on the coast of the **Basque Country, Cantabria, Asturias** and **Galicia**. To get your **Compostela Certificate** you need to travel at least the final 100 nautical miles (182 kilometres), have your pilgrim credential stamped in each of the authorised ports and complete the last stage on foot, from Monte do Gozo to Santiago de Compostela.





# PRACTICAL INFORMATION

ROYAL COLLEGIATE CHURCH OF RONCESVALLES  
NAVARRE

## WHERE TO STAY

The Way of Saint James has several accommodation options. Each offers a different experience.

### HOSTELS

For the most authentic experience on the Way of Saint James, stay at its wide network of hostels. There are two kinds. Public hostels usually charge a small fee. Places are limited and are taken in order of arrival, and pilgrims on foot or on horseback have priority over those who are travelling by bike.

Don't worry, you will always find a place to sleep. There are also private hostels and, when there is no room at hostels, there are churches, sports centres, schools and other public buildings that are opened to accommodate pilgrims.

You must adhere to check-in and check-out times, and to the silence rule at night that ensures you and your fellow travellers can sleep. An atmosphere of solidar-

ity with the other pilgrims is widespread in this type of accommodation. Using them will ensure you enjoy an experience close to the original form of travel on the Way of Saint James.

## HOTELS

Spain has an excellent tourism infrastructure. On your Way of Saint James route you will find a variety of private accommodation to suit your preferences and budget. From classic **hotels** and **guesthouses** of various ratings, to **health resorts** where time seems to stand still, and modern hotels with **spas** where you can spend some time pampering yourself. In the **country house lodges** that you will find scattered all along the Way of Saint James, you will be able to enjoy a very personalised service.

## CAMPSITES

If you want to enjoy special contact with nature, stay at the campsites on the Way of Saint James. Most of them are located in the exceptional green areas in and around the towns and villages you will travel through. They also come in different categories. All of them have the basic services and in some you will be impressed by the facilities, which include swimming pools, activities for children and even entertainment options. The Northern Route has the largest network of campsites, some towns even having more than one. Wild camping in Spain is regulated. You will have to find out about the areas in which it is allowed.

## PARADOR HOTELS

Experience the Way of Saint James and its history by staying at a Parador Hotel. These are distinctive establishments, located in natural or historical places of great beauty. Palaces, monasteries, convents, castles, etc. Authentic monuments with all the comforts of the 21st century, from which you can discover the culture of Spain. Some of them are Museum Parador Hotels and form part of Spain's artistic heritage. All of them serve fantastic food influenced by each area's traditional cuisine. There are currently almost a hundred Parador Hotels all over Spain. Go to <http://www.parador.es> for a complete list.

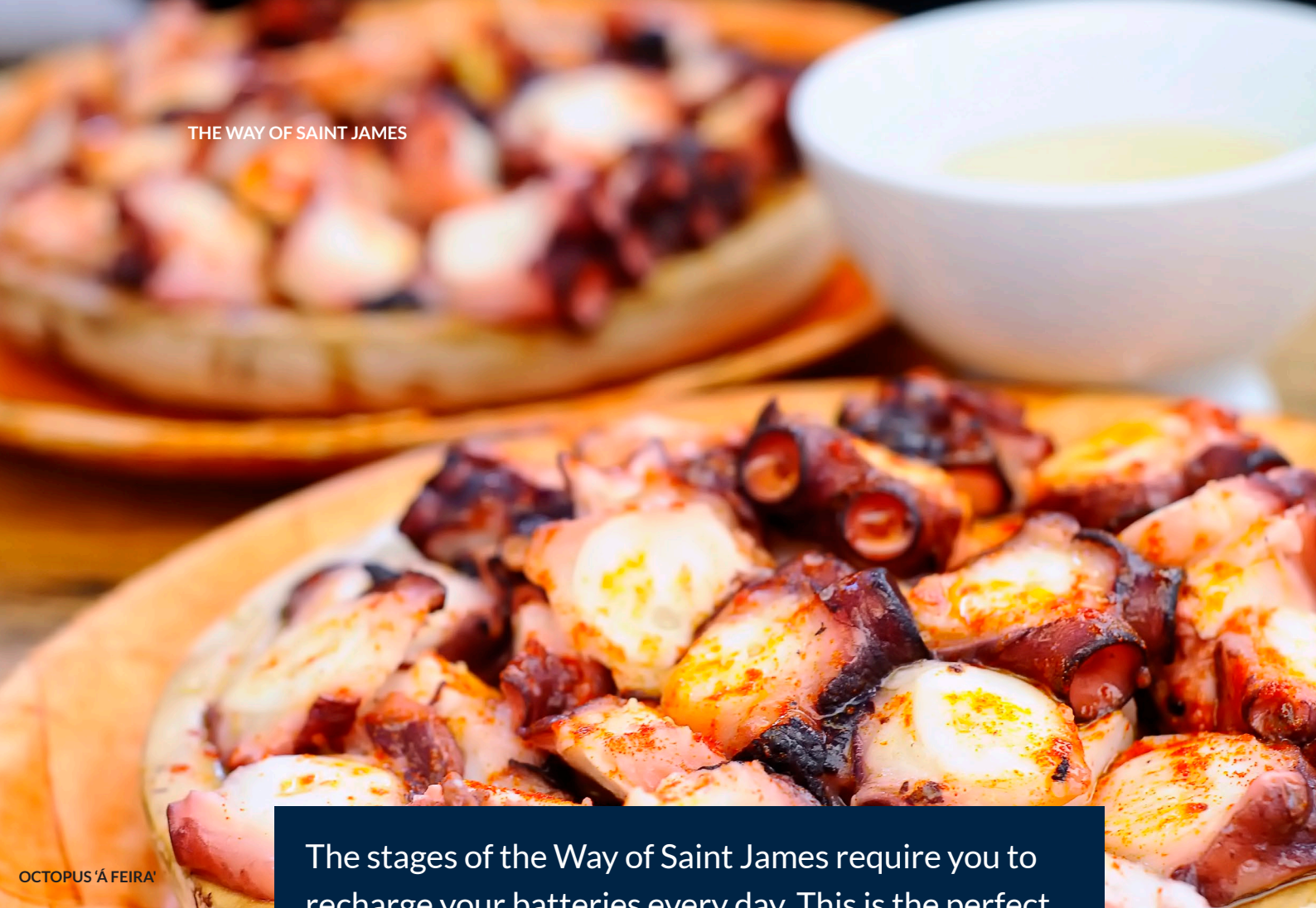
On the Northern Route there is the **Parador de Santillana del Mar** (Cantabria), a typical large mountain house constructed in the architectural style of the area. On your way through Asturias, in **Cangas de Onís**, you will be surprised by the old **San Pedro de Villanueva Monastery**, surrounded by the Picos de Europa Mountains. In Galicia, you can enjoy splendid views at the **Parador de Ribadeo**, or make yourself at home in a medieval tower at the **Parador de Vilalba** or in a typical Galician country house at the **Parador de Verín**. In Ourense province, you can experience peace in the cloisters of **Santo Estevo Monastery**. If you choose to go on the Portuguese Route, breathe in history in the **Parador de Baiona** (Pontevedra Province), a spectacular walled fort overlooking the sea.



On the Silver Route you can stay at a Renaissance Palace in Cáceres, right in the centre of the historic old town which is a UNESCO World Heritage Site. When you reach **Santiago de Compostela**, crown your journey with a stay at the **Hostal dos Reis Católicos**, a beautiful hospital for pilgrims built in the Renaissance, next to Santiago de Compostela Cathedral.



HOSTAL DOS REIS CATÓLICOS  
SANTIAGO DE COMPOSTELA



OCTOPUS 'À FEIRA'

The stages of the Way of Saint James require you to recharge your batteries every day. This is the perfect chance to enjoy the wealth of cuisine you will find on your way.

'POTE GALLEGO' STEW



## GASTRONOMY ALONG THE WAY OF SAINT JAMES

Many restaurants offer a “**pilgrim's menu**”, which is an economical way to try the typical dishes of each region.

In the **Basque Country** you can try the splendid “pil-pil”-style or “vizcaína”-style cod. Also try “marmitako”, a delicious tuna stew, and squid cooked in its own ink. **Navarre** has excellent vegetables grown on the banks of the Ebro River, and you will be surprised by the tasty simplicity of borage baked in the oven or cardoon with clams. It is also famous for its white asparagus. In **La Rioja**, immerse yourself in wine culture and go to a winery to see how dry vine branches are used to roast lamb chops. La Rioja-style eggs are fried eggs sautéed in a casserole with garlic, red peppers and other vegetables.

In **Aragon** try “pollo al chilindrón” (chicken with tomatoes and peppers), which is as delicious as the local vegetables used to make it. Lamb roasts are delicious both here and in **Castile-León**. In the area of **León**, apart from “cecina” (cured beef), there is also a type of semi-cured smoked pork called “botillo”. In **Cantabria** try a hearty stew, such as “cocido lebaniego” or “cocido montañés”, and in **Asturias** look out for the many varieties of traditionally made cheeses, such as “cabrales”, and



▲ SANTIAGO CAKE

fabada stew. Once in **Galicia** you can treat yourself to excellent fish, seafood and beef. Try some of the specialities, like octopus *á feira* or “pote gallego” stew, and for dessert delicious “filloa” crepes or “tarta de Santiago” almond tart.

The Way of Saint James is sure to leave you licking your lips.



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