

# Cycle the Camino Frances from Burgos to Ponferrada



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# YOUR CAMINO JOURNEY STARTS HERE

This travel plan provides a **day-by-day outline** of a sample trip, giving you a clear idea of what to expect. Keep in mind that this package can be fully **tailored** to your preferences. As a **2024 Traveler's Choice Award winner** on **TripAdvisor**, we're proud to be trusted by hundreds of travelers who praise our **seamless service**, expert **guidance**, and unforgettable **experiences**. Before you set off, take a moment to read some of their stories.



Follow The Camino



Reviews from millions of Tripadvisor travellers place this winner in the top 10% worldwide.



\*There is a Camino for everyone! Photos are for inspiration and may differ from your selected itinerary.

**LIZ F.**



**Walking the french camino is one of the best experiences of my life.**

*I was a bit anxious before starting my Camino walk but once I was into it , I had a brilliant time.*

*Follow the Camino planned my trip and everything went seamlessly , so all I had to do was concentrate on walking ! Il be back for sure.*

**LARA K.**



**Wonderful all round experience**

*Follow The Camino delivered on everything they promised with accomodation selection great and transfer of luggage seamless. The actual walk was wonderful and matched or exceeded my expectations. Wouldn't hesitate to use them again for my next Camino. Loved it!!!!*

**RANDY R.**



**Follow the Camino Frances**

*The Camino Frances was the best vacation experience I've ever had. Fitness, new friends, and fantastic country. Highly recommended.*

**GRETA O.**



**Follow the Camino with an eighty year old**

*Follow the Camino was excellent. Hotels included dinner and breakfast. Clean and good food. Luggage transfer seamless. Well done.*



# ITINERARY

 Stage 2 of 3

 283km

 7 days

 Comfort

 Moderate

Starting from  
€1010

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec

Popular Time

Good Time

Off/Low Season

Not Possible

Overall

Distance:

51.3 min | 56.6km average | 65.9 max

Ascent:

435.6 min | 646.3m average | 959 max

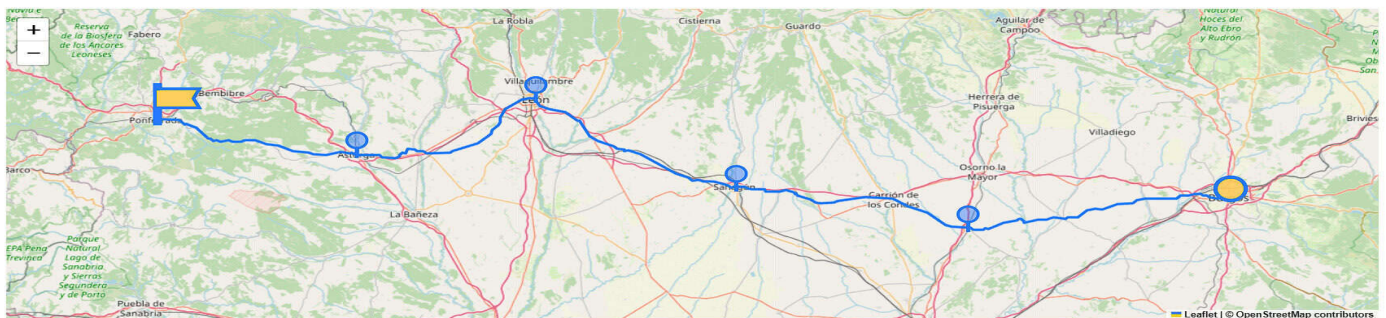
Cardio:

5 5 5

Starting from Burgos, mediaeval city and home of a UNESCO World Heritage listed cathedral, this section of the French Way by bike offers some of the best historical and cultural sights of the whole Camino. It passes through Leon and the vast Castilian Plateau before reaching another mediaeval bastion – the buzzing city of Ponferrada. The mostly flat and gentle terrain makes it accessible to any cyclist with an average level of fitness.

Our cycling packages are not suitable for novice bike riders – your bike will come presented in a box which you need to be able to assemble yourself. You will also need to be familiar with fixing a flat tyre / loose chain. The cycling tour packages are aimed at experienced riders.

## Map



## Services

### Included in this package

- ✓ Specially Hand-Picked Accommodations
- ✓ Bed & Breakfast
- ✓ Luggage Transfers from Hotel to Hotel
- ✓ Mountain Bike (or E-bike on request for an extra cost)
- ✓ Bike Breakdown Insurance
- ✓ Repair Kit
- ✓ 24/7 On-Call Support

### Add-On

- ⊕ Premium Accommodation
- ⊕ Airport Pick-Up
- ⊕ Additional Nights
- ⊕ Dinners
- ⊕ Day Tours to Local Sites of Interest

Not included: Flights/trains, Insurance, Drinks/Lunch

Day

1

km

### **BURGOS**

The city, which was the capital of the unified kingdom of Castilla-Leon for five centuries, boasts a masterpiece of Spanish Gothic architecture; the Cathedral of Burgos (a UNESCO World Heritage Site). Apart from a visit to the historic quarter, you can take a walk along the banks of the Duero and Arlanza rivers or discover the delicious and varied local cuisine in one of the city's restaurants.

Day

2

65.9 km

### **BURGOS -> FROMISTA**

All day long, you will notice the influence of the Camino de Santiago as there is not a single village we cross that does not have obvious references to it. Cycle your way gently through the countryside and enjoy the sunshine and fields of flowers lining your way to Fromista.

Day

3

58 km

### **FROMISTA -> SAHAGUN**

During this stage, we have a good understanding of the popular meaning 'Castilla es ancha' (Castilla is wide). Crop fields give patches of beautiful colour to the agricultural landscape all year round. The first half of the day is mainly flat and it gets a bit more undulating on the second half to Sahagun.

Day

4

55.2 km

### **SAHAGUN -> LEON**

Today we cycle through the colourful Castilian Meseta or plateau. The landscape here seems endless as we pass over the flat terrain of the area, affording great views over the surrounding agricultural area. We finish the day in the vibrant city of Leon, a fantastic city to head out in and enjoy some of the local food and wine.

Day

5

52.6 km

### **LEON -> ASTORGA**

This is probably one of the flattest cycling days of the entire Camino Frances, but as we are on a high plateau, it still offers some great views and you will see Astorga down in the valley long before reaching it! In Astorga, take some time to visit the Episcopal palace, the cathedral, and the old city walls.

Day  
6

51.3 km

### ASTORGA -> PONFERRADA

The last day of this section is definitely the most difficult but also the most rewarding one! We can enjoy spectacular views as we climb up to 1,500m above sea level to reach the famous Cruz del Hierro (the Iron Cross). The natural scenery and towns with rich history make this the best way to finish the section, before reaching Ponferrada: a city with a lively, and very pretty, mediaeval centre.

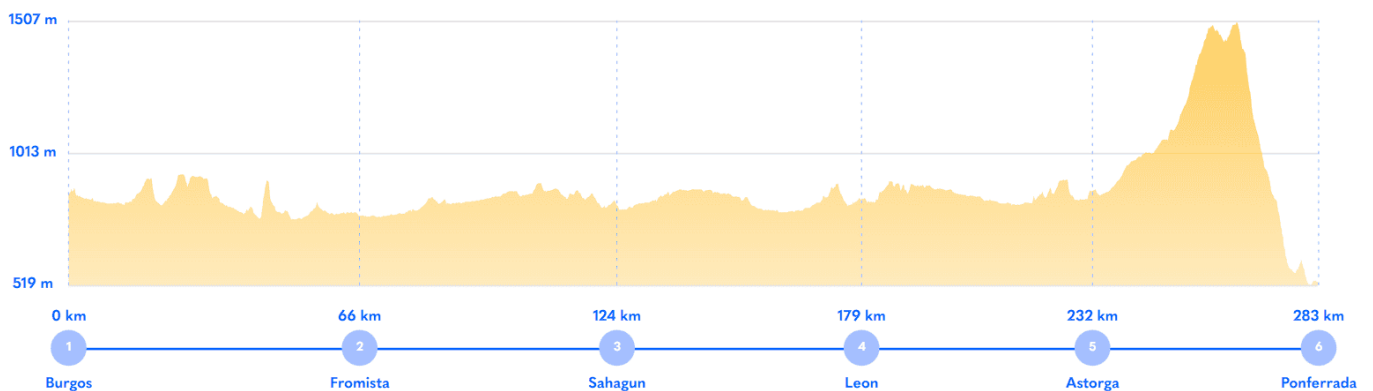
Day  
7

km

### PONFERRADA

After breakfast we bid you farewell. While you are in Ponferrada, you should visit the town's 16,000 square metre-Castillo de los Templarios, a castle built by the Knights Templar in the 12 Century. Las Médulas, ancient Roman gold mines listed as a UNESCO World Heritage Site, are also only a few kilometres away from Ponferrada.

## Elevation Chart



# NOTES & QUESTIONS FOR MY CAMINO PLANNER

We know that planning your Camino is a personal journey, and we want to make sure everything is just right for you. Use this space to **jot down your thoughts, questions, and preferences**. Here are some ideas to discuss with your Camino planner:

- Are the daily distances suitable for me, or should I split them into shorter walking days?
- Where would you recommend taking a rest day?
- Would I like to add a tour or special experience along the way?
- Do I need transfers to and from the airport?
- Are there any accommodations I would like to upgrade?
- Would I like luggage transfers for lighter walking days?
- Are there any dietary preferences or special requests I should mention?

Feel free to write down any other thoughts or questions below:

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Your Camino planner is here to help make your journey as smooth and enjoyable as possible!

## ABOUT US

At Follow the Camino, we are not just a tour operator; we are **passionate Camino enthusiasts** who have been guiding pilgrims **since 2007**. As the first tour operator in Ireland to coordinate walks on the Camino de Santiago, we offer unrivaled expertise in designing **life-changing adventures**.

Don't hesitate to contact us at [info@followthecamino.com](mailto:info@followthecamino.com) to request your **personalized itinerary**. We can add rest days or split days to suit your pace, as well as include special day tours or unique activities to **enhance your Camino experience**. Let us help you create the perfect journey tailored to your needs!



# Follow the Camino

**START PLANING NOW**

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