

# Cycle the Camino Frances: Ponferrada to Santiago



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the  
Camino**

Your Camino Agent since 2007

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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 3 of 3

 205.7km

 7 days

 Comfort

 Moderate

Starting from  
€1060

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec

Popular Time

Good Time

Off/Low Season

Not Possible

Overall

Distance:

24.6 min | 41.1km average | 61 max

Ascent:

329.9 min | 1062.9m average | 1547.3 max

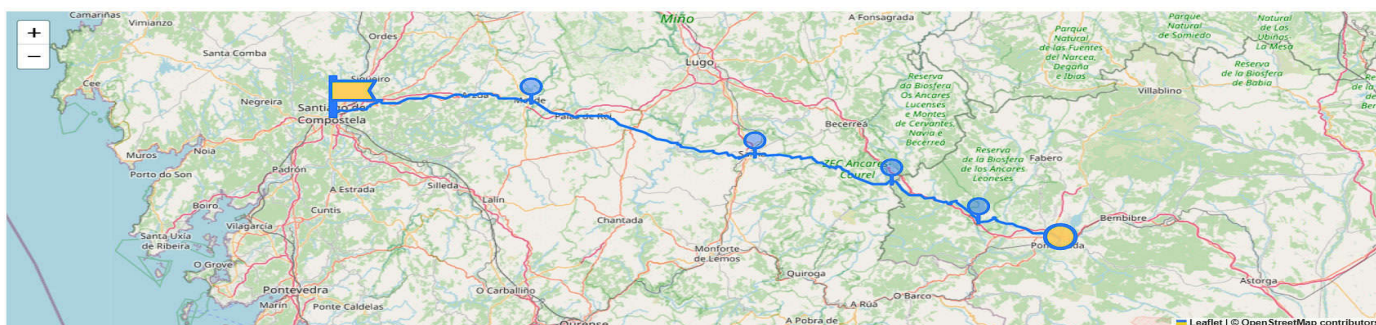
Cardio:

3 4.6 5

Starting in the mountain-hugging town of Ponferrada and finishing in Santiago de Compostela, this section crosses both the Castilla y Leon and Galicia regions. Leaving the mediaeval city of Ponferrada, this Camino crosses the magnificent O'Cebreiro Mountains before heading towards the heart of Galicia and its lush green hills. This section can be physically demanding and requires a good level of fitness, but it is also a highly rewarding leg of the Camino, offering beautiful landscapes and numerous cultural sights.

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

### Add-On

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

✓ 24/7 On-Call Support

✓ Our Holiday or Pilgrim Pack

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

Day

1

km

### **PONFERRADA**

You will be pre-booked into a traditional hotel in the heart of the town. While here, you may wish to visit the Castillo de los Templarios, a castle donated to the Knights Templar Order by King Ferdinand II of León in 1178 to protect pilgrims who passed through on the Camino Frances to Santiago de Compostela.

Day

2

24.6 km

### **PONFERRADA -> VILAFRANCA DEL BIERZO**

Today you will cross the region of Bierzo, a sunken plain nestled within a ring of mountains. It is a fertile land, with an agreeable climate that allows the cultivation of many types of fruit and vegetables. In Villafranca, don't miss the garden of the 'Iglesia de Santiago'. If you would like to cycle at a more relaxed pace, we can arrange to split this section into two days, with a stop over in La Portela de Valcarce overnight.

Day

3

28.4 km

### **VILAFRANCA DEL BIERZO -> O CEBREIRO**

Prepare for a challenging day with an ascent of 1000m. You will pass through the narrow valley of the river Valcace before tackling the ascent of O Cebreiro. Situated between the ranges of Los Ancares and La Sierra do Courel, this stage involves a steep climb in the course of only a few kilometres.

Day

4

39.2 km

### **O CEBREIRO -> SARRIA**

As we continue across the undulating terrain of the Galician mountains, the route offers more stunning sights and historical buildings. Finally, we reach Sarria, where pilgrims travelling from all over and by any means get to know each other! While in Sarria, it is definitely worth having a look at the town's main religious sites, Convento de la Magdalena and Iglesia Santa Marina de Sarria.

Day

5

61 km

### **SARRIA -> MELIDE**

This penultimate day starts with an ascent up through oak woods, passing the Romanesque Church of Barbedelo before cycling over the Belesar Dam in Portomarin. Continuing on the Camino to Melide is not too difficult - despite the typical Galician rolling hills meaning a lot of ups and downs along the way!

Day  
6

52.5 km

## MELIDE -> SANTIAGO DE COMPOSTELA

This is probably the most exciting day of cycling along the whole Camino as today we finally reach Santiago de Compostela! Before that, we will have to traverse the now-usual rolling hills of Galicia. The most exhilarating part of today will probably be on reaching El Monte de Gozo (Mount of Joy), where you can see the city's magnificent cathedral in the distance for the first time, before arriving into Santiago de Compostela shortly afterwards!

Day  
7  
km

## SANTIAGO DE COMPOSTELA

After breakfast, we bid you farewell. If you wish to stay in the area, we recommend that you: - Take your time and visit the magnificent historic centre of Santiago. - Continue with us along the wild Camino Fisterra (Finisterre Way), and stay overnight at the hotel in the lighthouse! - Or take a bus to Fisterra to visit the unspoilt sandy coves and beaches of the west coast. With very few tourists, you are guaranteed a very special experience. Buses depart from Santiago Bus Station at 9am and 10am. Buses return to Santiago at 4:45pm and 7pm. The journey takes 3 hours.

## 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 re 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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