

# Ponferrada to Monforte de Lemos



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the  
Camino**

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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 1 of 2



134.2km



7 days



Comfort



Easy

Starting from

€656

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec

Popular Time

Good Time

Off/Low Season

Not Possible

Overall

Distance:

14.4 min | 26.8km average | 36.5 max

Ascent:

200.4 min | 706.1m average | 911.4 max

Cardio:

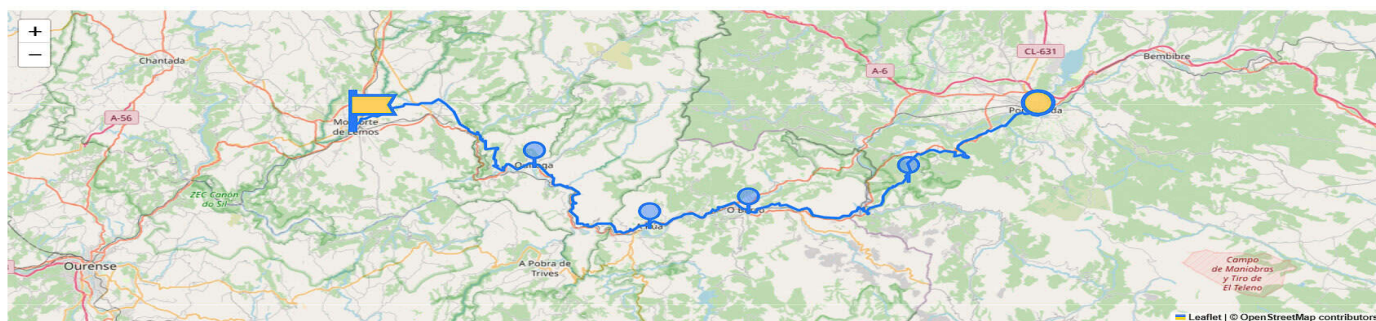
2 3.8 5

This Camino explores the first section of the Camino de Invierno or Winter Way from Ponferrada to Monforte de Lemos.

The route begins in Ponferrada and finishes in Monforte de Lemos, traversing initially through the Birezo region of Leon you quickly cross into Galicia and the province of Ourense.

Everyday, during your Camino walk, you're guaranteed a high level of comfort and gastronomy. The Camino de Santiago is clearly marked with the scallop shell, showing you the way. This walk can be physically demanding and requires a reasonable level of fitness. However, it's a highly rewarding route that includes numerous cultural highlights and a tremendous feeling of achievement when you receive your Compostela, your Latin certificate of completion, at the Camino de Santiago Pilgrimage Certificate.

## Map



## Services

### Included in this package

- ✓ Bed & Breakfast
- ✓ Specially Hand-Picked Accommodation
- ✓ Our Holiday or Pilgrim Pack
- ✓ 24/7 On-Call Support
- ✓ Virtual Face-to-Face Pre-Departure Briefing

### Add-On

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

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  
27.4 km

### **PONFERRADA -> LAS MEDULAS**

Leaving Ponferrada you will climb through woodlands filled with fruit trees to be welcomed by a wonderful view back over Ponferrada. Descending through vineyards, you will then again ascend to Villavieja and the Castle of Cornatel before the final descent to La Medulas, a heritage site that was once the biggest gold mine in the Roman Empire.

Day  
3  
27.9 km

### **LAS MEDULAS -> O BARCO DE VALDEORRAS**

A gentle ascent takes you up and out of Las Medulas. Take a moment to stop and appreciate the wonderful views. A long descent follows down the valley to the village of Puente de Domingo Flórez. Shortly after, you will cross over into Galicia, arriving at Querenó. Here, you can choose which route to take but all will take you to O Barco de Valdeorras.

Day  
4  
14.4 km

### **O BARCO DE VALDEORRAS -> A RUA DE VALDEORRAS**

A short but pleasant walk today will take from O Barco skirting the town of Arcos and following the natural curve of the River Sil you pass by the village of Vilamartin staying beside the river. Passing the Valencia reservoir and a great photo opportunity over the Valdeorras Valley, you will arrive into the town of A Rúa de Valdeorras. Be sure to visit here the Church of San Esteban which houses a beautiful carving of St James. Also of interest is the Ponte da Cigarrosa which has Roman origins but the bridge we see today is a reconstruction in the 16th century.

Day  
5  
28 km

### **A RUA DE VALDEORRAS -> QUIROGA**

Leaving A Rúa you are sent on your way with beautiful views over the River Sil. Walking by walnut and fig trees you then come to an area abundant with Mediterranean bushes of broom and rockrose to descend to the stream of Ferreiros. Crossing the stream you enter Montefurado where ahead you will see the towers of the Church of San Miguel de Montefurado. Ascending through olive groves you can appreciate views of the tunnel built by the Romans for mining gold surrounded today by vineyards. Passing through the parish of Bendilló, where pilgrims used to discard their old rags before reaching Santiago, you then descend through a pine forest into Quiroga.

Day  
6

36.5 km

### QUIROGA -> MONFORTE

Setting out, the now familiar River Sil accompanies you before you ascend through a forest then descend to the Lor River basin. Although a tough section, the solitude and peacefulness of the forest makes it worthwhile. At the Hermitage of the Remedies panoramic views over the Lor River offer a picturesque backdrop. Crossing the river you then begin a final ascent to the plateau of the Lemos valley and Monforte de Lemos.

Day  
7

km

### MONFORTE

A charming town with a rich history and notable landmarks. The town's castle, Castillo de los Condes de Lemos, stands proudly on a hill and offers panoramic views of the surroundings.

## 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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