

Full Camino Primitivo



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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



313.6km



16 days



Comfort



Moderate plus

Starting from
€1981

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec

Popular Time

Good Time

Off/Low Season

Not Possible

Overall

Distance:

14.1 min | **22.4km** average | **30.5** max

Ascent:

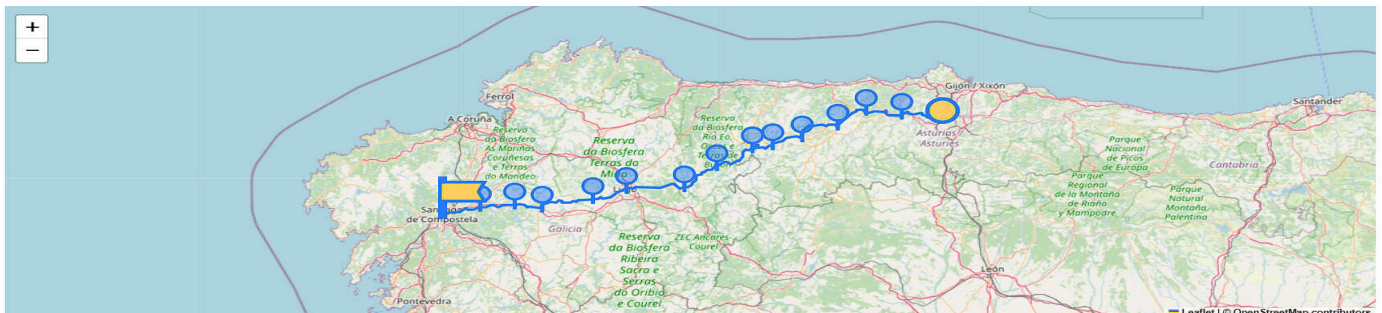
315 min | **765.6m** average | **1292** max

Cardio:

2 3.4 4

The Camino Primitivo, or Original Way, is a pilgrimage from Oviedo through the Cantabrian Mountains to Santiago de Compostela and the tomb of St James. Passing through famous Spanish towns and cities such as Oviedo, Lugo, and Melide the Full Camino Primitivo gives you ample opportunity to experience the best of Cantabrian and Galician culture. The walk is one of the most beautiful but also challenging as you pass through a mountain range that is 1,100m above sea level to descend to the hilly countryside of Galicia and on to the city of Santiago.

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

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

Day
1
km

OVIEDO

You will be booked into a hotel in the heart of the town of Oviedo. The capital of the Asturias province is a wonderful place to explore. Of note is the Cathedral of San Salvador and the Cámara Santa de Oviedo within it, a vault housing the cathedral's relics that is now a UNESCO World Heritage Site. The downtown Plaza de la Escandalera and Plaza del Fontán in the old quarter are also great places to experience life in Oviedo passing by.

Day
2
25 km

OVIEDO -> GRADO

Our day begins at the Cathedral of El Salvador and, after leaving town, we head west. We arrive at the chapel of El Carmen in Lampajúa (Llampaxuga) and from here descend toward Ponte de Gallegos. The Camino then follows a beautiful trail along the river Nora to finish in a steep ascent to the lovely village of Escamplero. As we get closer to the river Nalón, we cross the N-634 highway, and the river itself over a bridge.

Day
3
22.1 km

GRADO -> SALAS

We begin this day with a tough start, climbing up for 5km to Alto del Fresnu. You will then enjoy a gentle downhill walk through hilly farmlands and hamlets until you reach Cornellana. Here, we recommend a visit to the monastery of El Salvador. From here to Salas, the Camino follows an upwards trajectory through more farmland and typical Asturias granaries (horreos). Finally, we approach the town of Salas on more gentle terrain.

Day
4
20 km

SALAS -> TINEO

This is a tough stage of the Camino, not because of its length (it's actually shorter than some of the other days), but because it is ascending constantly. Fortunately, most of the climb is concentrated at the beginning of the day, with the ascent gentler towards evening. Following the national road for a short while, the Camino continues on a quieter, paved path that leads us to La Espina. Here we leave the Camino Norte that continues north-west. We now enter an area around Tineo with strong Asturian character and traditions.

Day
5
29.5 km

TINEO -> POLA DE ALLENDE

This is another challenging stage of the Camino, with ups and downs throughout the day. After following the road for a short time, the Camino comes to a path descending through woodlands. Then it passes the small villages of Vega el Rey, Berrugoso, and Campiello. We finish the day with a steep descent of about 300m to arrive in Pola de Allande.

Day
6

17.2 km

POLA DE ALLENDE -> BERDUCEDO

Today begins with an ascent of almost 600m before reaching the summit of Puerto del Palo. Here, your climb will be rewarded with amazing views of the Cantabrian Mountains. This is followed by a drop of 250m on what is called the 'Camino de los Hospitales' or Hospital Road, so be prepared for slips and be careful! Finally, passing through some woods, we arrive in Berducedo for the evening's rest.

Day
7

20.5 km

BERDUCEDO -> GRANDAS DE SALIME

This is the most rewarding part of the Camino Primitivo, but also one of the hardest. We start by climbing to Aerogeneradores (wind turbines) at 1,100m above sea level, where you will get spectacular views of the Embalse de Salime (an artificial lake), the River Navia below and, of course, the mountains surrounding us! Then, it is a steep descent of 900m over just 7km of track. Finally, passing the dam of Embalse de Salime, the Camino makes its way up to town of Grandas Salime.

Day
8

25.7 km

GRANDAS DE SALIME -> A FONSAGRADA

Today the Camino starts with a steep ascent to El Acebo Pass (at an elevation of 1,050m) for some fine views of the Cantabrian Mountains. It is now time to bid our farewell to Asturias and to say hello to the traditional land of the Celts - Galicia! After passing the mountain villages of Cabrera, Fonfría, and Barbeito, we arrive in A Fonsagrada for a well-deserved rest! In the town centre stands the Fons Sacra. This town bore witness to one of the miracles of the Apostle St James, who, after being attended to by an impoverished widow, turned the water from this fountain into fresh milk for her children.

Day
9

24.2 km

A FONSAGRADA -> O CADAVO BALEIRA

After leaving A Fonsagrada, the Camino passes through A Pobra de Buron. Coming to Hospital de Montouto, we can see the actual hospital sitting on a hilltop. It is now in ruins, but was one of the last to close before the Spanish Civil War, and was probably the most important on all the mountain Caminos of Galicia. There is also a magnificent dolmen in the vicinity of the hospital. We then make our way to the town of O Cadavo, passing quaint villages such as Calzada, Degolada, and A Fontaneira. O Cadavo is the second most important town that the pilgrims on the Camino Primitivo will pass on their way to Santiago. According to local history, Alphonse II the Chaste fought the Moorish Army nearby.

Day

O CADAVO BALEIRA -> LUGO

The Camino continues through lands famous for their slate mines. This

10

30.5 km

attractive village, which retains much of its original character, is home to a number of 'Pallozas' (primitive thatched dwellings) and other buildings of interest. Then, passing by the convent of San Francisco de Vilabade, we arrive in the pleasant town of Castroverde. After Castroverde, the Camino passes the abandoned village of Soutomerille, nestled in a landscape of great beauty. Finally, crossing farmland, the Way arrives in Lugo by the Gate of Saint Peter.

Day

11

18 km

LUGO -> SAN ROMAN DA RETORTA

After leaving Lugo through the Porta Mina, the oldest gate of the walls around the city, the Camino heads towards the old Roman Bridge and the quarter of San Lazaro. A couple of kilometres later, it passes Santa de Boveda; a national monument and a museum where the most interesting early mediaeval paintings of the Iberian Peninsula can be seen. The Camino continues through a mix of farmland and forest until San Roman Da Retorta. We will then arrange a transfer to accommodation nearby.

Day

12

28.5 km

SAN ROMAN DA RETORTA -> MELIDE

After a transfer back to San Romao de Retorta, we begin our walk again. On the road from the hamlet there is a Roman milestone, indicating that the Camino was laid out following an ancient Roman road. Further on, you will pass a 13th Century Romanesque church, one of the many which are characteristic of the area surrounding Santiago. The Camino Primitivo follows ancient paths connects an endless number of small rural villages such as Seixalbo, Xende, Ferreira, and Merlan. Finally, the Camino enters the province of A Coruna through the borough of Toques to the historic pilgrimage town of Melide. Coming to Melide, you can stop in one of the many restaurants to try the traditional octopus dish, 'Pulpo a la Plancha'.

Day

13

14.1 km

MELIDE -> ARZUA

This is the perfect start as the stroll quickly leaves Melide and heads off into quiet countryside, along forest track and through a few hamlets. At Boente de Ariba, you will pass by the ancient Church of Santiago before continuing through a forest track and reaching Catanada. You will then cross a few streams, and then you are at the last stretch to Arzua . Once in Arzua, you can then relax in the hotel.

Day

14

17.7 km

ARZUA -> RUA

This shaded section of the Camino will pass through woods, along streams, and through sleepy villages. Take your time and visit the chapel of Santa Irena, with its unique statues of Santiago. The rest of the way to Rua-O Pino is on a quiet country road. Rua (at an elevation of 310m) is one of the less crowded stopping points before Santiago de Compostela.

Day

15

20.4 km

RUA -> SANTIAGO DE COMPOSTELA

You're nearly there! The next stage will be Lavacolla, where pilgrims traditionally washed in the river before reaching Santiago de Compostela. Tall eucalyptus trees line your way to Monte del Gozo, or Mount of Joy. From here, you can see your goal – the Cathedral of Santiago! After a descent to the city you'll be able to witness this UNESCO World Heritage Site up-close. Marvel at the architecture and relish the wonderful atmosphere in this cultural and spiritual mecca, and contemplate all you've experienced on your amazing journey.

Day

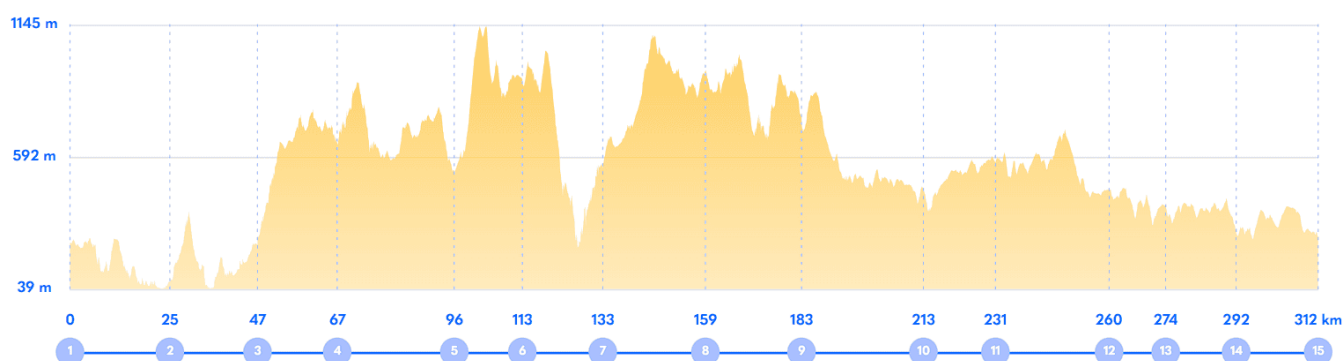
16

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:

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 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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