

SPAIN – CAMINO DE SANTIAGO SELF-GUIDED INN-TO-INN CYCLING

9-days / 8-night ride from Pamplona – Leon

7-days/ 6-night days ride from Leon – Santiago de Compostela



The Way of St James or Camino de Santiago is as popular to day as it has ever been. Many thousands walk the pilgrim's routes each year but increasingly cyclists are following the route to the burial place of the apostle in the northwest corner of Spain.

For over a thousand years pilgrims have followed the 'French route' through the rolling Galician hills – with its towns and villages, spectacular Gothic cathedrals and historical buildings including shrines, churches tranquil and monasteries. Highlights include the cathedrals of Leon and Santiago, the Celtic huts (pallozas) of Cebreiro and the great spirit of camaraderie of the fellow travellers that you will meet along this route.

And for pilgrims it matters not whether you travel on foot or by bicycle, as you will still quality for the pilgrim's passport.

This is a self-guided cycling holiday where we pre-book your accommodation, move your bags each day, provide suitable bike hire and information about the route including detailed maps and route notes.

Accommodation is in small hotels, chosen for their location and quality. Breakfasts are taken at the accommodation, lunches are at your own arrangement and evening meals (where shown) are in the hotels or at local restaurants allowing you to sample the typical regional cuisine.

Cost per person: Pamplona – Leon \$1925 per person twin share.
Single room supplement \$260 & Solo traveller supplement \$515
Leon – Santiago \$1695 per person twin share
Single room supplement \$170 & Solo traveller supplement \$555

Departs: Daily on demand from May to October 2012

Tour includes: Accommodation (shared twin rooms) in small 2 or 3-star hotels with private bathrooms, breakfast each morning & dinner on 4-nights from Pamplona to Leon or on 6-nights from Leon to Santiago, bike hire (helmets are not provided – we suggest you either take your own or purchase one locally), daily luggage transfers & detailed route information.

It is possible to upgrade the 2-star hotels in Astorga, Ponferrada & Santiago at extra cost when making your reservation

Not Included: Personal clothing / equipment, drinks or meals not mentioned in the itinerary, travel insurance, personal expenses

Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations

PAMPLONA – LEON

9-days / 8-nights - 398km

Suggested itinerary

Day 1: Arrival in Pamplona - Overnight accommodation in Pamplona – 2-star hotel with breakfast

Day 2: Pamplona – Estella 44km – *Minimum elevation 397 m – maximum elevation 780 m*

This stage takes you into the heart of the ancient region of Navarra. It crosses dry plains and furrowed farmlands dotted with towns and villages. About halfway at the town of Puente la Reina the two major routes of the French way join heading to Santiago. Overnight in Estella in a 2-star hotel with dinner & breakfast

Day 3: Estella – Logrono 49km – *Minimum elevation 420 m – maximum elevation 590 m*

Today the route skirts the great Benedictine Monastery of Irache and crosses the Ebro River by way of the historic Piedra Bridge, at the gates of the city of Logrono, capital of the region of La Rioja. A steady ride through undulating rural areas passing fields of grain and vineyards of world-renowned red wines. Overnight in a 3-star hotel in Logrono with breakfast

Day 4: Logrono – Santo Domingo de la Calzada 48km – *Min elevation 390 m – maximum elevation 715 m*

Again rich vineyards and farmlands dominate the day's ride, which leads to Santo Domingo de la Calzada, a town rich in history and tradition. We follow the vast valley of the Ebro River flanked by the hills of La Demanda, to the south, and the hills of Cantabria to the north. Overnight in a 3-star hotel at St Domingo de la Calzada with breakfast

Day 5: St Domingo de la Calzada – Burgos 75km – *Minimum elevation 640 m – maximum elevation 1165 m*

The Oca Mountains are the most dominant geographical feature of this stage. The ascent up to these small peaks takes you through vast woodlands before entering the Bierzo region. After a visit to the beautiful Monastery of San Juan de Ortega, you descend to the plains and the historical city of Burgos. Overnight in a 3-star hotel in Burgos with breakfast.

Day 6: Burgos- Carrion de los Condes 86km – *Minimum elevation 800 m – maximum elevation 920 m*

This stage is filled with numerous cultural landmarks linked to the Way of St James. Although it appears to be flat, there is a series of small hills to tackle in a series of rewarding if challenging undulations. The rewards are the stunning views offered by these vantage points. Overnight in a 3-star hotel with dinner at Carrion de los Condes

Day 7: Carrion de los Condes – Sahagun 39km – *Minimum elevation 830 m – maximum elevation 910 m*

Today's stage is dominated by the endless austere plains of Castile and to Sahagun, the most important historical and cultural centre of the region. The first 16km of this stretch follows charming small roads through farmlands, then, we have no alternative, but to follow the much busier N120. Overnight in a 2-star hotel with dinner and breakfast at Sahagun

Day 8: Sahagun – Leon 57km – *Minimum elevation 800 m – maximum elevation 910 m*

After leaving Sahagun, the route continues across the flat plains of León. Whilst the scenery is ever changing the cycling route along the Pilgrim's Way is rough and stony. On the horizon is the city of Leon, with its Gothic cathedral. Overnight with dinner and breakfast Leon.

Day 9: Tour ends

Tour arrangements end after breakfast



LEON- SANTIAGO DE COMPOSTELA

7-days / 6-nights - 312km

Suggested itinerary

Day 1: Arrival in Leon - Overnight with dinner and breakfast in a 2-star hotel in Leon

Day 2: Leon - Astorga 49km – *Minimum elevation 800 m – maximum elevation 950 m*

The journey to Santiago continues through a more populated and accessible plain. En route to the Roman city of Astorga we travel into the region of La Maragatería, famous for its muleteers. Overnight in a 2-star hotel in Astorga with dinner and breakfast.

Day 3: Astorga - Ponferrada 54km – *Minimum elevation 500 m – maximum elevation 1504 m*

At the border between Leon and Galicia, in the vicinity of Mount Irago, is the Bierzo region. Here the people, their customs and landscape act as a bridge across the two distinctive cultures. On this stretch, we climb the challenging Cruz de Ferro (1504m) in altitude, one of the highest points along the route. Overnight with dinner and breakfast in a 2-star hotel in Ponferrada.

Day 4: Ponferrada – O Cebreiro 50km – *Minimum elevation 460 m – maximum elevation 1320 m*

Again a challenging climb to O Cebreiro (1300m). Perhaps the most mythical of all villages on this route the first section continues through the narrow valley of the Valcarce River. The final 8km of ascent rises some 690 m – but you are compensated by spectacular views across the hills and valleys countryside. Overnight O Cebreiro (Hospedería) with dinner and breakfast

Day 5: O Cebreiro – Sarria 43km – *Minimum elevation 450 m – maximum elevation 1330 m*

The lush countryside and the Galician mountains dominate this stretch. In Triacastela you can follow the traditional route or to take the road to Samos, where the great Benedictine Monastery has attracted pilgrims since ancient times. The route passes through a succession of villages in a series of undulations descending almost 850 m to Sarria where we stay overnight with dinner and breakfast in a 2-star hotel.

Day 6: Sarria – Palas de Rei 47km – *Minimum elevation 360 m – maximum elevation 730 m*

The route today leads out of Sarriá through magnificent oak woods and through a succession of villages and farmland. This penultimate stage of the route is still challenging as it travels through rolling hills and short stretches of flat plains. Overnight in a 3-star hotel with dinner and breakfast at Palas de Rei

Day 7: Palas de Rei – Santiago de Compostela 69km – *Min elevation 290 m – maximum elevation 560 m*

Just 70km from your objective, the city of Santiago de Compostela, there is a great sense of expectation. Today's stage travels through village after village, across valleys and rivers ...but the succession of ascents and descents makes for challenging cycling. At the Monte do Gozo; we have our first glimpse of the towers of the Cathedral of Santiago. From here we ride directly into the heart of the city where we have arranged a 2-star hotel with breakfast.

For those who wish to upgrade their accommodation the historical parador in the square next to the cathedral is a must – early reservations are essential - ask for details.

Day 8: Tour ends in Santiago

Tour arrangements end after breakfast. Extra nights of accommodation can be arranged at extra cost

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