Asturias
paraíso natural

Saint James Way

#NaturalParadise

#primitiveway #northernway
#pilgrim #jubilee

Organisation of the United Nations for Education, Science and Culture

The Ways of St. James:
***The French Way* and the Ways of Northern Spain**
were registered in the World Heritage list in 1993

Gobierno del
Principado de Asturias

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Españaverde

DON'T THROW ME AWAY, RECYCLE ME!
TAKE CARE OF THE NATURAL PARADISE

Pilgrim passing next to a road milestone

Asturias
paraíso natural

The Asturian monarchy, and in concrete Alfonso II, was the promoter of the antique custom: the pilgrim walking to Finisterre, to the last extreme in the west where the sun `died´every day submerged in the gloomy sea. This custom was interrupted, maybe prohibited, in Roman ages and barbarian invasion.

The Romans, we have indication to this, made a way parallel to the coast and very near to it, through the named Maritime way of Agripa which was extended from Aquitania to Finisterre and that later on was used for the quickly movement of the asturian conqueror soldiery in the reigns of Alfonso II, Ramiro I, Ordoño I y Alfonso III in their expansion.

This way was used in the year 798 by Alfonso II to send the court ambassadors of Carlomagno in Aquisgrán. The way would become to be used by the pilgrim walks during the centuries IX, X y XI.

Caravia and Colunga coast

The discover of the apostle tomb and the first pilgrim walk

The importance of the Primitive Way

THE WAYS OF THE NORTH - AMONG WHICH ARE THE ORIGINAL WAY AND THE COASTAL WAY- were added to the UNESCO declaration for the Way of St. James as a World Heritage Site in 2015. Declaration for the French Way was awarded in 1993.

Alfonso II and the asturian church of the age directed to the Kingdom of Asturias in the political and in the religious. A Kingdom in expansion which covers all the cantabrian corniche and, also the region of Santiago de Compostela and that needs to get to know, to be respected and supported strategically against muslins and rebel groups of the Cantabrian coast. The way to obtain this came from the `providential´way. In the year 813, an anchorite named Pelayo -what a coincidence!- was consecrated to the contemplation and to the penance in the loneliness of the Libredón forest, near to Finisterre. There, a day after giving the service at the chapel of San Fiz, he observed, near the religious building and on a mound, the lovely brightness which produced some lovely stars descent from the sky. The hermitage head towards iria Flavio (Padrón) to communicate the miracle to the bishop Teodomiro. The conclusion was that it was the apostle Santiago, carrying and burying there by two disciples.

Alfonso II, king of Asturias, hurried up to built there, in Campus Stallae (Field of Stars – Compostela), a church which could embrace with dignity all the apostle relics. Not very long ago

THE FIRST JACOBEAN PILGRIM KNOWN WAS THE PROPER KING ALFONSO II who came out from Oviedo following the way Grau/ Grado, Salas, La Espina, Tineo, Pola de Allande and Grandas de Salime, to come out from Lugo lands until arriving to Campus Stellae.

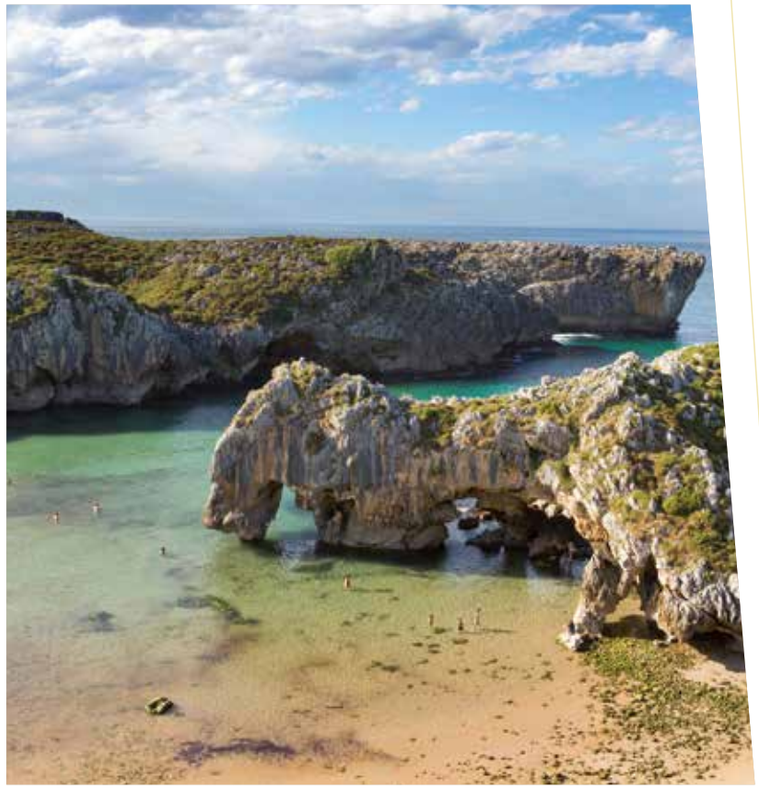
Alfonso II and the asturian church, they started to announce through all the diplomatic and religious ways, the news all over Europe, sending it to the powerful centres of Carlomagno empire and through the missives to the most important ecclesiastical centres of the age.

Soon the franks, Burgundian, Saxon, Lombardy, bohemian and other European villages, started to go on pilgrimage, also from Rome and Jerusalem, to Campus Stellae, and they done it by the first way that did exist, ex professor, which taken you from the kingdom heart, in Oviedo -where also appeared the rescued Salvador relics and with the order to bring them from Jerusalem, by Monsacro, by Alfonso II-, to the western limit, where the sacred place. The first jacobean pilgrim known was the proper King Alfonso II who came out from Oviedo following the way Grau/Grado, Salas, La Espina, Tineo, Pola de Allande and Grandas de Salime, to come out from Lugo lands until arriving to Campus Stellae.

The miracle successful from Santiago de Compostela was being extended all over the Christendom moment. The massive pilgrim affluence started again the functioning of the old Roman ways which crossed Asturias. The pilgrims also made the hotel industry of the moment progress and the foundation of hospitals -in order to attend the leprous, the worst sick of those ages-, chapels, churches, monasteries and religious centres where the constant of the history of the first ways -all asturian- during the centuries IX, X y XI.

The paths, ways, some now forgotten, were being opened for the pilgrims, and to the Primitive way other ways were incorporated all them very busy during centuries. The principal of these ways was Camino del Norte (North way) or Camino Costero (Coastal way).

Porcía beach (El Franco)



Cuevas beach (Llanes)

ALONG THE WAY, AS IT PASSES THROUGH ASTURIAS, YOU CAN ENJOY OTHER AREAS THAT HAVE BEEN DECLARED A WORLD HERITAGE SITE: the Rock Art of the Cantabrian Coast - El Pindal, Tito Bustillo and La Peña Cave are open to the public- and the Monuments of Oviedo and the Kingdom of Asturias -Asturian pre-Romanesque art.

All the Primitive way as the Coastal way (including the deviation from Villaviciosa to Oviedo) and the one of Salvador were declared in 2007 Heritage of Cultural Interest, in recognition to their historical and patrimonial values.

Other ways in the north are: the one that from Oviedo connects with the Coastal way through San Claudio, Arlós and Avilés. From Covadonga and Abamia came from Les Arriondes, L'Infiestu, Nava, La Secada/La Secá, La Pola Siero and Oviedo. Afterwards, when the castilian-leon way had peak was from the century XII, are the branches which lead to the visit to San Salvador of Oviedo, being the most important of them the one which came by Arbás and followed to Payares, La Pola (Lena), Ujo/Uxo, Mieres del Camín, Olloniego, La Manjoya y Oviedo. Also the ones that enter and exit in Asturias: from Oviedo to Trubia and the Monsacro -where they think the Salvador relics were, before their move to the Camara Santa-, Tuñón, Proaza, La Plaza (Teverga) and Puerto Ventana. Another strand to consider came from the Pueba de Lillo by San Isidro, passing through Collanzo, Cabanaquinta/Cabañaquinta and Morea/Moreda, that connected with Ujo/Uxo to finally reach Oviedo.

Revillagigedo palace (Gijón)

¡BUEN CAMINO! (GOOD JOURNEY!) IS THE UNIVERSAL GREETING OF THE PILGRIMS ON THE WAY OF ST. JAMES..
The reasons for completing the pilgrimage can be very diverse: religious, cultural, love of nature, sports, an introspective journey to find oneself, etc. It offers a life-enhancing experience in which pilgrims experience unforgettable moments, filled with surprising encounters.

In Asturias, we can use the saying -every way leads you to … San Salvador and to Santiago-, as it was borned in the Asturian Region and the legend became popular. The centuries IX, X y XI, marked the -big age- from the myth growth. The desertion in Asturias by their monarchy and the opening of new frontiers to the south to christian traffic, mean the decrease to a second level of the North ways. Even though, they never were abandoned, and even more today they give to the pilgrim and the traveller a range of cultural, landscape, sporty, hostel industry and gastronomic possibilities, in quality and quantity, and in other jacobean ways.

Oviedo cathedral

LEGEND

- Tourist information
- Panoramic view
- Cave
- Megalithic resource
- Neolitic fortified settlement
- pre-Romanesque church
- Romanesque church or chapel
- Monastery
- Marina
- Golf
- Airport
- Hospital
- Health Centre

Asturcones horses in Sueve mountain range

08 **Coastal Way**
11 stages

22 **Primitive Way**
9 stages

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French way - Primitive Way
3 stages

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2 stages

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1 stage

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#NaturalParadise #primitiveway #northway #pilgrim #jubilee... (+)

Coastal Way

Declared a World Heritage Site by UNESCO

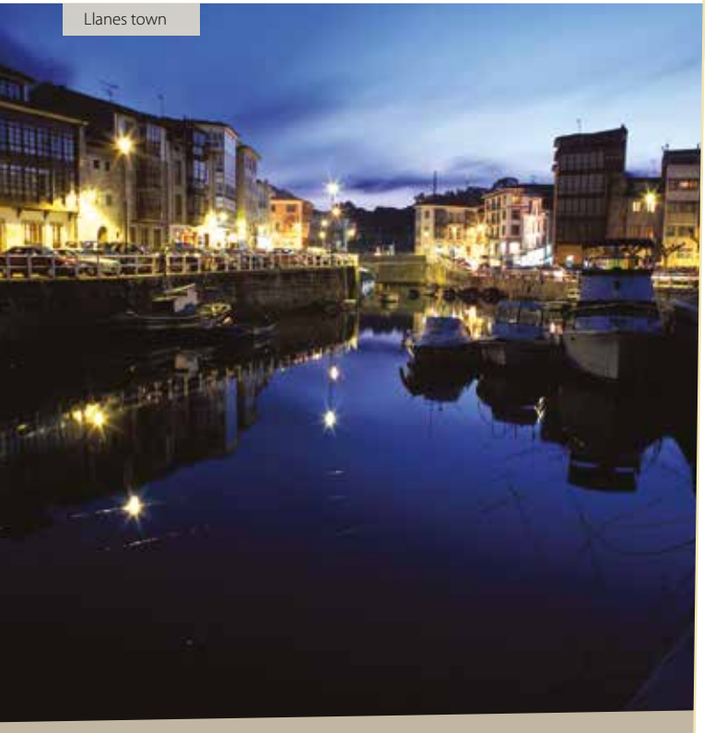
11 Stages 284,1 Km

	SETTING POINT	DESTINATION	KM.
01	Bustio	Llanes	**23,3**
02	Llanes	S. Esteban (Leces)	**33,8**
03	S. Esteban (Leces)	La Isla	**12,5**
04	La Isla	Sebrayo (Sebrayu)	**16,2**
05	Sebrayo (Sebrayu)	Gijón (Xixón)	**27,7**
06	Gijón (Xixón)	Avilés	**31,9**
07	Avilés	Soto de Luiña	**37,6**
08	Soto de Luiña	Almuña	**33,8**
09	Almuña	Piñera	**17,9**
10	Piñera	La Caridad (A Caridá)	**15,1**
11	La Caridad (A Caridá)	Abres	**34,3**

Penarronda beach (Castropol)

Bustio - Llanes

Ribadedeva and Llanes councils



Llanes town

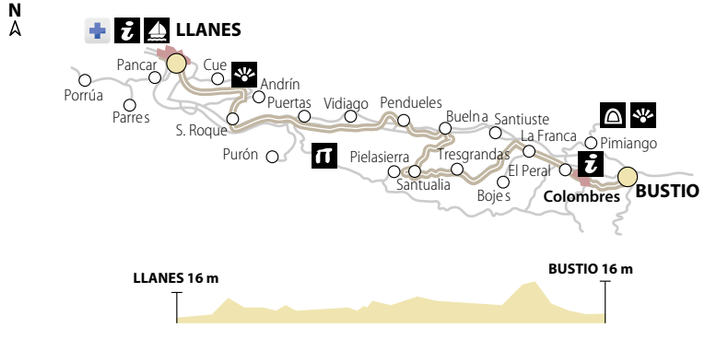
Stage 1. 23,3 km.

Camino de Santiago (Saint James Way) gets in Asturias through the bridge over the river Deva until arriving Bustio. We ascend Cuesta'l Cantu and we arrive to Colombres, village that we pass through. In direction north east we arrive to the fountain Las Concharascas and that connects with N-634 until La Franca and the bridge El Campu by the local road of Los Cándamos.

After crossing the river Cabara we arrive to Santiuste and we take it again during 150m the N-634 until we deviate by a local track until the House of the Painter. To the west passing this house, we change by foot the hill of La Borbolla until we connect with the national road that leads to Buelna.

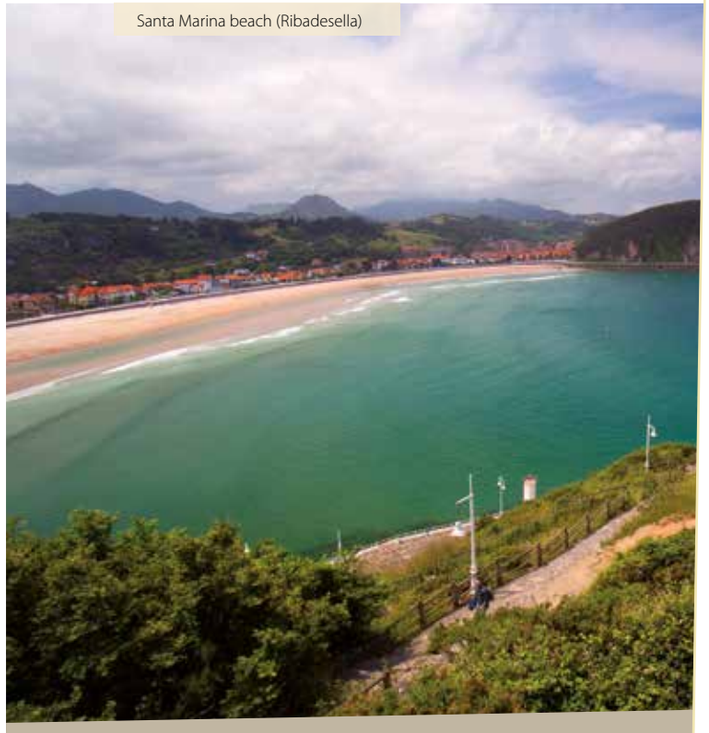
In Pendueles the track separates from the road and goes through the neighbourhood La Venta and Las cocheras where takes you back to the national road to Vidiago. From Vidiago to Puetras we walk in parallel to the road N-634. We connect with the road of Borbolla and here we turn right to follow again the N-634 to Venta' l Pumar.

Some 400m further on we take the old track at our right and we go pass an old chapel, we connect again with N-634 until San Roque of Acebal and El Cornellar. Here we follow the traditional track that crosses the road of Andrín and goes up to the hill of Jorcada. The way descends towards La Portiella and follows until Llanes by the AS-263.



Llanes - San Esteban (Leces)

Llanes and Ribadesella councils



Santa Marina beach (Ribadesella)

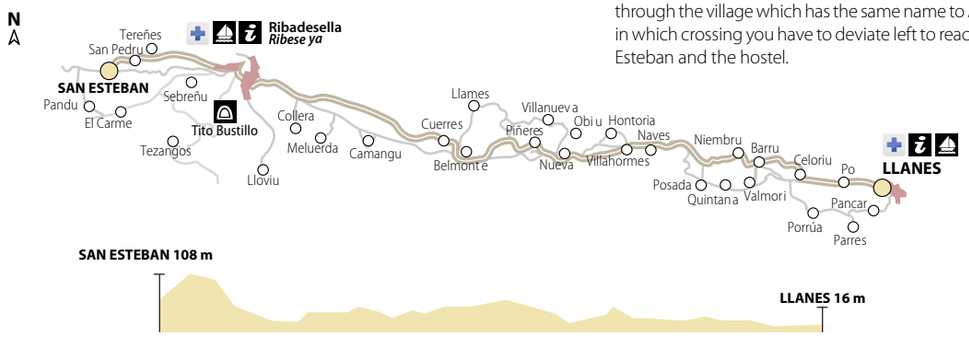
Stage 2. 33,8 km.

Crossing Llanes, we continue by the AS-263 until we connect with the old road of Poo, crossing the train track to our left. After passing Poo, we take the right deviation to the monastery of San Salvador de Celorio and we border the Beach of Palombina.

We continue to Barro and we follow direction towards the river Niembro in order to cross a bridge. Next to the chapel of Santín we take the Cuesta de Niembro we pass by a local road to continue direction West to El Valle. We take right towards the sea, passing by Amelladeru and we descend towards the monastery of San Antolón of Bedón.

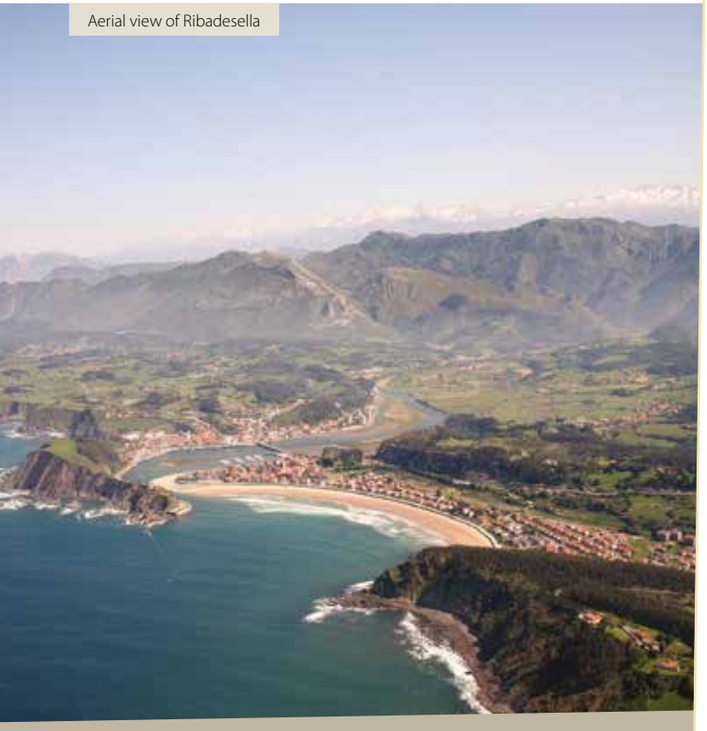
Crossing the river Bedón we follow towards naves and Villahormes, where we take the track to the cemetery and after a track at our right to La Venta. Continuing towards West we find the bridge Huergo and the track that leads us to Nueva. From here we come out the AS-263, we cross the highway by a lower level crossing and we arrive to Piñeres. We connect with the road of La Pesa and we take the deviation at our left until the church of San Pedor of Pría. We descend this track to La Pesa, and turn at our left and we connect with the road to Llames.

The track follows to a medieval bridge of Aguamía. We ascend towards the Cereceda en Cuerres, and we cross the train track following until Toriellu passing through the neighbourhood of San Martín. We cross the train track again and follow towards Sobares, Argunadieyu and La Espina where once more we cross the train track and follow to AS-263 to enter to Ribadesella by the neighbourhood of El Portiellu. We cross the bridge over the river Sella and, bordering the sea inlet, we go towards the Beach of Santa Marina. From the road Ricardo Cangas and Dionisio Ruisanchez we continue the walk by the road of San Pedor passing through the village which has the same name to Abéu, in which crossing you have to deviate left to reach San Esteban and the hostel.



San Esteban (Leces) - La Isla

Ribadesella, Caravia and Colunga councils



Aerial view of Ribadesella

Stage 3. 12,5 km.

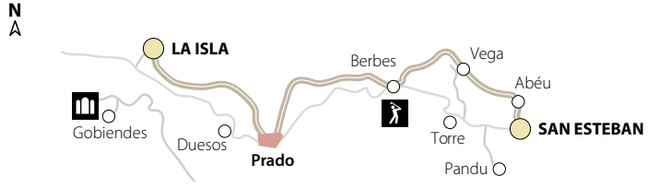
From the hostel, we take the road in Abéu following straight on by El Calerón, towards Vega by the base of the hill Redondo. In the beach of Vega we cross the stream of Acebo and ascend to Berbes.

We continue by Caleyona towards N-632. Passing through the stream La Régula a track opens at our right. We go up the mountain pass of La Campona, in order ot descend to the beach of El Arenal of Morís.

From here the Walk superimposes the coastal way GR-204 (E-9) and advances towards Prado by a local road. After the Walk goes by the sea side until arriving to the beach of La Espasa, from where we get to N-632, we cross the river and we arrive to the old Venta de la Espasa.

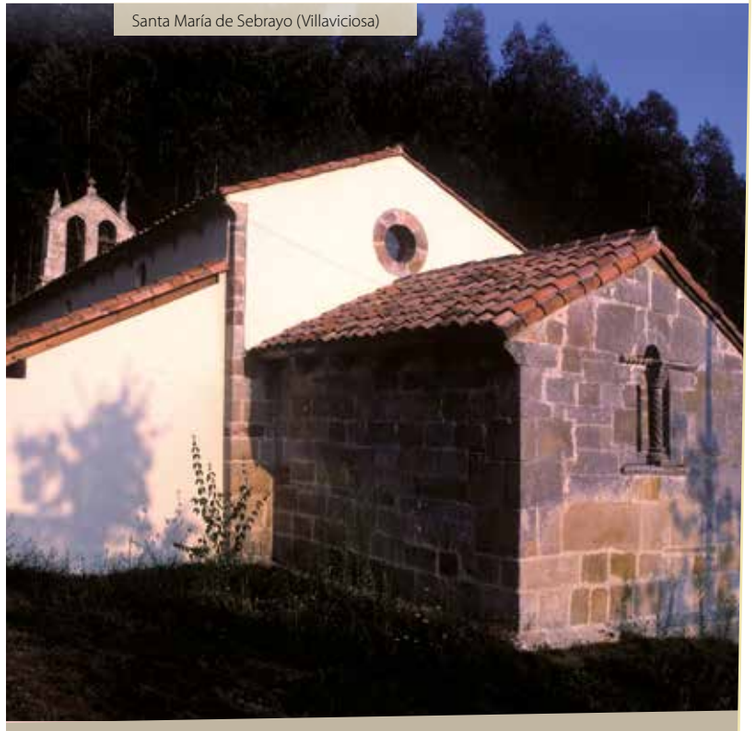
Between Arenal de Morís and the beach of La Espasa we have the beach La Beciella, where flows into the river Los Romeros, whose name refers to the Walking pilgrims and next a temple that did exist and a Benedict monastery of Santiago, that had its own hostel and was founded in the first half of the century XI by the count Munio Roderici.

Next to the beach and La Venta de la Espasa, at 1,8 km we have the village of La Isla where the next hostel is located.



La Isla – Sebrayo (Sebrayu)

Colunga and Villaviciosa councils



Santa María de Sebrayo (Villaviciosa)

Stage 4. 16,2 km.

We restart the walk of Venta La Espasa, solid construction of the XVI century, that was an old pilgrim hostel and still today conserves it's raised granary and the ruins of the old stables.

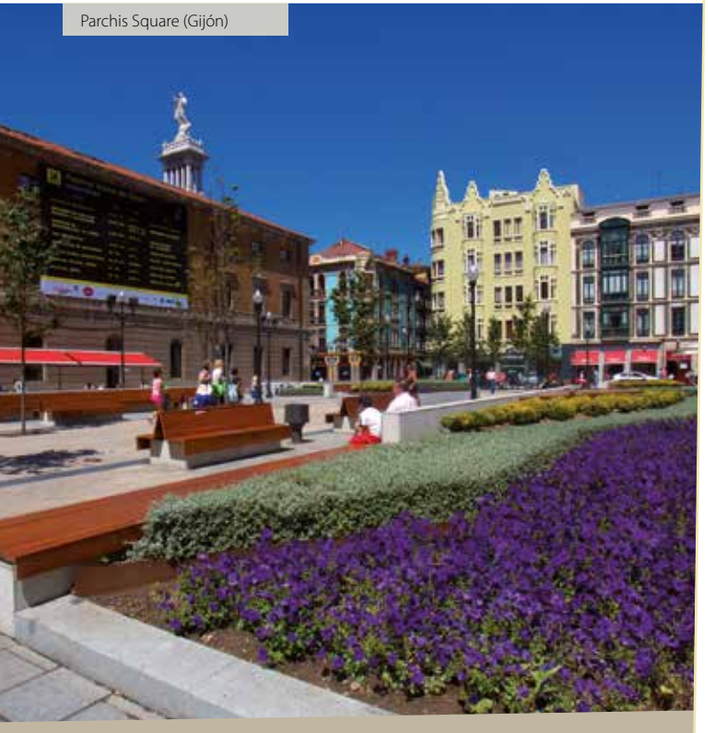
From this residential zone of El Barrigón, we continue the N-632 until the crossing by Gobiendes, we take the old track and takes us back to the road where we have a deviation at our left and direct us to a stream and the bridge of Bueño (Güeñu). From here to Covián and straight on towards west to Colunga.

We cross the villa by the Grande Covián Street and we take the deviation, by road towards Infiesto. We continue by the meadow of the river Llovones, passing through La Calzada, El Tarrerón, la Ería de San Vicente and La Venta Peón, and we leave the valley by the bridge of La Llorea. By the hillside of La Biesca, following by road, we get to El Conyéu and we descend to Pernús, we ascend to La Vega and we continue by the track that starts at our left towards La Llera with a marked ascent.

After the hillock La Cabañota the way descends to Priesca, once we have passed the pre romanesque church of San Salvador, consecrated in the year 921 and with interesting picturesque rest and lovely capital, by the Caminón that starts at our right, we arrive to La Vega and from here, by the left margin of the river Sebrayo, goes to the meadow of the stream Nabla where after crossing the bridge we reach to a village and the hostel Sebrayo (Sebrayu).

Sebrayo (Sebrayu) – Gijón/Xixón

Villaviciosa and Gijón councils



Parchis Square (Gijón)

Stage 5. 27,7 km.

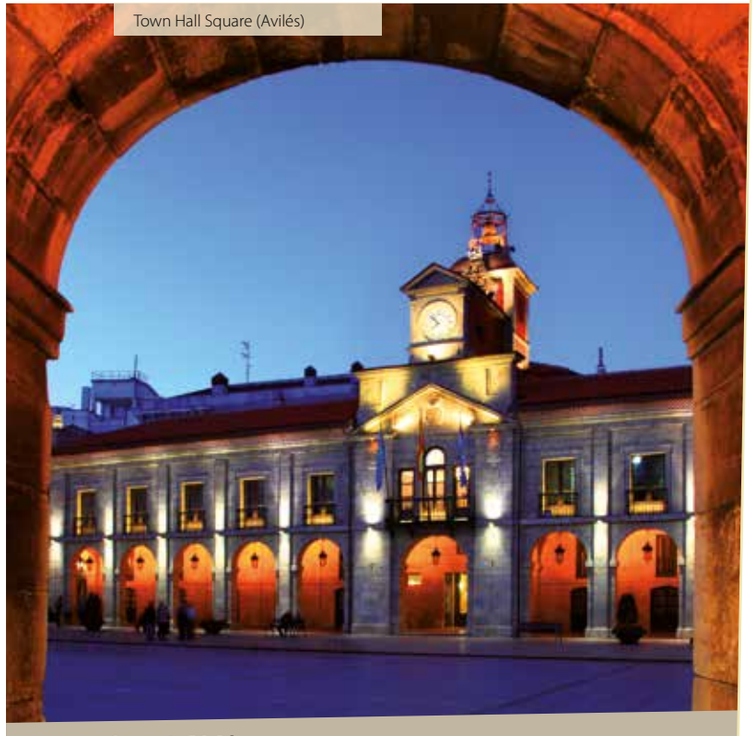
The Walk continues by the road to Villaverde, and deviates to the left, arrives to Fresno (Fresnu) and El Sello (El Sellu). By the edge of the stream Miyares we connect with the N-632 passing through the parish of Santa Eulalia of Carda, until we arrive to Villaviciosa by the road Magdalena.

We come out of Villaviciosa by the Tower to Amandi, by the park of L'Alameda and we take the road to Infiesto. We deviate to our right to Regatina and we cross the bridge of San Juan. A bit after at our right we take the road to La Casquita where the chapel of San Blas signs the division of the way to Oviedo or to Gijon (Xixón).

We continue straight on and after deviating to the left, we cross the river Valdediós and we arrive to the mill of El Mayorazo. We continue north towards Grases de Arriba and after connect with the road of Rozadas. We take the deviation to Niévares and the valley of Peón (Pión) where we cross the river España and we descend to the high of El Curbiello. First by road and after by track, we start the descend towards Gijón (Xixón), first by El Infanzón, and after by the track of La Olla towards the parish of San Salvador de Deva, where we can after find the hostel.

Gijón/Xixón – Avilés

Gijón, Carreño and Avilés councils



Town Hall Square (Avilés)

Stage 6. 31,9 km.

From Deva we continue towards Cabueñes, The Laboral University and La Guía Borough in order to enter the city and cross the Avenida la Costa, the Paseo de Begoña, the Marina, Poniente and the neighbourhoods of Natahoyo and La Calzada Boroughs.

We leave Gijón by road direction to Avilés and we take the strand to Puao for, after passing the sugar producing of Veriña, begining the ascent to Areo Hill.

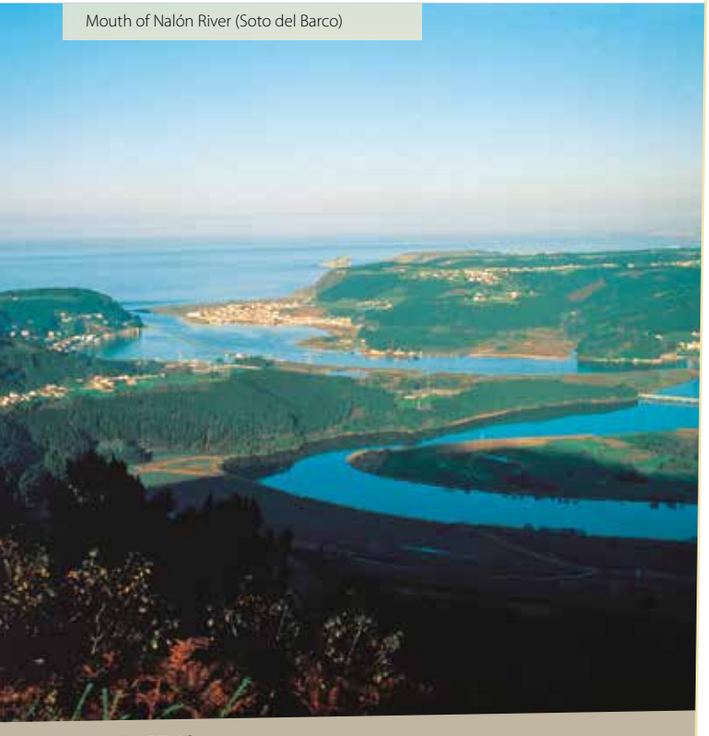
We descend to Santa Eulalia of Valley (Santolaya) and once we have passed the church, we continue to La Maquila and after Torre and Tamón.

The track until this moment goes through a road direction to Tabaza and from here gets together with the road N-632 that will lead us to Trasona and finally to Avilés, where we enter by the Avenida de Gijón and converges with Rivero street in the suburbs of the hostel.

Coastal Way

Avilés - Soto de Luiña

Castrillón, Soto del Barco, Muros de Nalón and Cudillero councils



Mouth of Nalón River (Soto del Barco)

Stage 7. 37,6 km.

Avilés: neighbourhood of Sabugo, square of Carbayo, avenida de Alemania, hill of San Cristóbal and after the descend starts to Caicedo and there is a deviation after at the left, to Campo del Conde in Castrillón. Crossing the stream of La Plata we arrive to Piedras Blancas by road.

We follow by the Avenida de Gijón and the road to Villar deviating at the left by the track that goes to the mountains of Cordel, where we descend to La Ventaniella (Santiago del Monte). We continue west direction to Soto del Barco and descend to the road of San Juan De la Arena. Take attention to the signing of the track as there are many crossings.

We ascend to the country house of Castillu and we go to Soto del Barco to cross the bridge over the Nalón by national road. In the other edge we take the track to Era (left of N-632) and we ascend to the capital of Muros del Nalón. Crossing the train tracks we descend to the stream of Santa Olaya and we arrive to the margin of the river Aguilar till we find the road that will take us to El Pito and from here to the right to Balandres.

The way continues by El Manto, Las Dueñas, El Rellayo… to the meadow of the river Uncín by Magdalena in a strong slope. By crossing the bridge we start the ascent to El Ribete, La Cebedal and to Campo Cima to descend to the valley of river Esqueiro and Soto de Luiña, where we have the hostel.

Soto de Luiña - Almuña

Cudillero and Valdés councils

Canero beach (Valdés)

Stage 8. 33,8 km.

In Soto de Luiña, we take the Slope of la Torre and in Llanorrozo we pass over Las Chabolas, where we start the Camino Real (Real way) of the hill Las Palancas (vaqueiro way).

In this track Las Palancas with a beautiful landscape but has a difficult journey, due to its abrupt way and that it doesn't count wih any buildings (either possibilities to obtain drinking water or refuge) along eleven kilometres of journey.

As an alternative marked way , also historical documented as jacobea track, we have the way of las Ballotas, which starts in Las Chabolas, continuing by Valdredo, Albuerne, Novellana, Castañeras, Santa Marina and Ballota. On the way down to the river Cabo, limit between the towns of Cudillero and Valdés there is actually a stone bridge, direct heir of the mythical medieval "Pont qui tremble" (bridge that shakes).After crossing the bridge an ascent starts the way up to Tablizo, continuing the track by the villages of Ribón, Cadavedo and Villademoros, where meets with the track of Las Palancas. In Cadavedo we can find a pilgrim hostel who for those that would like to divide the stage in two.

We continue our way west by the opposite way of the road, passing through Quintana, San Cristóbal and Querúas. The way goes through El Llano de Canero and goes down to Ventorri to the church of San Miguel de Canero, where we start the descend to valley River Esva. WE cross the bridge by N-634 and we take the track to Barcia, where we continue to Almuña to find the hostel.

Almuña - Piñera

Valdés and Navia councils

Puerto de Vega (Navia)

Stage 9. 17,9 km.

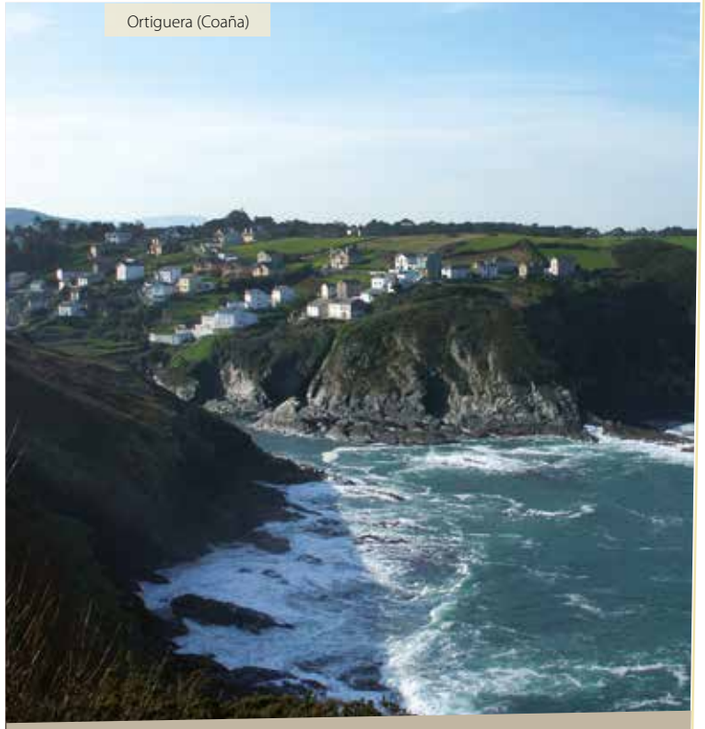
Leave Barcia via the neighbourhood of La Luz and head towards Fondón de la Magdalena and then uphill through Mingón to Barcellina. The route then links up with the road to El Faro, continuing on through Villar and Torrealtina to Luarca.

Leave the town along La Peña Street to then reach El Chano. Heading southwest towards El Oteiro, head towards La Olla Stream and Taborcías, crossing the bridge over the railway line to pass through La Caleya before reaching Villuir. Continue along the N-634 and then turn onto a path to Pico Quemado, passing through Cabornas, La Pedrera, La Casona, Rellón and Los Remedios. The route then heads uphill to Sagurniento Pass, crosses the road to Boronas and continues uphill to Las Hervedosas. It then heads westward through Bao and Barayo until reaching Villainclán.

From there, if you choose NOT to continue on to Villapedre, you pass through the hamlet of La Peña and head downhill to the River Frexulfe, which you ford before heading uphill once more to Salvador de Piñera, where there is a hostel.

Piñera - La Caridad (A Caridá)

Navia, Coaña and El Franco councils



Ortiguera (Coaña)

Stage 10. 15,1 km.

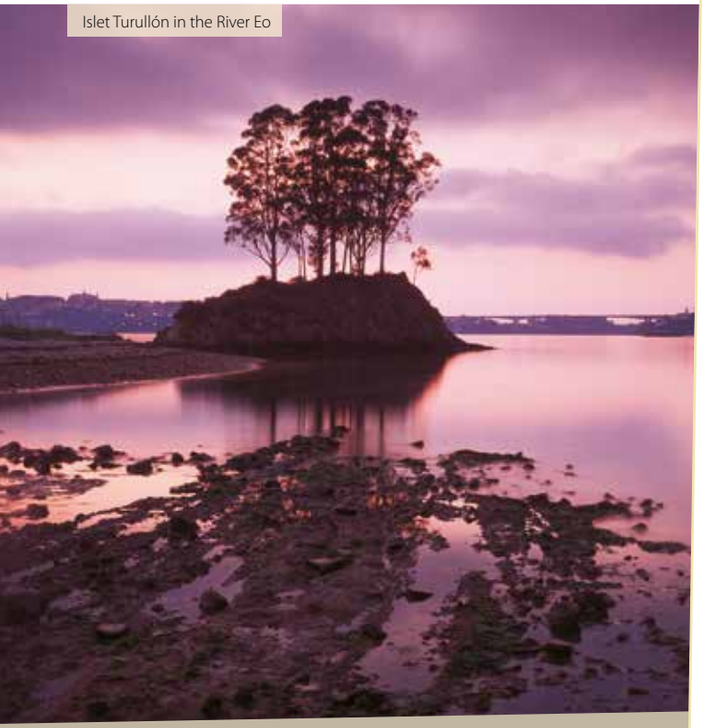
The route continues westward along a paved stretch to La Venta and La Colorada, where you take a track to Navia.

Head out of Navia over the N-634 bridge and, once in the borough of Coaña, take the second road on the left, turning off this road to the right (before reaching the borough capital) onto the road to Folgueras.

After 300 m., turn right again towards Jarrio, where the district hospital is located. Heading northwest out of Jarrio, take the track towards Esteler to return once again to the road and pass through Cartavio, Castello and Arboces. Bear left towards La Pasadía to then head southwest downhill to Pormenande Stream, continuing on to La Caridad (A Caridá), where the hostel is located.

La Caridad (A Caridá) – Abres

El Franco, Tapia de Casariego, Castropol and Vegadeo councils



Islet Turullón in the River Eo

Stage 11. 34,3 km.

We come out from La Caridad (A Caridá) and we descend to cross the stream Salgueiro to after ascend until we find the road N-634. We turn to Os Carballoes to reach to Valdepares. Continuing by road, we descend the valley to the river Porcía, by El Morrillo and A Canteira. We cross the river and we come in the council of Tapia de Casariego.

In Venta de Porcía we recover the primitive way and we ascend to Celleiro and to Cruz de la Caleya. Here there is an offshoot towards Tapia (shelter) and another to the left, crossing the road towards El Picón. We continue by this last one that connects with the road of San Julián. We continue left by a track to As Pontes del Cabillón and El Coutado. From here we go to Brul and to Barrionuevo, where connects with the local road by which we arrive to Tol we will find a hostel if we do want to divide the way.

The road forkes in direction to Castropol and to Figueras, towns from where in the past crossed a river by a small boat to Ribadeo. Actually we can cross the river Eo through the Bridge de los Santos, between Figueras and Ribadeo, but before it did exist, the only way walking was by Vegadeo, way that we will follow.

We continue from Castropol getting away from the coast to Péligos, direction to La Venta and Lantoira. After passing by A Casía and Presa, we arrive to the bridge of La Galea and to the centre of A Veiga/Vegadeo. From here we ascend to La Cruz, to the south of Miou, that does as a way crossing. One of them is the Camino Real de Bustelo, that goes to Abres, the last asturian town before getting in Galicia by the bridge of Fornacho crossing the river Eo.

Views of the harbor and the town of Tapia de Casariego .

Primitive Way

Declared a World Heritage Site by UNESCO

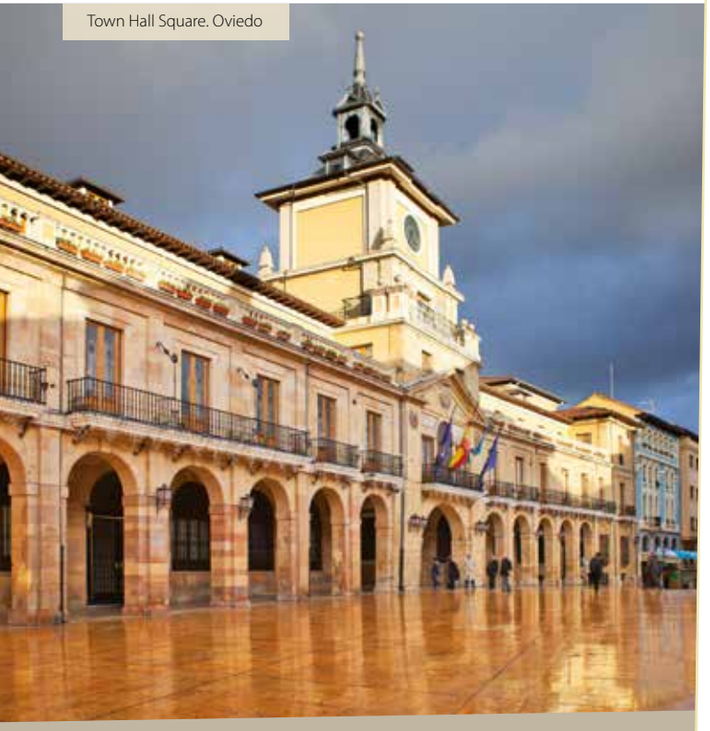
9 STAGES 148,6 Km

	SETTING POINT	DESTINATION	KM.
01	Oviedo	El Escamplero	**11,3**
02	El Escamplero	San Xuan	**16,5**
03	San Xuan	Salas	**19,6**
04	Salas	Tineo	**19,9**
05	Tineo	Borres	**18**
06	Borres	Pola de Allande (La Puela)	**12,4**
07	Pola de Allande (La Puela)	La Mesa (A Mesa)	**22**
08	La Mesa (A Mesa)	Grandas de Salime	**15**
09	Grandas de Salime	Pto. del Acebo	**13,9**

Stage of Primitive Way (Tineo)

Oviedo - El Escamplero

Oviedo and Las Regueras councils

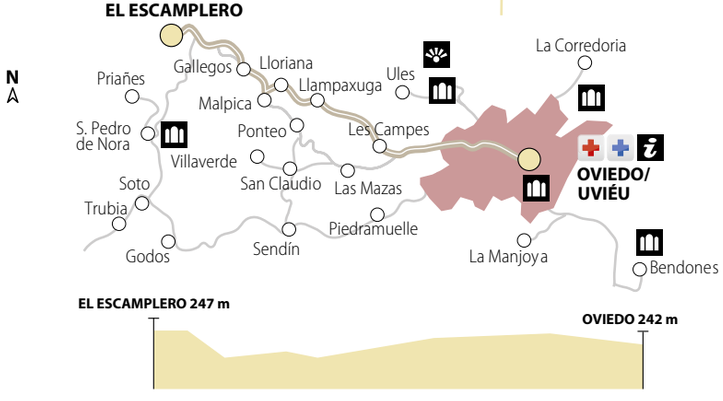


Town Hall Square. Oviedo

Stage 1. 11,3 km.

We initiate from the image of El Salvador in the Cathedral of Oviedo. The city is signed through bronze scallops attached to the pavements on the streets San Juan, La Luna, Covadonga, Melquíades Álvarez, Independencia and La Argañosa, untill the exit of the old way of El Pontón de Riello. From here we go by asphalted road until San Lázaro de Paniceres, in the parish of Lillo, and Les Campes, where a deviation at our right, leads us, bordering the hill Naranco, until the chapel El Carmen en Lampujúa (Llampaxuga).

After we descend to a place known as La Pipera, untill the road that leads to Lloriana and goes down to La Bolguina, where connects with AS-232 (Oviedo-El Escamplero) that should follow by the right to save the river Nora by the medieval Ponte de Gallegos, that permit us to enter in the council of Las Regueras, independent of the bishopric form Oviedo since the year 1380. At the end of Gallegos we take the deviation at our right that enters in the place of El Castañéu del Soldáu and leads to the Mill of Quintos where we descend by the Carrilona again to AS-232, near the Venta L'Escampleru. In the fork to AS-234 we take this direction to Santullano, we pass near the church Santa María and we arrive to the pilgrim hostel of El Escamplero.



El Escamplero – San Juan (San Xuan)

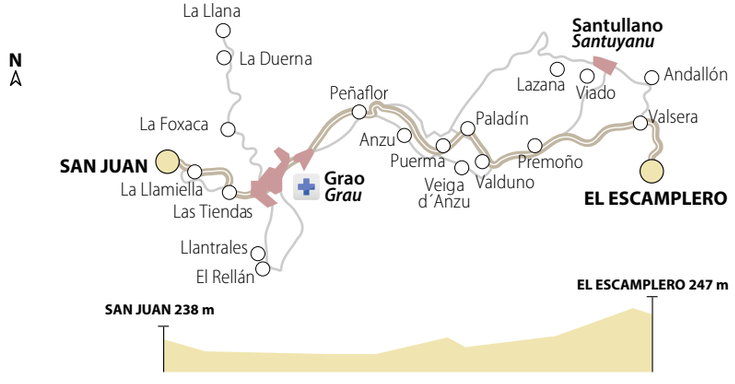
Las Regueras and Grado councils

Los Dolores Chapel (Grado)

Stage 2. 16,5 km.

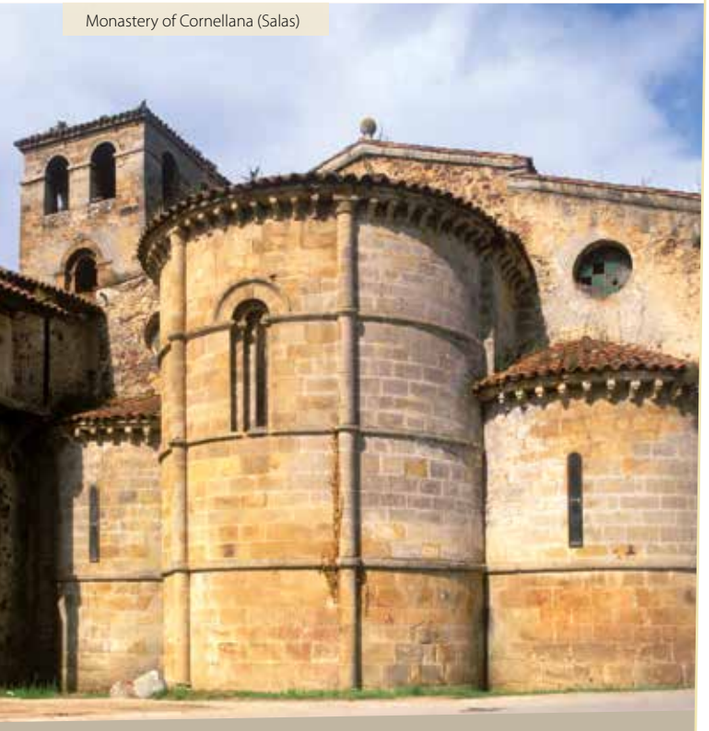
From El Escamplero we continue to Taraniello and by AS-234 we continue to the chapel of Santa Fátima of Valsera and from Valsera, by asphalted track, to the connection with the road to Premoño. From here we descend direction north to La Fuente and from here to west to Paladín and, crossing the river Soto, to Puerma. In El Fornu we take the track -at the left- parallel to the river Nalón. We pass La Carril and we pass through el Regalu la Xana by a wooden walkway until connecting with AS-234 and saving the river Nalón by the bridge Peñaflor.

We pass through the village Peñaflor, with its church San Juan and by the meadow, and by a track, we enter in Grau by the neighbourhood of San Pelayo, where we can see the Museum Ethnographic and the train station. We cross the old part of town next to the palace of Valdezarzana (actual Culture House), the chapel of los Dolores and the town hall. From here we ascend to the church of San Pedro, the journey to hell and the neighbourhood of la Cruz, where we can contemplate an excellent transept. We come out of Grado by a local road that lead us to the village of Acebéu to reach Venta del Cuerno, where milestone indicates the way to reach to the pilgrim hostels located in the village San Juan de Villapañada (San Xuan), where years ago they talked the slang («el bron»).



San Juan (San Xuan) - Salas

Grado and Salas councils



Monastery of Cornellana (Salas)

Stage 3. 19,6 km.

The way continues at the left of the hostel towards the country houses of La Reguera, La Venta del Cuerno, El Toral and La Venta. After two steep slopes we reach the hillock of El Freisnu, with a big stone cross in front to the cemetery and the sanctuary dedicated to the Virgin during the century XVII.

From El Freisnu the track enters in the neighbour council of Salas descending to the nucleolus of San Marcelo, La Reaz and La Doriga to after cross the Houses of the bridge and arrive to Cornellana, if those pilgrims that would like to can stay the night in the hostel of Cabruñana, located at 1km. Of Freisnu approximately a possibility exists of crossing the nucleolus of La Rebollada, Barrudo and Moratín, joined with the original to continue towards the Houses of the Bridge and Cornellana. From here we enter in the council of Salas.

We will descend to the Houses of the Bridge to join with the road to Cornellana where we will find the Monastery of San Salvador, founded in the century XI and a hostel next to it.

The track continues in paralel to the river Nonaya towards Sobrerriba. The way borders by the base of Alto Santa Eufemia and arrives to Llamas, continues by La Carril and turns to left to arrive to Quintana. Passes by the Fountain Caliente and the track ascends to discover the bridge over the river Nonaya in Casazorrina, which goes through to destination to Debesa, where borders the river Nonaya again. Ascends to N-634 and arrives to Mallecina and from here to Salas.

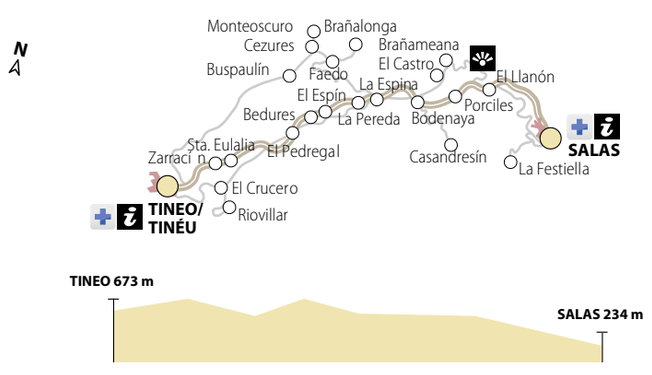
Salas - Tineo

Salas and Tineo councils

San Roque´s Park (Tineo)

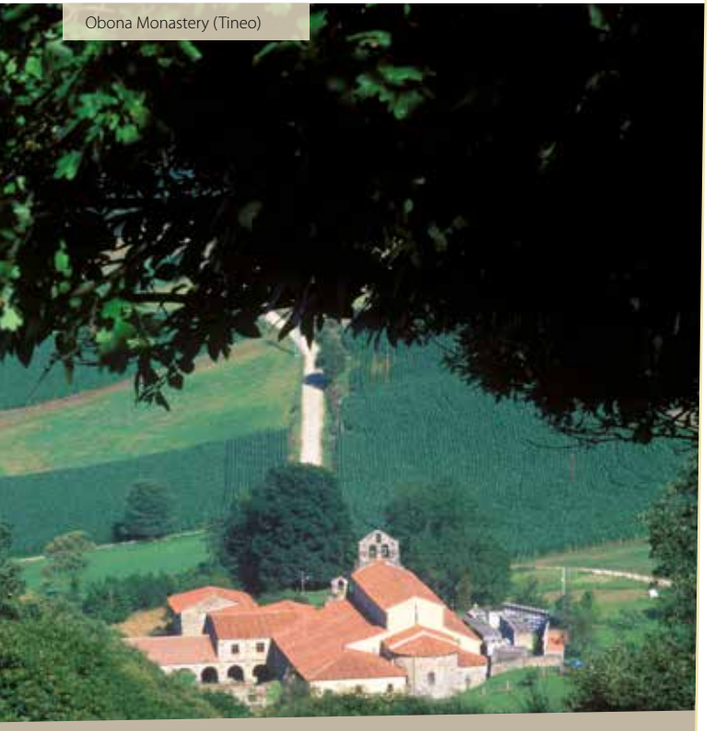
Stage 4. 19,9 km.

We come out of Salas following the right margin of the river Nonaya untill we reach the road to El Llanón and at 700 metres we turn left to the houses of Porciles. From here, by «Camín de misa» until the church of Bodenaya, where we take the track to La Espina. In La Espina in the last house (Casa Cándano),we turn right towards La Pereda, first village of the council of Tineo and in which a pilgrim hospital did exist. We ascend to the higher part of the village, we take the track to the houses of Espín and Bedures and we descend to the church of Santos Justo and pastor in Pedregal. There in front of the old transept and the other side of the road, a track comes out that takes us to Santa Eulalia of Tineo. By the parish church we take the track to Zarracín and in the intersection, we take the track at our left to the field and to the chapel of San Roque, at 1 kilometre from the villa of Tineo. The chapel founded by the own saint as per the tradition, it might was built up by french pilgrims at the end of the century XII, suffered many reconstructions, but does conserve rests of its romanesque origin. Following the Camín francés or «Paseo de los Frailes» we enter in Tineo. To the pilgrim hostel, in the neighbourhood of Viso, we arrive after taking the deviation in Campo de San Roque.



Tineo - Borres

Tineo council



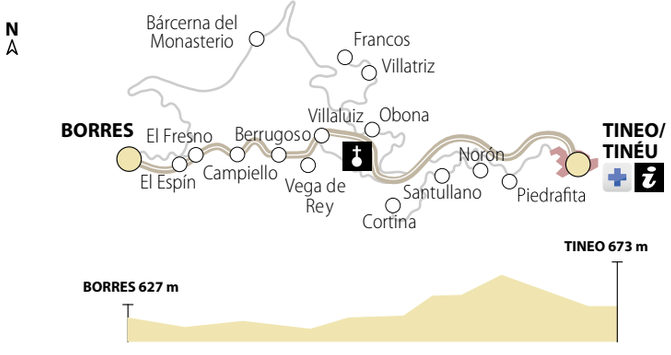
Obona Monastery (Tineo)

Stage 5. 18 km.

The track of the villa comes out from the neighbourhood of La Fuente, goes up the hill to Canteironas and continues until arriving to the old Venta de Piedratecha, at 800 meter high.

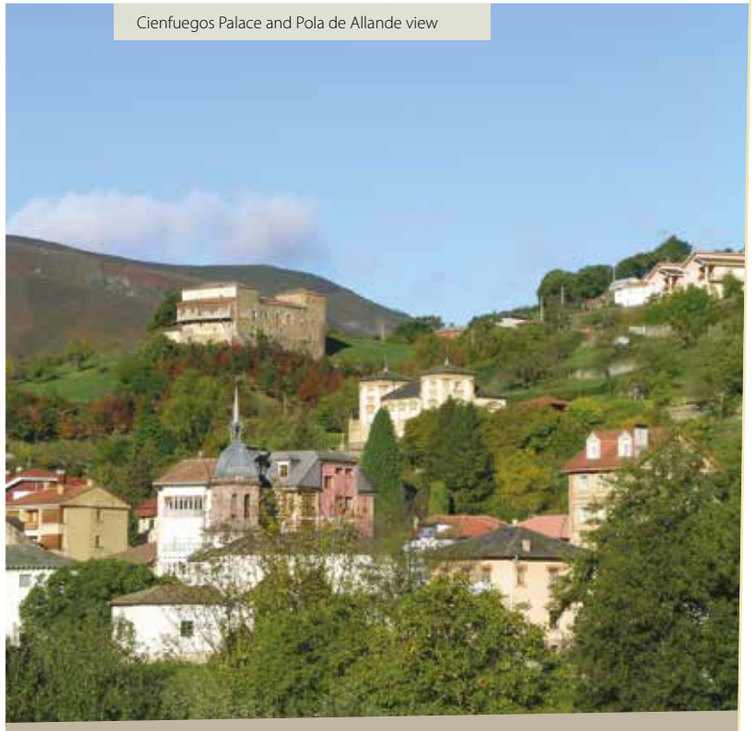
The track descends by a forest directly to the monastery of Santa María La Real of Obona, unavoidable visit for pilgrims, because its accommodation is obliged by disposition of Alfonso IX (included in the first letter of Asturias, given to Tineo in 1222). Obona had a big important as hostel and place to pick up and for reflexivity, at the time that had many artwork, today disappear, unless a romanesque Christ sculpt in wood, with a sweet expression.

From the monastery a short stretch comes out, crossing the stream of Obona and ascends through the forest to the houses of Villaluz (there is a fountain). The track links with the road, that continues, passing by Vega de Rey, Berrugoso, Campiello and El Fresno, with the chapel of la Magdalena. In the high of El Espín the road bifurcates to Bárcena -with the monastery of San Miguel, founded in 973- or to Borres, by the left where we find the pilgrim hostel.



Borres – Pola de Allande

Tineo and Allande councils



Cienfuegos Palace and Pola de Allande view

Stage 6. 12,4 km.

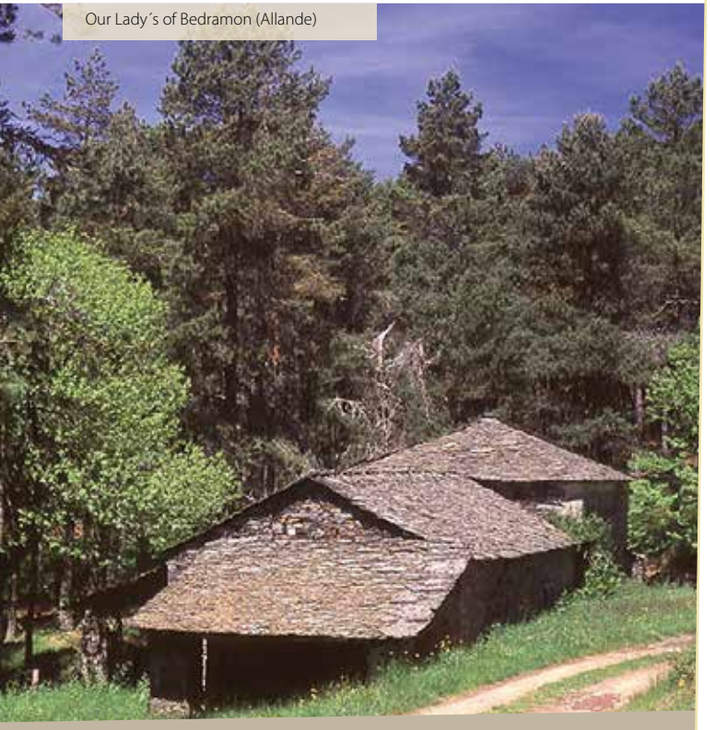
We continue the road that ascends to the cemetery of Borres and we descend till we find the track that goes to Samblismo, and crossing the road we arrive to La Montera, where the palace of Maldonado is located, today in ruins and the chapel of San Pascual.

Here exists a fork: an old track that leads to the Hospitals (important attention centres for the pilgrims that were in Fonfaraón and Valparaiso) and Montefurado, a dozen of inhospitable kilometres, hard but an incredible beauty another modern track takes us to Pola de Allande. In this last one you can choose following by road or tracks next to it, to Colinas and Porciles (last nucleolus inhabited in Tineo in this way), and ascending by the road to reach the heigh of Lavadoira (810 m), limit with the council of Allande and at just only 3,5 km to the capital.

From this high, with beech and abeduls, we leave the road and continue by a track at our left which descends to Ferroy and Pola de Allande (La Puela), villa dominated by the impressive Palace of Cienfuegos (century XIV, rebuilt in the XVI). In the centre of the villa we find a pilgrim hostel.

Pola de Allande – La Mesa (A Mesa)

Allande and Grandas de Salime councils



Our Lady´s of Bedramon (Allande)

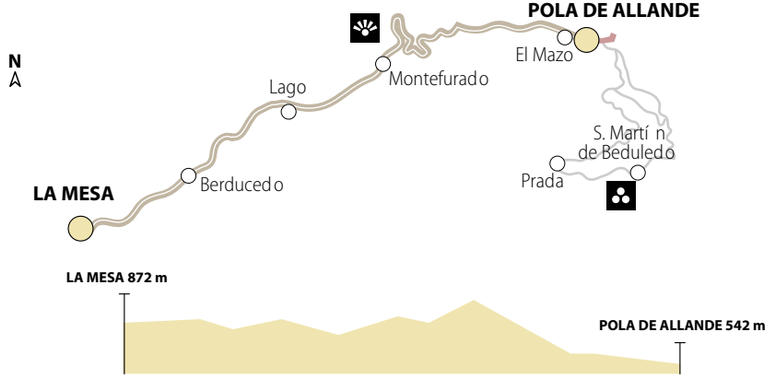
Stage 7. 22 km.

After crossing La Pola, we take a track that crosses the bridge at the left and that lead us to El Mazu and Peñaseita, where we can find another pilgrim hostel.

We take again the tract of El Mazo, to undertake the ascend to Panchón following a way next to the high voltage line. 3 kilometres up the track connects with the road that goes up to Puerto del Palond that follows during 5 kilometres until arriving to the country house of Montefurado, where there is a pilgrim hospital, and where the track finishes for those who have took the journey `Los Hospitales´. From here, by a track parallel to the road, at the left of the village, bordering a small rise, we will arrive to El Lago.

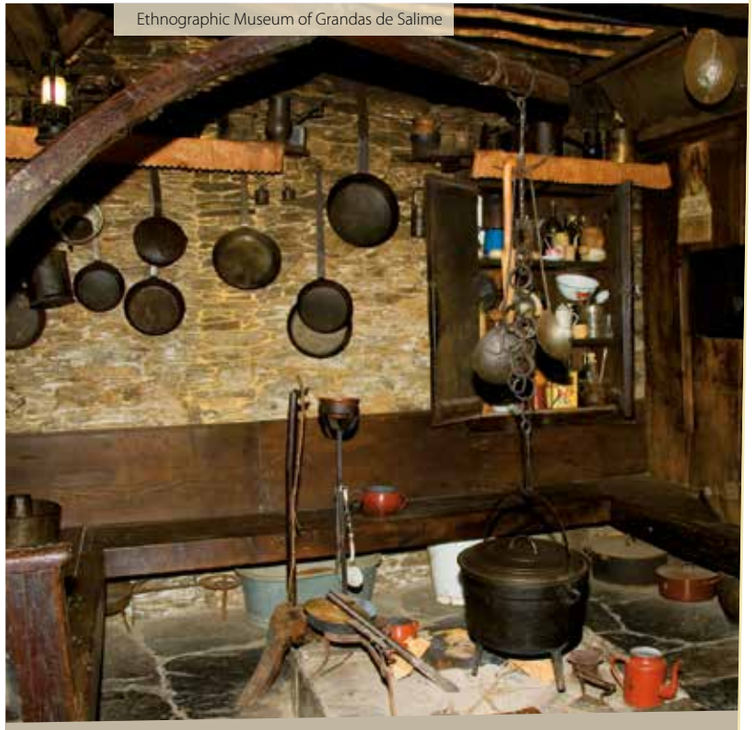
In Lago we have to turn right to a pine wood until crossing the road, to follow at the left to Camín Francés to Berducedo, where also a pilgrim hostel did exist and a hospital , now disappeared.

The new milestone is the village of La Mesa (A mesa) counts with a pilgrim hostel, inside the council of Grandas de Salime, which arrives after bordering the hill range of Berducedo.



La Mesa (A Mesa) – Grandas de Salime

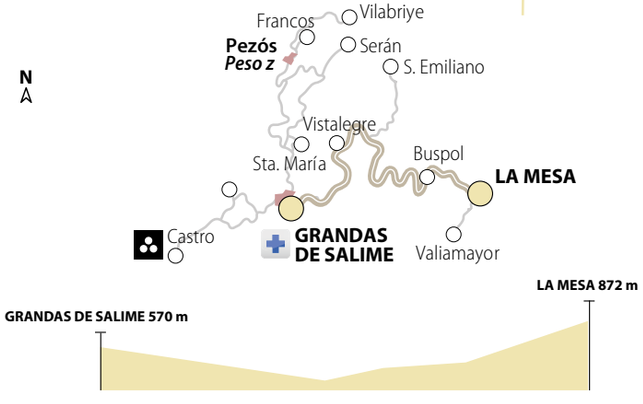
Grandas de Salime councils



Ethnographic Museum of Grandas de Salime

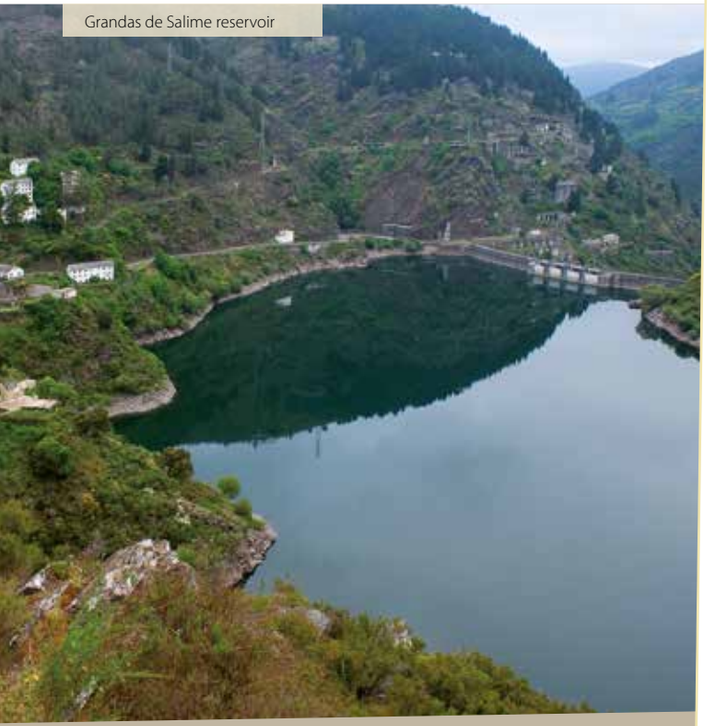
Stage 8. 15 km.

We will continue by the track from La Mesa (A Mesa) leads to Buspol and descends to the reservoir, under which the village of Susalime, which gives it the name. Continuing 5 kilometres by road (unless some deviation by path), we arrive to Grandas, where a pilgrim hostel does exist, and where we have a obligated visit to its incredible Museo Etnográfico (Ethnographic Museum), of big interest and permanent evolution, as well as the church of San Salvador.



Grandas de Salime - Del Acebo Pass

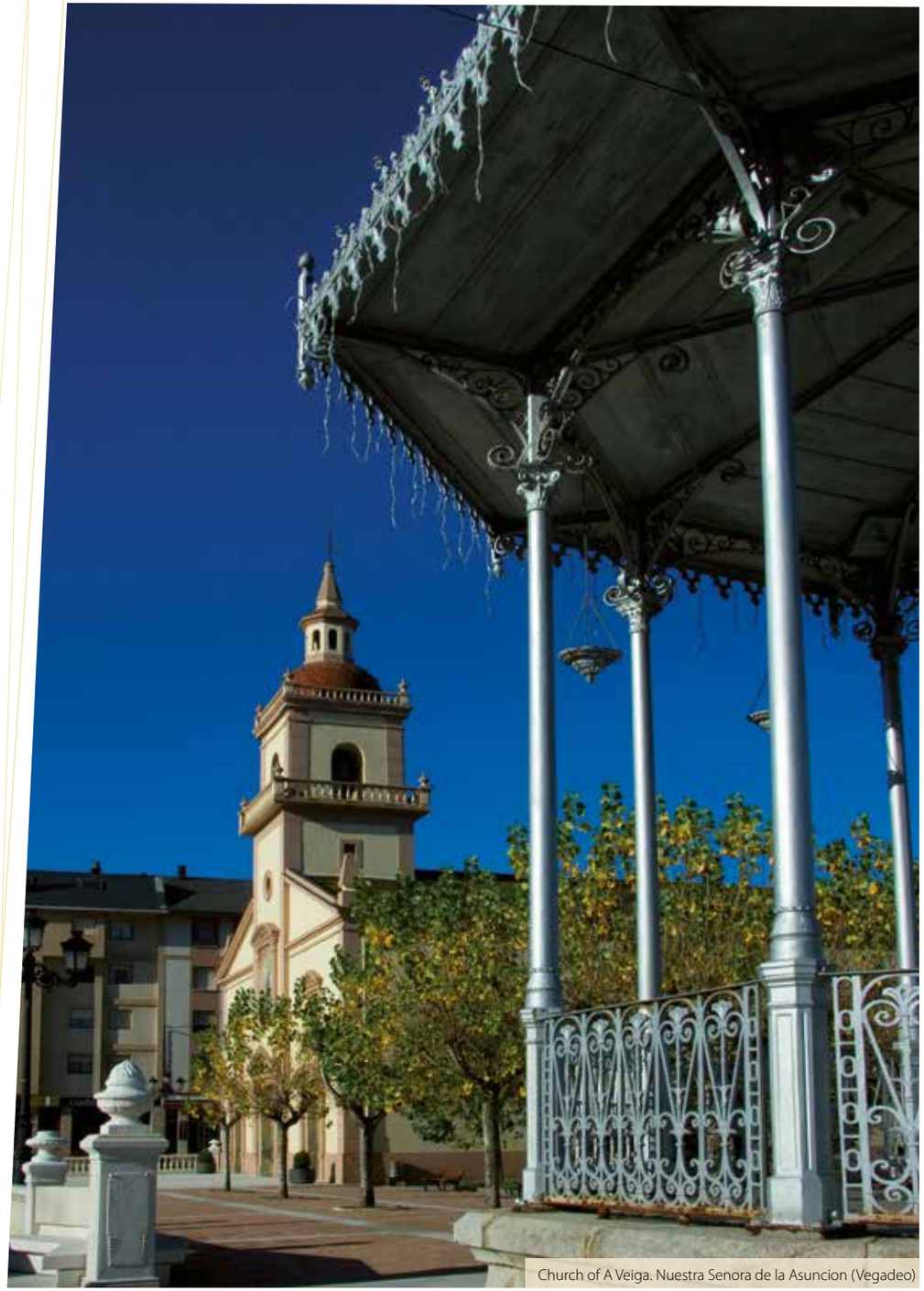
Grandas de Salime council



Grandas de Salime reservoir

Stage 9. 13,9 km.

We start in Grandas the last asturian stretch of the Primitive way, following practically all the time the way of the road AS-28, of which we only come out only to walk by paths and tracks, all of them well marked. In the entrance of the villa of Grandas there is an old pilgrim house-hospital. Starting from it, we have a slope that take us to the church of San Salvador, from where we take the way to Cereixeira. We have at our right another one that leads us to Malneira. Following we go through the village of Castor, where we find a hostel property of a particular. From the chapel of Castro leads us to the chapel of San Lázaro, rest of the old place where the travelled where collected who were affected by leprosy, and from here to the village of Padraira. The track follows two kilometres, in which the road keeps at our left. After this stretch we take again the road to reach to Penafonte. Here, at the way out of the village, this track starts the ascent to Alto del Acebo, taking always as reference the road at our left. In the ascent we find the pilgrim with Bustelo del Camín, last asturian village before culminating the 1.024m of the pass of Acebo. In its end we have the journey completed by asturian lands, as once we have passed this place, we penetrate in the region of Lugo.



Church of A Veiga. Nuestra Senora de la Asuncion (Vegadeo)

Connections

Way of El Salvador: French Way - Primitive Way

3 STAGES 63,7 Km

	SETTING POINT	DESTINATION	KM.
01	Pajares (Payares)	Pola de Lena (La Pola)	**31,8**
02	Pola de Lena (La Pola)	Mieres	**16,7**
03	Mieres	Oviedo	**15,2**

Coastal Way - Primitive Way

2 STAGES 39 Km

	SETTING POINT	DESTINATION	KM.
01	Ambás	Vega	**12,3**
02	Vega	Oviedo	**26,7**

Primitive Way - Coastal Way

1 STAGE 28,8 Km

	SETTING POINT	DESTINATION	KM.
01	Oviedo	Avilés	**28,8**

Cathedral Square. Oviedo

Pajares (Payares) - Pola de Lena (La Pola)

Lena councils

Santa Cristina de Lena

Stage 1. 31,8 km.

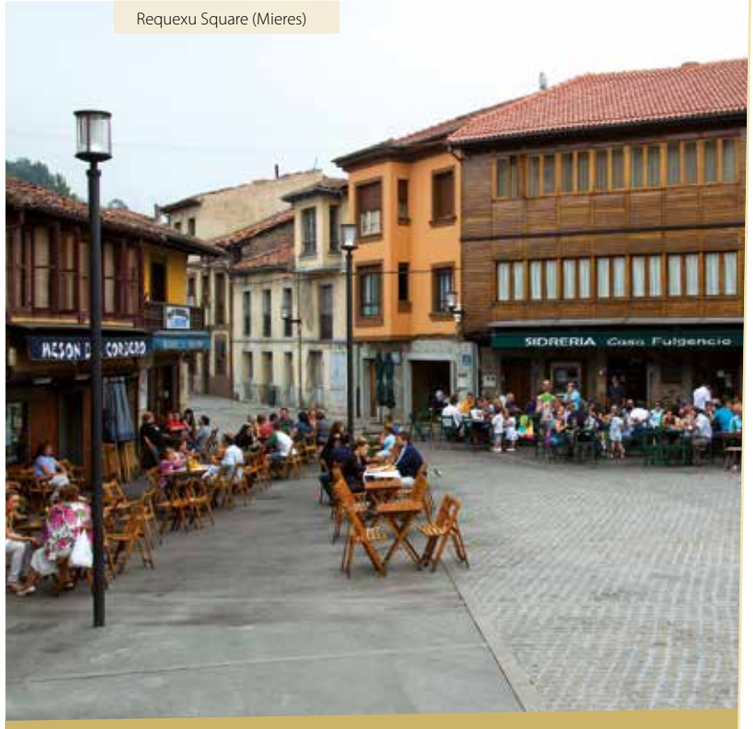
Really this stretch of the track would be completed if the pilgrim did not visit the village of León, limit with Asturias, of Arbás and it's magnificent Colegiata de Santa María (s. XII-XIII), milestone towards San Salvador de Oviedo and its Cámara Santa, that were the big atraction focus of the pilgrims that did the el Camino Francés by León.

From Arbás, by path, we ascend the high of La Gobia and to Boquete de la Calera and we descend by the stream bed of La Casa Tibigracias until reaching a track in parallel to the train track to Samiguel of the river and to the cemetery and the village of Payares.

The track continues by road to Floracebos and, at 1,5 km, but the right of the chapel of Virgen de las Nieves, a track comes out to Romía Riba. From here, passing by the hill of the chapel of San Pedro, we get down to the village of Naveo. We ascend by the western side of the high of Torones and we coast to the country house of La Muela, to descend in a hard slope to Fierros. We continue by the road of San Bartolo and by a hard slope that goes up to Fresneo. Bordering among chestnuts forest and hollies we arrive to the chapel of San Miguel. By a good track we go down to Erías and by the Camín of Los Moros until Campumanes. From here, the stretch results to be the same as AS-242 that follows by La Vega'l Rei and La Vega'l Ciigu hasta La Pola, where there is a pilgrim hostel.

Pola de Lena (La Pola)- Mieres del Camín

Lena and Mieres councils

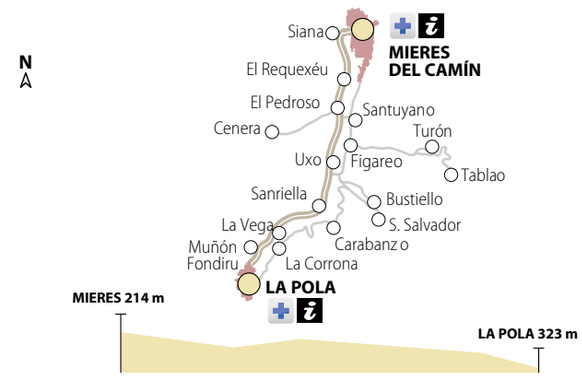


Requexu Square (Mieres)

Stage 2. 16,7 km.

La Barraca, La Vega, Vil, Layana and Sanriella mark the way to Uxo, in the council of Mieres. From here to Les Viñes, El Pedroso and El Requexéu,is a zone with many industrial warehouses. We recommend to go by the fluvial way of the river Caudal from Uxo to Mieres del Camín, crossing the river by La Ponte Verde, which is located in the same place of traditional way. In Mieres the visit to the chapel of Carmen de la Villa is obliged, in the square with the same name, next to some mansions and palaces from the century XVII, before arriving the Squares of La Pasera and de Requexu, incomparable cathedral of the asturian cider.

Passing through Mieres the stretch coincides with AS-242 to El Padrón and arrives to La Peña, where a pilgrim hostel exists in the old schools.



Mieres del Camín - Oviedo

Mieres, Ribera de Arriba and Oviedo councils

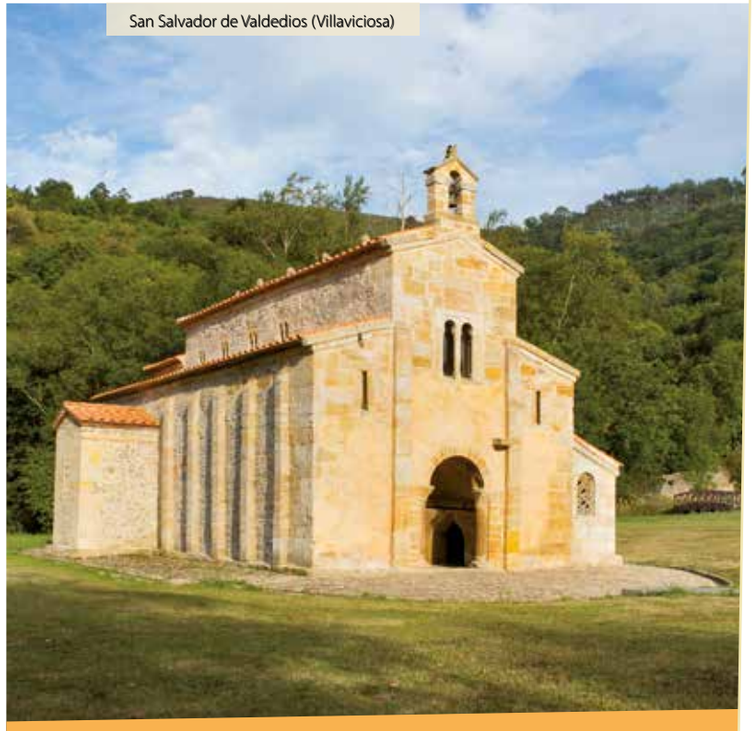
San Juan Church (Mieres)

Stage 3. 15,2 km.

The stretch continues by AS-242 to La Rebollá, El Rollu, Copián and Aguilar. In El Padrún we leave by road and by a strand we go to Casares until arriving to Olloniego, first important village of the council of Oviedo, passing through a walkway over the highway and the train lines. We go through Olloniego by the central road and we continue until arriving El Portazgo, we cross the river and we ascend bordering the base of the peak Arnea until connecting with the road La Manzaneda. After, the track, until Venta del Aire, San Miguel and Pontón de la Venta. WE cross the valley of rive Gafo and by road arrive to Manjoya and the neighbourhood of San Lázaro, entry of Oviedo, with the Cathedral of San Salvador and Cámara Santa (Holy Chamber).

Ambás - Vega

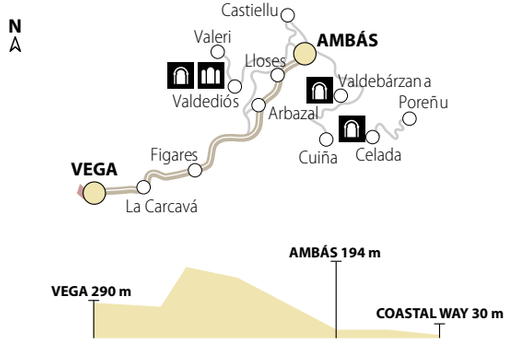
Villaviciosa and Sariego councils



San Salvador de Valdedios (Villaviciosa)

Stage 1. 12,3 km.

Frequent deviation in the coastal track to get near Oviedo, to visit the Cathedral of San Salvador and the relics towards Gijón (Xixón), in Casquita (in the strand of the chapel of San Blas) 3 kilometres after passing Villaviciosa. Two visits of maximum interest will be in this environment: the church of San Juan de Amandi (c XII), one of the romanesque most singular churches and representatives of Asturias. And, in the valley of Valdediós, a cistercian monastery of Santa María, founded in 1200, next to a small and pre romanesque lovely temple of San Salvador, known as Convertín and consecrated in 893. We cross the river Valdediós, and we follow until Camoca. From here to La Riega and to Castiellu. La Brimera, La Venta, San Pedru Ambás, the hill of Lloses and Arbazal are the way milestones until arriving to the high of La Campa, which offers magnificent panoramic over the peaceful valley of Sariego, irrigated by the river Nora. The descent to Figares and the road to La Carcavá mark the way to reaching Vega, capital of the council of Sariego, where we locate romanesque churches linked to the way and where they have a pilgrim hostel. We have to take attention to the way's signs.



Vega - Oviedo

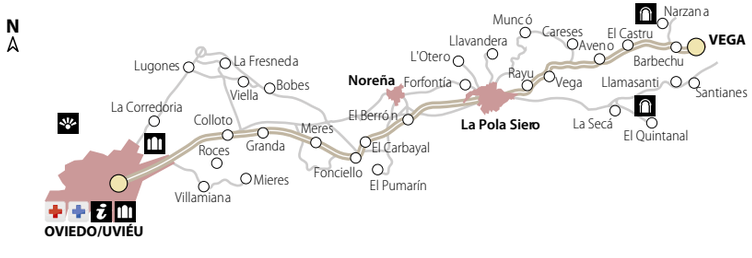
Sariego, Siero and Oviedo councils

San Julian de Los Prados (Oviedo)

Stage 2. 26,7 km.

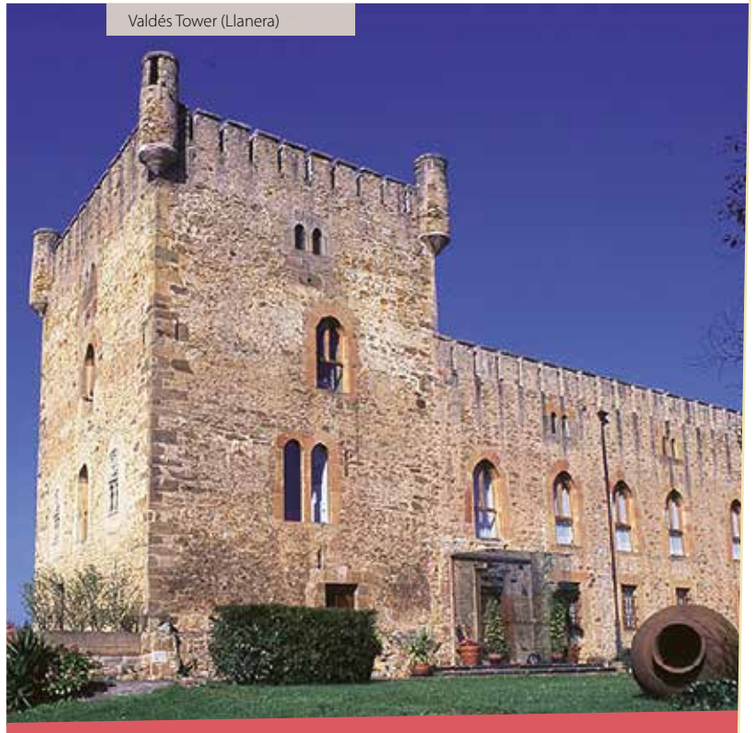
By the SR-1 we take direction La Pola Siero, passing first by La Venta, Barbechu, La Torre, El Romeru, El Castro, Aveno, La Venta, Vega, El Rayu and El Rebollal. From El Rayu we have a large ceramic tradition which started at the beginning of century XVIII and now disappeared. In Pola Siero the track passes before a parish church. From La Pola to El Berrón and by the avenue Los Campones and Oviedo, we come out to El Carbayal, Fonciello, Meres and Granda, passing here between he parish and the cemetery. It's a zone next to industrial area and half urban.

The Llugarin marks the track to the arrival of the medieval bridge of Colloto, where the track gets into the street Camino Concejil to come out to the N-634 and gets in Oviedo by Cerdeño and the roads of Tenderina Alta and Baja. From here to Campo La Vega, calla Azcárraga, San Vicente, Corrada del Obispo, Tránsito de Santa Bárbara and Catedral de San Salvador, with the Cámara Santa, destination -with Santiago de Compostela- of the pilgrim walks most important of the Middle Ages after Jerusalem and Rome. The happen of pilgrim walks was determinant for the demographic and cultural wealth of Oviedo, as well as the expansion of their services and the church city transformation in a large city.



Oviedo – Avilés

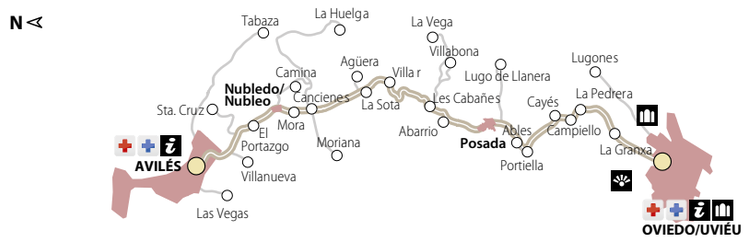
Oviedo, Llanera, Corvera and Avilés councils



Valdés Tower (Llanera)

Stage 1. 28,8 km.

After visiting God in the Cathedral of San Salvador, we take direction North passing over streets as El Águila, Gascona (famous by its cider bars), Foncalada (where the pre romanesque fountain is) passing through the city by not getting lost, as all the ways are marked with a shell that signs the way. Passing by la Avenida del Mar and Pontón Vaqueros street we come out of the city and, on the left hand side, we get a local road that takes us to La Estrecha and Cuyences. At half kilometre from here, direction North, on our right hand side a track that goes by La Granxa, Laviada, La Pedrera and Puente Cayés, over the river Nora. In Campiello we follow a very short track that connects with the local road LL-1, near an industrial area and a to the aerodrome La Morgal, and that takes us to Posada, capital of the council of Llanera. From here we take the road again and, bordering the hill of Monte Santofirme, the way undertakes Alto de la Miranda, to descend passing in front the fountain of Simplico and the road AS-17. We continue by the local road LL-9, crossing the train tracks and taking the road that crosses the river Villar. We enter from here to the council of Corvera by the villages of La Sota and Solía. Following we pass by Cancienes until reaching Nubledo (Nubleo), from here to Portazgo (El Portazgo), where we find the chapel of la Consolidación, and after passing Los Campos the pilgrim arrives to Avilés where connects with the coastal way.



Pilgrim hostels

LEGEND

- Kitchen
- Laundry
- Cash machine
- Restaurant
- Food shop
- Health Centre

The using rules of the Asturias hostels network were approved by the Jacobea Commission of the Principality of Asturias in the meeting of the 16th of March 1988 and which are the following:

1.- Occupation

a) All the persons that assist to the Santiago de Compostela pilgrim walk can use the Hostel Network, or if they are on their way back after finishing it and they have to justify through a `Pilgrim credential´or `Compostela, signed by the procedure and pass place.

b) Preference order on the occupation will the following:
- The pilgrims who travel walking or with physical limitations.
- The pilgrims who travel by bicycle.
- The pilgrims who travel by horse.
- The pilgrims who travel with a support car.

c) The space are occupied as per the arrival order of the pilgrims, in any case reservations will be established.

2.- Rights of the pilgrim

The pilgrim has the right to use the pilgrim hostels with public ownership existing in the asturian jacobean ways. With the aim to hold this centre net, they will collaborate with the maintenance financial of their installations, with voluntary economic contributions, or with the amount that each hostel stipulates.

3.- Duties of the pilgrims

The use of the hostels by the pilgrims is subject by the following rules:
- The stay in the hostel will be only of one night, unless there is a force majeure.
- Access to them previous to 10 o'clock at night, moment in which the hostels will be closed.
- You will have to leave the hostel before10 o'clock in the morning.
- You should take care of the installations, leaving them clean and ordered.

4.- Vigilance

The responsible of the hostels should vigilance the correct functioning of these rules, having capacity to pressure the offenders to leave the hostel and limit the use of other hostels.

5.- Register of users

Each hostel will count with a registration book in which the responsible should take note of the pilgrim details. Should also sign the pilgrim credential, taking note of the date of the hostel stay.

Apart from the pilgrim hostels, multiple accommodation do exist along all the way.
You can check the guides in the official paper, or the following web sites, among others:

http://www.asturiastourism.co.uk - Tourist Official Accommodation and Principality of Asturias information.
http://www.reaj.com – Young Hostel Network in Spain.

Tourist Information Ph. of the Principality of Asturias: (+34) 984 493 785
E-mail: turismoasturias@asturias.org

PENDUELES PILGRIM REFUGE "AVES DE PASO" (PRIVATE). Barrio La Laguna. 33347, Pendueles. LLanes

No. beds: 14 | T.: 617 160 810 | Distance to the Way: 0 m. Price: A donation | Open: all year.

Amenities of the establishment:		Distance from the refuge to the following amenities:			
		15 km. (Llanes)	50 m.	50 m.	500 m.

"LA CAMBARINA" PILGRIM REFUGE IN POO DE LLANES (PRIVATE). Plaza de los Higos, 128. 33509, Poo de Llanes. Llanes

No. beds: 16 | T.: 635 739 837 | Distance to the Way: 0 m. Price: €12; €14 with breakfast. Beach: 300 m. | Open: from April to September.

Amenities of the establishment:		Distance from the refuge to the following amenities:			
Kitchen	Washer Dryer	1 km.	50 m.	0 m.	1 km.

SAN ESTEBAN DE LECES PILGRIM REFUGE. Leces, s/n. 33347. Ribadesella

No. beds: 38 | T.: 985 860 255 (Town Hall) T. keys: 985 857 611 (private house) | Distance to the Way: 150 m. Price: €6 | Open: all year.

Amenities of the establishment:		Distance from the refuge to the following amenities:			
Kitchen Utensils	Washer Clothes Line	4,5 km.	4 km.	4,5 km.	5 km. (Ribadesella) 23 km. Hospital de Arriondas

LA ISLA PILGRIM REFUGE. Barrio La Colonia, s/n. 33341, La Isla. Colunga

No. beds: 25 | T.: 985 856 000 (Town Hall) T. keys: 985 852 005 (Angelita) | Distance to the Way: 300 m. Price: €5 | Open: all year.

Amenities of the establishment:		Distance from the refuge to the following amenities:			
Kitchen Microwave Fridge	Washer Clothes Line	4 km (Colunga)	4 km. (Colunga) 2 km. (La Espasa beach; in summer, direction Ribadesella)	400 m.	4 km (Health Centre Colunga) 22 km. Hospital de Arriondas 40 km. Cabueñes, Gijón

SEBRAYU PILGRIM REFUGE. Sebrayu, s/n. 33311, Villaviciosa

No. beds: 14 | T.: 985 893 202 (Town Hall) T.: 985 996 012 (from 11 - 14 h.) and T.: 699 440 399 (Housekeeper, Sonia) | Distance to the Way: 0 m. Price: €4 | Open: from March to November.

Amenities of the establishment:		Distance from the refuge to the following amenities:			
Fully Equipped		5,5 km. (Villaviciosa)	5,5 km.	5,5 km.	5,5 km.

DEVA PILGRIM REFUGE. Deva-Gijón Municipal Camping Site. Camín de la Pasadiella 85, Ctra. N-632, Km 64. 33394, Gijón

No. beds: 36 | T.: 985 133 848 (Municipal Campsite) | Distance to the Way: 0 m. Price: €6 | Open: all year.

Amenities of the establishment:		Distance from the refuge to the following amenities:			
	Washer Dryer	2 km. (en H. de Cabueñes)	En el propio Camping	En el propio Camping	2 km. (Hospital de Cabueñes)

PEDRO SOLÍS DE AVILES PILGRIM REFUGE. Avda. de Cervantes, esq. Rivero (entrance also by calle Gutiérrez Herrero, 4). 33400, Avilés

No. beds: 54 | T.: 985 122 100 (Town Hall) T. keys: 669 302 676 (Asturian-Galician Association of the Friends of the Way) T.: 985 547 638 | Distance to the Way: 0 m. Price: €5 | Open: all year.

Amenities of the establishment:		Distance from the refuge to the following amenities:			
Microwave	Washer				

"RURAL SURF" REFUGE (PRIVATE). Linares 132. 33457, Naveces. Castrillón

No. beds: 12 | T.: 626 159 360 - 622 568 351 | Distance to the Way: 3,5 km. Price: €20 summer pilgrims with credential (bed and breakfast). €15 winter (1 November – 31 March) Entry from 3pm; departure until 10am | Open: all year.

Amenities of the establishment:		Distance from the refuge to the following amenities:			
Kitchen Utensils	Washer	4 km.	1 km.	1 km.	4 km.

CASA CARMINA REFUGE (PRIVATE) IN MUROS DE NALÓN. Avenida de Riego 21-23. 33138, Muros de Nalón

T.: 985 583 137 and 645 770 853 | Price: €15 (bunk bed); €19 with breakfast.

Amenities of the establishment:		Distance from the refuge to the following amenities:			
Kitchen Utensils	Washer Clothes Line	300 m.	200 m.	200 m.	500 m.

SOTO DE LUIÑA PILGRIM REFUGE. Soto de Luiña, s/n. 33156, Soto de Luiña. Cudillero

No. beds: 22 + 24 beds in a classroom for refuges | T.: 985 597 257 (Café Ecu) T.: 985 596 283 (Hotel Valle Las Luiñas: Pepe) | Distance to the Way: 30 m. Price: €5 | Open: all year.

Amenities of the establishment:		Distance from the refuge to the following amenities:			
		50 m.	50 m.	50 m.	4 km.

CADAVEDO PILGRIM REFUGE. Carretera general, s/n. 33788, Cadavedo. Valdés

No. beds: 11 + 2 extra | T. keys: 985 645 320 (Presidency of the Association for Friends of the Way) | Distance to the Way: 0 m. Price: €5 | Open: all year.

Amenities of the establishment:		Distance from the refuge to the following amenities:			
		50 m.	50 m.	50 m.	400 m.

ALMUÑA PILGRIM REFUGE. Almuña, s/n. 33700, Almuña.Valdés

No. beds: 22 | T.: 985 645 320 | Distance to the Way: 1,2 km. Price: €5 | Open: All year. Has volunteers.

Amenities of the establishment:		Distance from the refuge to the following amenities:			
Kitchen Microwave	Washer	3 km.	800 m.	1,5 km.	2 km.

PIÑERA PILGRIM REFUGE. Piñera, s/n. 33719, Piñera. Navia (on the edge of N-634)

No. beds: 22 | T.: 985 630 094 (Town Hall)
T. keys: 985 472 171 (Pilar) | Distance to the Way: 0 m. Price: free (a donation is accepted) | Open: all year.

Amenities of the establishment:		Distance from the refuge to the following amenities:			
Utensils		4 km (Puerto de Vega) 6 km (Navia)	1 km (Villapedre) 3 km (La Colorada) 4 km (Puerto de Vega) 6 km (Navia)	300 m.	4km (Puerto de Vega) 6 km (Navia) 9 km (District Hospital of Jarrio)

A CARIDÁ PILGRIM REFUGE. Avenida de Asturias, s/n. 33750, A Caridá. El Franco

No. beds: 18 | T. keys: 685 154 405 (Rodrigo) | Distance to the Way: 100 m. Price: €5 | Open: all year.

Amenities of the establishment:		Distance from the refuge to the following amenities:			
Microwave Utensils		200 m.	100 m.	120 m.	140 m.

ARBOCES PILGRIM REFUGE (PRIVATE). Arboces. 33750, A Caridá. El Franco

No. beds: 42 | T. keys: 685 154 405 (Rodrigo) | Distance to the Way: 0 m. Price: €5 | Open: all year.

Amenities of the establishment:		Distance from the refuge to the following amenities:			

TAPIA PILGRIM REFUGE. C/ Represas, s/n. 33740. Tapia de Casariego

No. beds: 30 | T. keys: 660 689 228 (José Antonio)
T.: 985 628 080 (Town Hall) | Distance to the Way: 5 km. Price: free (a donation is accepted) Located in the town of Tapia de Casariego itself, it has all types of services nearby. | Open: all year.

Amenities of the establishment:		Distance from the refuge to the following amenities:			
Microwave Utensils					Hospital de Jarrio: 17 Km.

TOL PILGRIM REFUGE. 33794, Tol. Castropol

No. beds: 16 | T. keys: 687 515 135 (Municipal Police) | Distance to the Way: 0 m. Price: A donation | Open: all year.

Amenities of the establishment:		Distance from the refuge to the following amenities:			
Microwave Fridge		4 km.	2-3 km. (Barres)	100 m.	4 km. (Figueras) 23 km. Hospital de Jarrio

PRIMITIVE WAY

OVIEDO PILGRIM REFUGE. C/ Prado Picón s/n. Edificio del Seminario Metropolitano

No. beds: 51 | T.: 985 228 525 | Price: A donation. Reception timetable: from 1-9pm Services: sala común y capilla. | Open: all year.

Amenities of the establishment:		Distance from the refuge to the following amenities:			
Microwave Fridge	Washer Clothes Line				

"LA PEREGRINA" PILGRIM REFUGE (PRIVATE). C/ Covadonga 8, 2º, Oviedo

No. beds: 34 | T.: 687 133 932 | Distance to the Way: 0 m. Price: €7 Situated in the centre of Oviedo, with all amenities (including a Health Centre) nearby. | Open: all year.

Amenities of the establishment:		Distance from the refuge to the following amenities:			
Fridge	Washer Dryer				

EL ESCAMPLERO PILGRIM REFUGE. El Escamplero, s/n. 33191, Las Regueras

No. beds: 30 | T.: 985 799 045 (Town Hall)
T. keys: 985 799 005 (Bar Casa Fernando) | Distance to the Way: 30 m. Price: €5 | Open: all year.

Amenities of the establishment:		Distance from the refuge to the following amenities:			
Kitchen Fridge		3,5 km.	200 m.	200 m.	3,5 km.

VILLAPAÑADA PILGRIM REFUGE. San Juan de Villapañada, 15. 33829, Grado

No. beds: 20 | T.: 985 750 068 (Town Hall)
T.: 985 753 073 (Local Development Agent) | Distance to the Way: 0 m. Price: €5 | Open: all year.

Amenities of the establishment:		Distance from the refuge to the following amenities:			
		5 km (Grado)	2 km (Cabruñana)	5 km (Grado)	5 km (Grado)

CABRUÑANA PILGRIM REFUGE. Alto de la Cabruñana. 33820, Grado

No. beds: 18 | T.: 985 750 075 (Local Police)
T.: 985 750 068 (Town Hall)
T.: 985 753 073 (Local Development Agent)
T. keys: 985 750 037 (Restaurante Ana) | Distance to the Way: 1 km. Price: €5 | Open: all year.

Amenities of the establishment:		Distance from the refuge to the following amenities:			

CORNELLANA PILGRIM REFUGE. Monasterio de Cornellana. 33860, Salas

No. beds: 24 | T.: 635 485 932 (Volunteer: Gloria) | Distance to the Way: 0 m. Price: free (a donation is accepted) Services: Wifi | Open: all year.

Amenities of the establishment:	Distance from the refuge to the following amenities:				

SALAS PILGRIM REFUGE. Plaza de la Veiga, 8. 33860, Salas

No. beds: 16 | T.: 985 830 004 (Town Hall) T.: 689 572 127 (Local Police) | Distance to the Way: 200 m. Price: free (a donation is accepted) Open from 1pm Services: Wifi. | Open: all year.

Amenities of the establishment:	Distance from the refuge to the following amenities:				

BODENAYA PILGRIM REFUGE (PRIVATE). Bodenaya, 27. 33891, Salas

No. beds: 21 | T.: 609 133 151 | Distance to the Way: 0 m. Price: free (a donation is accepted) | Open: all year, except from 15 September to 31 January.

Amenities of the establishment:	Distance from the refuge to the following amenities:				

LA ESPINA - SALAS PILGRIM REFUGE (PRIVATE). "Albergue El Cruce"

No. beds: 12 | T.: 985 837 281 / 639 365 210 (Carmen, owner) | Price: A donation

Amenities of the establishment:	Distance from the refuge to the following amenities:				
Kitchen Fridge	Spin-Dryer				

LA CAMPA - SALAS PILGRIM REFUGE (PRIVATE). Plaza de La Campa, 7, Salas

No. beds: 36 | T.: 679 390 756 (Miguel Argüelles) | Price: €10 | Open: all year.

Amenities of the establishment:	Distance from the refuge to the following amenities:				
Kitchen Fridge	Spin-Dryer				

EL TEXU - SALAS PILGRIM REFUGE (PRIVATE). Plaza de la Iglesia, La Espina

No. beds: 16 | T.: 603 751 906 / 669 016 667 (Celia) | Price: €8 | Open: all year.

Amenities of the establishment:	Distance from the refuge to the following amenities:				
Kitchen	Washer Dryer				

MATER CHRISTI DE TINEO PILGRIM REFUGE. Old Health Centre. Calle Las Cabezas de San Juan. 33870, Tineo

No. beds: 34 + 6 extra | T.: 985 900 202 (Tourism Office) T.: 985 801 067 (Way of St James Association) | Distance to the Way: 40 m. Price: A donation €5 Keys can be collected from: Hotel Don Miguel, Bar Stop and Cafetería Alambra, all close to the refuge | Open: all year.

Amenities of the establishment:	Distance from the refuge to the following amenities:				
Microwave Fridge	Washer Dryer	150 m.	120 m.	90 m.	800 m.

BORRES PILGRIM REFUGE. Borres, s/n. 33878, Tineo

No. beds: 16 + 3 extra | T.: 985 800 232 (Town Hall) T.: 985 801 067 (Way of St James Association) T. keys: 663 785 266 (El Barín de Borres) | Distance to the Way: 200 m. Price: A donation €5 | Open: all year.

Amenities of the establishment:	Distance from the refuge to the following amenities:				
Microwave	Washer	15,2 km.	3 km.	3 km. Shop in Campiello or La Mortera	15,2 km.

POLA DE ALLANDE PILGRIM REFUGE. Avenida de América, 47. 33880, Pola de Allande

No. beds: 24 | T.: 985 807 137 (Town Hall) T. keys: 637 190 192 (Delfín) | Distance to the Way: 0 m. Price: €5 | Open: all year.

Amenities of the establishment:	Distance from the refuge to the following amenities:				
		300 m.	300 m.	300 m.	300 m.

PENASEITA PILGRIM REFUGE. Penaseita, s/n. 33889, Allande

No. beds: 12 | T.: 985 807 137 (Town Hall) T. keys: 637 190 192 (Delfín) | Distance to the Way: 0 m. Price: €5 | Open: all year.

Amenities of the establishment:	Distance from the refuge to the following amenities:				
		2 km.	100 m.	2 km.	2 km 19 km to closest Hospital

BERDUCEDO PILGRIM REFUGE. Old Berducedo School. 33887, Berducedo. Allande

No. beds: 12 | T.: 985 807 137 (Town Hall) T. keys: 985 929 325 (Bar Casa el Cafetín) | Distance to the Way: 0 m. Price: €5 | Open: all year.

Amenities of the establishment:	Distance from the refuge to the following amenities:				
Microwave		In Pola de Allande and Grandas	50 m.	50 m.	50 m.

A MESA PILGRIM REFUGE. A Mesa, s/n. 33887, Grandas de Salime

No. beds: 16 | T.: 985 627 021 (Town Hall) T. refuge: 633 148 071 (Raquel) | Distance to the Way: 0 m. Price: €5 | Open: all year.

Amenities of the establishment:	Distance from the refuge to the following amenities:				
Complete Kitchen		5 km.	5 km.	5 km.	5 km.

EL SALVADOR PILGRIM REFUGE IN GRANDAS DE SALIME. Avenida de la Costa, 24. 33730, Grandas de Salime

No. beds: 28 | T.: 985 627 021 (Town Hall)
T.: 633 148 071 (Volunteer: Raquel) | Distance to the Way: 0 m.
Price: €5 | Open: all year.

Amenities of the establishment:		Distance from the refuge to the following amenities:			
Complete Kitchen		150 m.	20 m.	50 m.	400 m.

ASTURIAN SECTION OF THE CAMINO DEL SALVADOR (LEÓN-OVIEDO)

PAYARES / PAJARES PILGRIM REFUGE. Old teachers' houses. 33693, Payares. Lena

No. beds: 11 | T. keys: 645 930 092 (Marisa) | Distance to the Way: 0 m.
Price: €6,75
Situated 24 km from La Pola, a town which has all amenities. | Open: all year.

Amenities of the establishment:		Distance from the refuge to the following amenities:			

LA POLA PILGRIM REFUGE. C/ Ramón y Cajal, 33630 La Pola (Lena). Next to the RENFE train station.

No. beds: 36 | T.: 985 492 247 (from 8-22h on working days) | Distance to the Way: 250 m.
Price: €6,75 | Open: all year.

Amenities of the establishment:		Distance from the refuge to the following amenities:			
		200 m.	350 m.	150 m.	500 m. 12 km (Hospital de Mieres)

LA PEÑA PILGRIM REFUGE, IN MIERES. Old schools of La Peña. 33600, Mieres

No. beds: 14 | T. keys: 985 463 266 y 665 52 34 26
(Paulino Arias, Residents' Association of La Peña) | Distance to the Way: 50 m.
Price: free
Refuge situated at the exit of Mieres, which has all amenities. | Open: all year.

Amenities of the establishment:		Distance from the refuge to the following amenities:			
Kitchen					

LINK OF THE CAMINO DEL SALVADOR WITH THE PRIMITIVE WAY

MONASTERY OF VALDEDIOS PILGRIM REFUGE. Santa María of Valdedios Monastery. 33312, Villaviciosa

No. beds: 22 | T.: 670 242 372
T. keys: 661 630 381 (Bar) | Distance to the Way: 50 m.
Price: €5 | Open: all year.

Amenities of the establishment:		Distance from the refuge to the following amenities:			
Microwave Utensils Fridge		20 m.	100 m.	300 m.	

VEGA PILGRIM REFUGE. La Plaza. 33518, Vega de Sariego, Sariego

No. beds: 16 | T.: 985 748 003 (Town Hall)
T. keys: 985 748 402 (Supermarket Camín de Santiago, 20 m. from the Way)
Timetable for collecting keys: from 8-14:30 and from 16-21h. Sundays and holidays: from 8:00 to 14:00h. | Distance to the Way: 0 m.
Price: free (a donation is accepted) | Open: all year.

Amenities of the establishment:		Distance from the refuge to the following amenities:			
		20 m.	1 km.	20 m.	From 9-14h in the refuge. Urgencies 10km away.

POLA DE SIERO PILGRIM REFUGE. La Casona de San Miguel, C/Celleruelo. 33510, Pola de Siero

No. beds: 24 | T.: 985 725 424 (Town Hall)
T.: 985 726 422
T.: 609 587 772 (Antonio); 662 596 195 (Roberto);
616 041 239 (José Manuel) and 628 041 915
(Mario), Friends of the Way of St. James | Distance to the Way: 0 m.
Price: €5 | Open: all year.

Amenities of the establishment:		Distance from the refuge to the following amenities:			
Microwave Fridge	Washer	300 m.	10 m.	100 m.	800 m.

OTHER HOSTELS IN THE WAY: TOURIST HOSTELS

EL CAMÍN ANTIGUO. Berducedo. 33887, Berducedo. Allande
Phone: (+34) 985 811 318

CAMINO NORTE. Rozadela. 33794, Figueras. Castropol
Phone: (+34) 985 636 207

EL FURACU. Paseo Enrique Hidalgo. 33320, La Isla. Colunga
Phone: (+34) 639 844 681 - www.telecable.es/personales/albergue.furacu

CUDILLERO. Avda. Selgas. 33154, El Pito. Cudillero
Phone: (+34) 645 743 302 - www.alberguecudillero.com

SAN LORENZO. Camino de Los Olmos, 89. 33203, Gijón. Gijón
Phone: (+34) 678 472 872

DE CASTRO. 33730, Castro. Grandas de Salime
Phone: (+34) 985 924 197 - www.alberguedecastro.com

TORIBIÓN DE LOS LLANOS. Estación de Esquí Valgrande-Pajares. 33693, Pajares Estación. Lena
Phone: (+34) 687 575 757 - www.hotelalberguepajares.com

COLUMBIELLO. Del Puente, 5. 33637, Pola de Lena. Lena
Phone: (+34) 629 881 193 - alberguecolumbiello.es

PUNTA PESTAÑA. Barrio La Rotella. 33593, Villahormes. Llanes
Phone: (+34) 671 692 095 - www.puntapestana.es

CASTIELLU. La Quintana. 33598, Pendueles. Llanes
Phone: (+34) 639 881 604

PLAYA DE POO. Ctra. de La Playa. 33509, Poo. Llanes
Phone: (+34) 653 446 461 - www.alberguellanes.com

LA PORTILLA. La Portilla. 33509, La Portilla. Llanes
Phone: (+34) 985 401 466 - www.alberguelaportilla.com

ALBERGUE LA ESTACIÓN. Estación de FEVE. 33500, Llanes. Llanes
Phone: (+34) 610 528 111 - www.alberguelaestacionllanes.net

EL TIMÓN. Balmori. 33595, Balmori. Llanes
Phone: (+34) 659 474 402

BOCAMAR. Avda. Fierro, 3, 2ºF. 33130, San Esteban. Muros de Nalón
Phone: (+34) 696 823 149 - www.albergue bocamar.com

CASA CARMINA. Avda. de Riego, 21- 23. 33138, Muros. Muros de Nalón
Phone: (+34) 645 770 853 - www.casacarminahostel.com

DE OVIEDO. Mariñes, 20. 33190, Mariñes. Las Regueras
Phone: (+34) 649 879 899

ESCUELA SURF RIBADESELLA. Jesús Delgado (Villa Pilar). 33560, Ribadesella. Ribadesella
Phone: (+34) 619 327 020

SANTA MARINA SURF CAMP. Dionisio Ruisánchez, 39. 33560, Ribadesella. Ribadesella
Phone: (+34) 618 000 623

AULA DE LA NATURALEZA DE CUEVAS DEL AGUA. Cueves. 33588, Cuevas. Ribadesella
Phone: (+34) 679 808 143 - www.albergueribadesella.es

EL CANTU – DEVATUR. La Madrid. 33590, Colombres. Rivadedeva
Phone: (+34) 985 412 075 - www.elcantu.es

ROMPIENTE NORTE SURF CAMP. Ctra. De Ranón, 50. 33125, Soto del Barco. Soto del Barco
Phone: (+34) 653 970 863 - www.rompientenorte.com

LOS NOVALES. Ctra. de Ranón, 31. 33125, San Juan de La Arena. Soto del Barco
Phone: (+34) 606 302 720

CASA HERMINIA. Campiello, 15. 33878, Campiello. Tineo
Phone: (+34) 985 800 011

VILLA DE LUARCA. Avda. Álvaro Albonoz, 3. 33700, Luarca. Valdés
Phone: (+34) 660 819 434 - alberguevilladeluarca.blogspot.com.es

SPECIAL SURF RODILES. Playa de Rodiles. 33316, Selorio. Villaviciosa
Phone: (+34) 656 798 057

EL PERRO VERDE. Cadamancio, 19. 33314, Cadamancio. Villaviciosa
Phone: (+34) 691 237 270 - www.albergueelperroverde.com

OTHER HOSTELS IN THE WAY: YOUTH HOSTELS

RESIDENCIA JUVENIL JUVENTUDES. C/ Celso Amieva, 15. 33500, Llanes
Phone: (+34) 985 400 770

JUVENIL DE BUSTIELLO. 33612, Bustiello. Mieres
Phone: (+34) 985 421 318 / (+34) 661 462 441 - www.alberguebustiello.com

RESIDENCIA JUVENIL RAMÓN M. PIDAL. Avda. Julián Clavería, 14. 33006, Oviedo
Phone: (+34) 985 966 570

JUVENIL ROBERTO FRASSINELLI. C/ Ricardo Cangas. 33560, Ribadesella
Phone: (+34) 985 861 105 / (+34) 653 787 108 - www.albergueribadesella.com

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More information and particular conditions:
www.lacomarcadelasidra.com

Pilgrims along Asturias, from hotel to hotel

Following the Camino finding accommodation in a selection of hotels providing services envisaged specifically for pilgrims (welcoming courtesy gift, safekeeping of bicycles, massages, express laundry, etc.)

There is a point programme through which free nights at the hotels which started up this initiative can be obtained.

More information and particular conditions:
Phone: 985 230 533
info@peregrinosporasturias.com
www.peregrinosporasturias.com

CaminoCard (Road Card)

Your mind at rest while following the Camino. This card aims to satisfy all the needs of the pilgrim. Carry with you an accident and travel assistance insurance; from medical expenses and paperwork to locating lost baggage and dispatch of lost items. Furthermore, you will save at least 10% in more than 600 participating establishments along the Camino. This wide catalogue of services is available starting from a basic rate of €10.

More information and particular conditions:
Phone: 618 93 85 50
info@caminodesantiagocard.com
www.caminodesantiagocard.com

PeregrinandOviedo (Pilgrimage for Oviedo)

Get to know the origin of the first Camino de Santiago – the Primitive Camino –, its history and its links with the city of Oviedo, together with the history of the relics kept in the Cathedral of San Salvador. Via a theatrical cultural visit, offered by a 10th century pilgrim and an accredited official guide, you will go through the origins of Oviedo, its old city centre and live the experience of the pilgrimages.

More information and particular conditions:
Phone: 660 217 584
info@peregrinandoviedo.com
www.peregrinandoviedo.com

Trekkapp

The Way of St. James in Asturias guided by GPS. This free mobile application offers information regarding the different stages of the Coastal Way and Original Way that run through Asturias. The geo-location of accommodation, restaurants, physiotherapy, art, history, etc. will help you as you follow this cultural route, making it more humane and authentic. The enthusiasm and excitement to enjoy it is down to you.

More information and specific conditions:
www.trekkapp.com

The Way with Correos - before, during and after -

Correos is the perfect travel companion for pilgrims. Three options are available for the pilgrim: Backpack Package (transporting equipment between stages), Pilgrim Package (sending home what you don't want to carry: clothes, purchases, etc.) and Bicycle Package (solving all your shipping needs for equipment, bicycles and souvenirs).

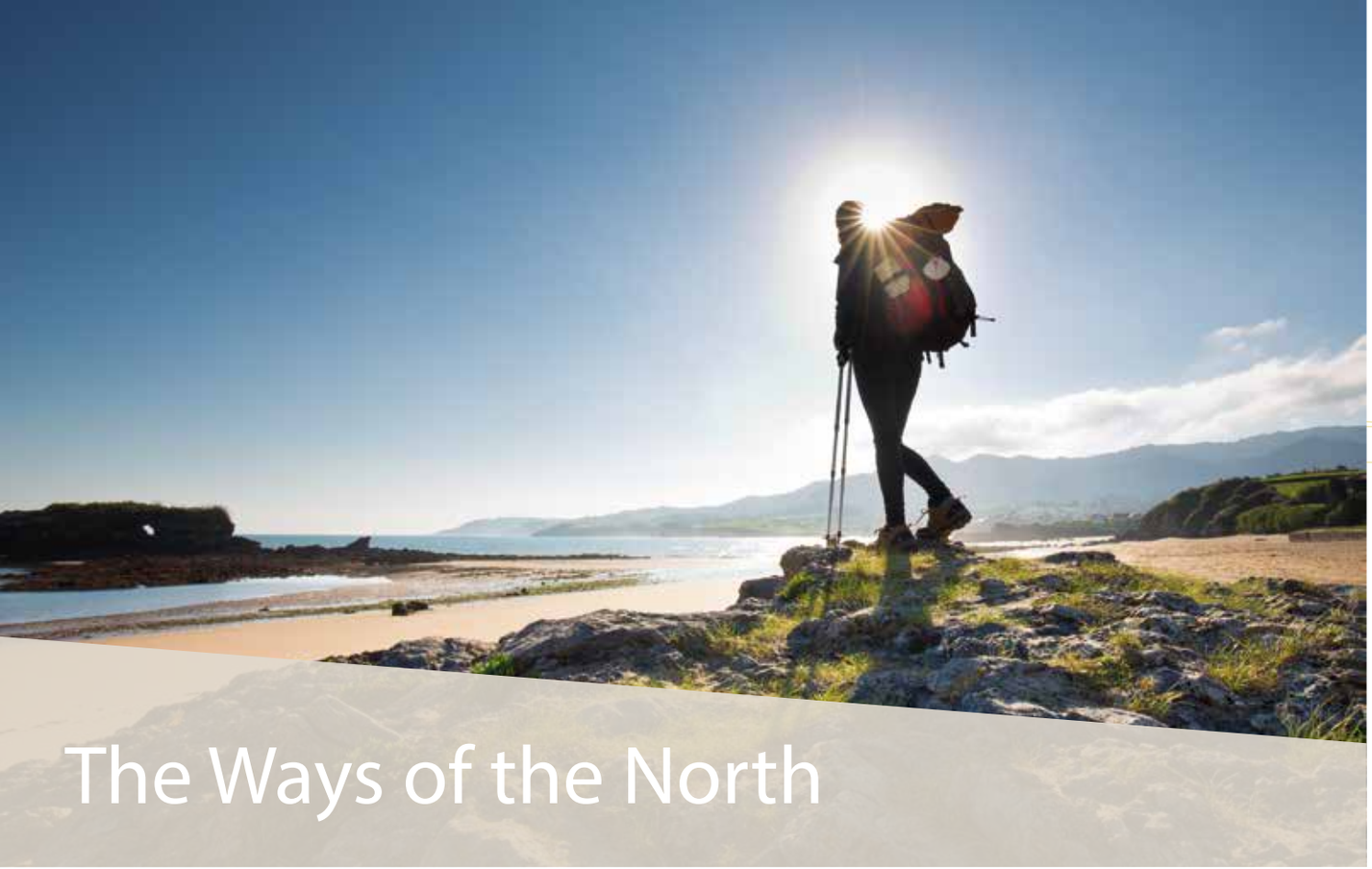
It has never been so comfortable, easy and secure to follow the Way of St. James, thanks to the reliable and efficient company that is Correos.

More information and specific conditions:
www.elcaminoconcorreos.es

*Check on specific conditions regarding each of the proposals.

GROUPING OF "FRIENDS OF THE NORTHERN ROAD TO SANTIAGO" ASSOCIATIONS

ASSOCIATION	ADDRESS	ZIP CODE	CITY	PHONE	E-MAIL
Avilés	Av. Cervantes con Gutierrez Herrero	33404	Avilés	(+34) 669 302 676	
Valdés	Millares, s/n	33788	Cadavedo	(+34) 985 645 320	maryriegla@hotmail.es
Cangas del Narcea	Uria, 51 - 4º A	33800	Cangas del Narcea	(+34) 985 812 174	angelesgc@educastur.princast.es
El Camino del Mar			Gijón	(+34) 676 918 712	info@elcaminodelmar.com
Llanes	La Paz, 17	33500	Llanes	(+34) 619 292 861	guillesirena@gmail.com
Abres - Vegadeo	Cardenal Cienfuegos, 3 - 10º C	33007	Oviedo	(+34) 985 239 580	asturgalaica@hotmail.com
Oviedo	Adolfo Posada, 3	33009	Oviedo	(+34) 985 228 525	info@caminosantiagoastur.com
Siero, Noreña y SAR.	Párroco José García Galán, 1	33510	Pola de Siero	(+34) 677 502 225	info@caminodesantiagoasturias.es
Ribadesella	Abastos Square, unnumbered Apdo.51	33560	Ribadesella	(+34) 645 862 650	info@amigosderibadesella.com
Salas en El Camino	School Godán - Apdo. 151	33860	Salas		salustianocrespo@gmail.com
Soto de Luiña	Main Roadl unnumbered	33156	Soto de Luiña	(+34) 985 597 257	hotelvalle@telefonica.net
Tineo	Avenue González Mayo, 3	33870	Tineo	(+34) 985 801 067	caminotineo@telecable.es
Villaviciosa	General Campomanes, 26 Bajo	33300	Villaviciosa	(+34) 699 911 931	daflaballera@hotmail.com
Amigos Paisaje	Rabadiello, 7	33868	Villazón		buzon@amisalas.org



The Ways of the North

The French Way of St. James and the French routes of the Way were declared a World Heritage Site by UNESCO in 1993 and 1998 respectively, to which the Original Way, the Coastal Way, the Basque-Rioja Way and the Way of Liébana were added in 2015.

Passing through Asturias are the Original Way, also known as the "Inland Way", which passes through the greenest and most mountainous part of Asturias, from Oviedo to the Port of Acebo; and the Coastal Way, which enters from Cantabria and runs along the entire Asturian coast.

The one known as the "Camino del Salvador" helps link the French Way, from León, to the Original Way in Oviedo.

COASTAL WAY

01. Irún
02. San Sebastián
03. Zarautz
04. Deba
05. Markina
06. Gernika
07. Bilbao
08. Portugalete
09. Kobaron
10. Castro Urdiales
11. El Pontarrón
12. Colindres/Santoña
13. Güemes
14. El Astillero/Santander
15. Santillana del Mar
16. Comillas
17. San Vicente de la Barquera
18. Unquera (Bustio)
19. Llanes
20. San Esteban (Leces)
21. La Isla
22. Sebrayo
23. Gijón
24. Avilés
25. Soto de Luiña
26. Almuña
27. Piñera
28. La Caridad
29. Abres /Ribadeo
30. Lourenzá
31. Abadín
32. Vilalba
33. Baamonde
34. Sobrado dos Monxes
35. Arzúa
36. Arca
37. Santiago

PRIMITIVE WAY

01. Oviedo
02. El Escamplero
03. San Xuan
04. Salas
05. Tineo
06. Borres
07. Pola de Allande
08. La Mesa
09. Grandas de Salime
10. Alto del Acebo
11. Paradavella
12. Castroverde
13. Lugo
14. San Román da Retorta
15. Melide
16. Arzúa
17. Arca
18. Santiago

CONNECTIONS WAY OF EL SALVADOR

01. Pajares (Payares)
02. Pola de Lena (La Pola)
03. Mieres

CONNECTIONS COASTAL WAY - PRIMITIVE

01. Ambás
02. Vega

CONNECTIONS PRIMITIVE - COASTAL WAY

01. Oviedo - Avilés

From Santiago to Asturias

STAGES REMAINING TO SANTIAGO DE COMPOSTELA

COASTAL WAY

DISTANCE TO SANTIAGO DE COMPOSTELA: 198.8 KM (8 STAGES)

STAGE 1: RIBADEO – VILANOVA DE LOURENZÁ: 29,4 KM; POR TRABADA 22,5 KM
Ribadeo - Vilela - A Ponte de Arante - Vilamartín Pequeño - Vilamartín Grande - Gondán - San Xusto - Lourenzá

STAGE 2: VILANOVA DE LOURENZÁ – ABADÍN: 25 KM
Lourenzá – Arroxo - San Pedro de La Torre - Mondoñedo - Lousada - Gontán - Abadín

STAGE 3: ABADÍN – VILALBA: 20 KM
Abadín – Martiñán – Goiriz – Vilalba

STAGE 4: VILALBA – BAAMONDE: 20,9 KM
Vilalba – Puente Rodríguez – San Xoan de Alba – Puente de Saa – Ferreira – Baamonde

STAGE 5: BAAMONDE – SOBRADO DOS MONXES: 40 KM
Baamonde – Capilla de San Alberte – Digoñe – Seixón – Miraz - Roxica – Corteporcos – Marco das Pias -Mesón – Guitiza – Laguna – Sobrado dos Monxes

STAGE 6: SOBRADO DOS MONXES – ARZÚA: 22,4 KM
Sobrado dos Monxes – Froxa – Corredoiras – Boimorto – Sendelle – Arzúa

STAGE 7: ARZÚA – ARCA: 19,1 KM
Arzúa – As Barrosas – Preguntoño – A Peroxa – Taberna Vella – Calzada – Calle – Boavista – Salceda – O Xen – Ras – Rabiña - O Empalme - Santa Irene - A Rúa - O Pedrouzo

STAGE 8: ARCA –SANTIAGO: 22 KM
O Pedrouzo – San Antón – Amenal – Cimadevila – Balizas – San Paio – Lavacolla – Arroyo – Vilamaior – TVG – TVE – San Marcos – Monte do Gozo – San Lázaro – Santiago de Compostela

PRIMITIVE WAY

DISTANCE TO SANTIAGO DE COMPOSTELA: 170.8 KM (8 STAGES)

STAGE 1: ALTO DEL ACEBO – PARADAVELLA: 25,1 KM
Alto del Acebo – Fonfría – Paradanova – Fonsagrada – Padrón – Vilardongo – Hospital of Montouto – Paradavella

STAGE 2: PARADAVELLA – CASTROVERDE: 21 KM
Paradavella – Degolada – A Lastra – A Fontaneira – Cádavo – Villavade – Castroverde

STAGE 3: CASTROVERDE – LUGO: 22,3 KM
Castroverde – Souto de Torres – Santa María de Gondar – Carballido – Lugo

STAGE 4: LUGO – SAN ROMÁN DA RETORTA: 18,7 KM
Lugo – San Vicente do Burgo - S. Pedro de Mera – San Román de Retorta

STAGE 5: SAN ROMÁN DA RETORTA – MELIDE: 28,6 KM
San Román de Retorta – Aguas Santas – Vilouriz – Vilamor – Melide

STAGE 6: MELIDE – ARZÚA: 14 KM
Melide - Santa María de Melide – Raido– Parabispo – Boente – Castañeda - Ribadiso – Arzúa

STAGE 7: ARZÚA – ARCA: 19,1 KM
Arzúa - As Barrosas – Preguntoño – A Peroxa – Taberna Vella – Calzada – Calle – Boavista – Salceda – O Xen – Ras– Rabiña - O Empalme - Santa Irene - A Rúa - O Pedrouzo

STAGE 8: ARCA –SANTIAGO: 22 KM
O Pedrouzo – San Antón – Amenal – Cimadevila – Balizas – San Paio – Lavacolla – Arroyo – Vilamaior – TVG – TVE – San Marcos – Monte do Gozo - San Lázaro – Santiago de Compostela

Font: "El Camino del Norte" y "El Camino Primitivo"; edited with S.A. by Xestión do Plan Xacobeo.

About the Way

THE WAY OF ST. JAMES MAY BE FOLLOWED FOR RELIGIOUS REASONS, AS WAS NORMAL IN THE MIDDLE AGES, but nowadays we can find pilgrims taking the Way for reasons of culture, sport, existential or introspective reasons, contact with nature, etc. Almost everyone completes the Way on foot, although it is possible to do it by bicycle or even on horseback. It must be taken into account that preference is shown to the pilgrims who travel on foot when it comes to staying overnight in refuges.

The Way of St. James is divided into stages between two towns and pilgrims stay overnight in the refuges, public or private, located in these towns. The Way is signposted with the image of a scallop shell, the symbol of the Way of St. James and a typical mollusc found along the Galician coast. Many pilgrims carry a hanging scallop shell. In the past this was the way for pilgrims to demonstrate on their return to their village that they had reached Santiago de Compostela.

The pilgrim's credential. While the majority of pilgrims carry a kind of standard template with boxes in which to add the stamps, a simple notebook can be used which will be stamped in the towns through which they pass. Churches, refuges, tourist offices and other establishments have stamps to prove that pilgrims are following the Way. These stamps help those who want to stay in the refuges and at the end of the Way they allow the pilgrim to obtain the "Compostelana", a certificate issued in the Cathedral of Santiago de Compostela. This is given to those pilgrims who have travelled a minimum of 100 kilometres on foot or horseback and 200 kilometres on a bicycle. There are two types of "Compostelanas", one for those who state that they have taken the Way for religious or spiritual reasons, and another for all other reasons.

Making the Way of St. James is hard. It is important to prepare a little before starting the Way and have a minimum fitness level. It is advisable to start taking walks some months before starting the pilgrimage. Wear comfortable footwear that has been used previously. Bring some slippers to use in the refuges. Your backpack should not be too heavy. It is essential to bring sun cream and a raincoat. Experts recommend that the final weight should not exceed 10 kilos. As well as clothing, other basic objects include a sleeping bag, a floor mat, a small first aid kit, a torch and a walking stick.

GOOD JOURNEY!

Legend

Pilgrim Hostel

00 Coastal Way

00 Primitive Way

00 Way of El Salvador

00 Conn. Coastal Way- Primitive Way

00 Conn. Primitive Way - Coastal Way

POPULATION ENTITIES

OVIEDO Capital of the autonomous community

Pop. +100.000 people.

Pop. 20.000 - 100.000 people.

Pop. 5.000 - 20.000 people.

Pop. 500 - 5.000 people.

Pop. 100 - 500 people.

Pop. 0 - 100 people.

Municipal capital

ROADS

Highway or freeway

State road

Regional road

County road

Local road

LÍMITS

Province limit

Municipality limit

Parks limits

RAILWAYS

F.F.C.C. wide track

F.F.C.C. close track

VARIOUS

N-634 Order number

Puerto de San Isidro 1.520 Mountain pass

River, reservoir, dam

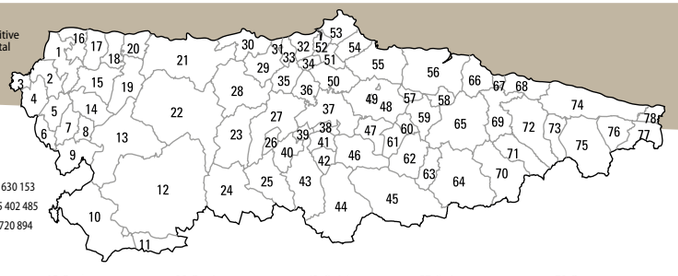
Gamoniteiru 1.786 Peaks

OTHER USEFUL PHONE NUMBERS

Emergency: 112

Bus Stations:

- Oviedo: (+34) 985 969 612
- Gijón: (+34) 985 342 713
- Avilés: (+34) 985 561 277
- Navia: (+34) 985 630 153
- Llanes: (+34) 985 402 485
- Siero: (+34) 985 720 894



1. Castropol
2. Vegadeo
3. San Tirso de Abres
4. Taramundi
5. Villanueva de Oscos
6. Santa Eulalia de Oscos
7. San Martín de Oscos
8. Pesoz
9. Grandas de Salime
10. Ibias
11. Degaña
12. Cangas del Narcea
13. Allande
14. Illano
15. Boal
16. Tapia
17. El Franco
18. Coaña
19. Villayón
20. Navia
21. Valdés
22. Tineo
23. Belmonte
24. Somiedo
25. Teverga
26. Yernes y Tameza
27. Grado
28. Salas
29. Pravia
30. Cudillero
31. Muros de Nalón
32. Castrillón
33. Soto del Barco
34. Illas
35. Candamo
36. Las Regueras
37. Oviedo
38. Ribera de Arriba
39. Santo Adriano
40. Proaza
41. Morcín
42. Riosa
43. Quirós
44. Lena
45. Aller
46. Mieres
47. Langreo
48. Siero
49. Noreña
50. Llanera
51. Corvera
52. Avilés
53. Gozón
54. Carreño
55. Gijón
56. Villaviciosa
57. Sariego
58. Cabranes
59. Nava
60. Bimenes
61. San Martín del Rey Aurelio
62. Laviana
63. Sobrescobio
64. Caso
65. Piloña
66. Colunga
67. Caravia
68. Ribadesella
69. Parres
70. Ponga
71. Amieva
72. Cangas de Onís
73. Onís
74. Llanes
75. Cabrales
76. Peñamellera Alta
77. Peñamellera Baja
78. Ribadedeva

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