

# Cycling Europe

## SPAIN CAMINO- THE WAY OF ST. JAMES BY BIKE 2020

INDEPENDENT - SELF GUIDED 8 NIGHTS / 9 DAYS

Camino - Last 300 kms : Leon to Santiago de Compostela  
APPROXIMATELY 330 KM

*For more than a thousand years people from different parts of Europe have travelled to the shrine of Saint James in the north western Spanish city of Santiago de Compostela. The cultural path has not lost its attraction till this day: every year many pilgrims set out on this journey to Santiago to experience the unique coexistence of culture and nature along the way.*

*We offer you a chance to travel this exceptional path by bike. You cycle from the cathedral city of Leon, capital of Castile province to Santiago de Compostela in Galicia. We organise accommodation, luggage transport and bike hire. With our detailed information package (maps, route descriptions etc.) you can plan the daily stages to bike at your own pace.*

*Each day's cycling is different, from the medieval village of Molinaseca to the Castillian high plateau and the green mountainous region of Galicia.*

*Note that the cycling is on quiet country roads and lanes on a hand-picked route that mirrors the original walking route.*



### Grade

**Moderate to Challenging.** This bike tour is suited for experienced cyclists used to climbs up to 1170 metres of altitude per day (but average climb of 720m per day) and cycling up to 7 hours per day. Cycling is on small country roads – there may be some unpaved surfaces. The Orbea rental bikes have front suspension to cope with rougher surfaces.

Electric-assist (E-Bike) bikes are also available to take the sting out of the hills.



## TOUR ITINERARY

### 9 DAY/8 NIGHT TOUR Leon + Astorga to Santiago de Compostela

#### Day 1: Arrival in Leon

Arrival in the beautiful city of León, the capital of Castile province and once the capital of Christian Spain in the 10th and 11th centuries. It is noted for the remarkable Gothic cathedral known for its' beautiful stained glass windows, 11C Basilica Isidora for its' frescoed ceilings and the Gaudí designed 'Casa de Botines', a striking Neo-Gothic building in the Plazuela de San Marcelo.

#### Day 2: Leon + train to Astorga

Spend time exploring Leon this morning before taking a local bus (around one hour) or the train (31 minutes) to the walled town of



Astorga. The bishop's palace built by Gaudí and the cathedral in Astorga are unique.

**Non-Cycling day:**

**Cyclists on the Camino de Santiago Compestela**

#### Day 3: Bike Astorga to Molinaseca

Start your cycle tour today! After going straight through the Maragateria you will start a beautiful and hard ascent to the mythic peak of Cruz de Ferro (the iron cross) at 1,505m. From there you will say goodbye to the León mountains and descend dramatically to the beautiful medieval village of Molinaseca.

**Cycling: Approximately 49km / Climb 707m**



**Day 4: Molinaseca to O'Cebreiro or Las Herrerias** Cycle 25 km amongst the vineyards to reach the beautiful town of Villafranca with its picturesque town square and many monuments and then climb to O'Cebreiro where the green region of Galicia starts.

**Cycling: Approximately 58 km / Climb 939m**

### Day 5: O'Cebreiro to Sarria

A climb up to the village of O'Cebreiro affords wonderful views over all the valley and the charming slate-roofed black houses. Passing through agricultural countryside you will reach Samos, where you will find one of the oldest and most beautiful Benedictine monasteries in Spain. Continue through chestnut forests to Sarria.

**Cycling: Approximately 44km / Climb 258m**

### Day 6: Sarria to Palas de Rei

Continue along little country roads and ancient paths along rolling hills to end the day in Palas de Rei, a small town full of the pilgrim spirit.

**Cycling: Approximately 48 km / Climb 1177m**

### Day 7: Palas de Rei to Rua or O Pedrouzo

Today's ride does not have great climbs but it is a constant up and down through the lovely Galician countryside that can be tiring. You will cycle through the town of Melide that is famous for its „pulperias“ where they serve superb octopus.

**Cycling: Approximately 60 km / Climb 1170m**

### Day 8: Rua to Santiago de Compostela

The Camino leads you into the very heart of this unique city of pilgrims – into the Plaza de Obradoiro, overlooking the cathedral built in honour of Saint James, Santiago.

**Cycling: Approximately 27km / Climb 599**

### Day 9: Santiago de Compostela – Depart or add extra nights

## 3 DAY/ 2 NIGHT EXTENSION SANTIAGO DE COMPOSTELA TO FINISTERRE

### Day 1: Santiago to Olveiroa

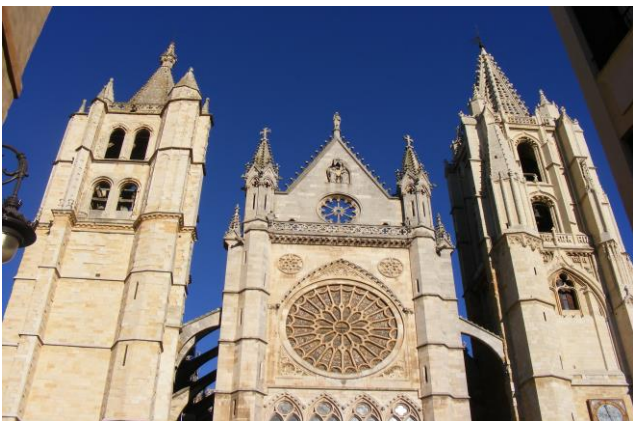
**Cycling: Approximately 52km/ Climb 839m**

### Day 2: Olveiroa to Finisterre

**Cycling: Approximately 46km/ Climb 532m**

### Day 3 Finisterre – Departure or extra nights in Santiago de Compostela

## 8 DAY/ 7 NIGHTS – ASTORGA to SANTIAGO DE COMPOSTELA



**Start any day from 1 April – 30 October – subject to hotel availability**

**Day 1 : Arrive Astorga** If you are starting today, your bikes will be delivered to your hotel in the evening. The bishop's palace built by Gaudí and the cathedral in Astorga are unique Overnight in Astorga.

### Day 2: Astorga to Molinaseca



After going straight through the Maragateria you will start a beautiful and hard ascent to the peak of 1.505m, in the mythic Cruz de Ferro (the iron cross). From there you will say goodbye to the León mountains and go down dramatically to the beautiful medieval village of Molinaseca.

**Cycling: Approximately 49km/ Climb 707m**

### **Day 3: Molinaseca to O'Cebreiro or Las Herrerias**

Cycle 25 km through vineyards to reach the beautiful town of Villafranca. At the end of the stage you will find a short ascent that will bring you to breathtaking mountain views to "Alto de O Cebreiro", where the green region of Galicia starts.

**Cycling: Approximately 58km/ Climb 939m**

### **Day 4: O'Cebreiro to Sarria**

An easier ride today as you descend to the town of Samos, where you will find one of the oldest and most beautiful Benedictine monasteries in Spain.

**Cycling: Approximately 44 km/ Climb 258m**



**Cycling: Approximately 60km/ Climb 1170m**

### **Day 5: Sarria to Palas de Rei**

Continue along little country roads and ancient paths amongst rolling hills to end the day in Palas de Rei, a small town full of the pilgrim spirit.

**Cycling: Approximately 46m / Climb 1177m**

### **Day 6: Palas de Rei to Rua or O Pedrouzo**

Today's ride does not have great climbs but it is a constant up and down through the lovely Galician countryside that can be tiring. You will cycle through the town of Melide that is famous for its „pulperias“ where they serve superb octopus.

### **Day 7: Rua to Santiago de Compostela**

The last stage you have two ascents. The second is up Monte do Gozo (Mountain of Joy) where you will have the first views of Santiago de Compostela, your destination. From this point there are only a few kilometres between you and the Cathedral. You enter the medieval city that is the climax to this legendary journey. Santiago de Compostela's 11thC cathedral is where the tomb of Sant Iago el Mayor (St James the Great), patron saint of Spain, is reputedly built

over. Legend says the remains of the apostle were carried by boat from Jerusalem to this burial place. A noon mass is held for pilgrims, a feature of which is the huge, swinging, smoking 'botafumeria'; a 200 pound incense burner hauled by a pole by eight red-robed priests.

**Cycling: Approximately 27km/ Climb 599m**

### **Day 8 : Arrangements end after breakfast in Santiago de Compostela**



## **2020 SCHEDULE**

**Start any day 01 April to 30 October - (subject to hotel availability)**

## 2020 COST PER PERSON IN EUROS:

Self-guided Tour: Double or Twin Share Room B&B	€ 770
Single room surcharge (travelling with others)	€ 135
Single room Surcharge for Solo traveller	€ 150
Half-board supplement (6 xDinner pre-paid)	€ 90 (Not Leon or Santiago)

Rental Bike - 24 speed Touring bike	€ 90
E Bike	€ 180
GPS	€ 30
Extra item of luggage	€ 63

### Santiago to Finisterre Extension 3 days/2 nights

Self-guided Tour: Double or Twin Share Room B&B	€170
Single room surcharge (travelling with others)	€ 50
Half-board supplement (Dinner pre-paid)	€ 30
Rental Bike - 24 speed Touring bike	€ 30
E Bike –	€ 60
Extra item of luggage	€ 30

### Astorga to Santiago de Compostela 8 days/7 nights

Self-guided Tour: Double or Twin Share Room B&B	€ 680
Single room surcharge (travelling with others)	€ 122
Single room Surcharge for Solo traveller	€ 122
Half-board supplement (6 xDinner pre-paid)	€ 90 (Not in Santiago)
Rental Bike - 24 speed Touring bike	€ 90
E Bike	€ 180
GPS	€ 30
Extra item of luggage	€ 63

**Bike:** Giant Argento(or equivalent) – bike helmet included



Giant Bikes Fitted with mudguards, bottle holder, pannier rack, map holder,.  
Per room: pump, puncture repair kit, spare inner tube and multi-tool

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- Hybrid bikes
  - Larger, confort seat
  - Front suspensión
  - Adjustable handle bars
- 
- 29 inch hibrid tires
  - 24 gears
  - Bicycle stand
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- *Bottle holder*
- *Mudguards*
- *Bike Computer (odometer)*
- *V-brakes*

#### Orbea Ravel H50 2013



#### BIKES:

The rental bikes for the French Camino are Trekking bikes with front suspension. We have found that these are well suited to the tarmac road conditions.

#### TOUR COST INCLUDES:

- Accommodation in rooms with bath/shower and toilet
- Breakfast daily
- Luggage transfers 1 bag per person (max 20kg)
- 24 speed Bike rental (front suspension), with rear pannier bag, lock, water bottle holder, repair kit.
- Detailed travel material with maps and route descriptions, – one set per room
- Local emergency contact

#### ACCOMMODATION CATEGORY:

The hotels are conveniently positioned very near or on the Camino and are of very good quality. They are typically two and three star hotels and rural hotels and country guesthouses in some places. It is possible to upgrade to a 4 star hotel in Santiago de Compostela.

**ALSO RECOMMENDED: Upgrade in Santiago de Compostela to the 5-star Parador**, located in the square opposite the Cathedral. This fine Renaissance building was built in 1499 by the ten monarchs Ferdinand and Isabel as a hospital for pilgrims. It has been sumptuously restored with rich stone and timber masonry and period furnishings to create the wonderful historical ambience. There is no better location to explore the major monumental sites of Santiago on foot.

#### EXTRA NIGHTS B&B PER PERSON IN EUROS:

	Double / Twin Share	Single Room Supplement
Santiago de Compostela***	From € 50	+ € 28
Astorga	From € 50	+ € 25

#### ARRIVAL AND DEPARTURE:

The tour starts in Leon or in Astorga (where cycling commences).

**Closest international Airports** (to start tour): Madrid, Bilbao  
Travel by public bus or train to your first hotel.

**End of tour:** Santiago de Compostela Airport (SCQ)

**Book through:**

**A Walker's World**  
Don't just see the world. Experience it.

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