

Cycling Europe

SPAIN CAMINO- THE WAY OF ST. JAMES BY BIKE 2019

INDEPENDENT - SELF GUIDED 17 NIGHTS / 18 DAYS

Full Camino: Roncevalles/St Jean Pied de Port to
Santiago de Compostela
APPROXIMATELY 800 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 French town of St Jean Pied de Port across the Pyrenees 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 high peaks of the Pyrenees, to the deep valley of the Ebro River in la Rioja, from the Castillian high plateau to 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 900 metres of altitude per day (but average climb of 594m 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

18 DAY/17 NIGHT TOUR Roncevalles to Santiago de Compostela
Also available: 8 DAY/7 NIGHTS Astorga to Santiago de Compostela



Day 1: Arrival in Roncevalles

Arrival at the village of Roncevalles, close to the French/Spanish border.

Day 2: Roncevalles – St Jean Pied de Port to Roncevalles

Bicycle and equipment hand-over and transfer to your start point in the French town of St Jean Pied de Port. Cycle over the Pyrenees to Roncevalles.

Cycling: Approximately 25 km / Climb 892m

Day 3: Roncevalles to Pamplona

Cycle to Pamplona, the scene of the annual (6 - 14 July) San Fermin Festival or Running Of The Bulls as it is more commonly known, where the streets are opened to a herd of bulls and daredevils challenge them like matadors. This medieval walled town is set in the picturesque mountain ranges of the Navarre. There is an excellent museum housed in the 15thC hospital, a cathedral dating from the 14thC and of course the bullring. Don't forget to try the excellent tapas food.

Cycling: Approximately 49km / Climb 227m

Day 4: Pamplona – Estella

Climb the Alto del Perdon from Pamplona before arriving in the charming town of Puente la Reina. Continue to Estella which has a beautiful old town and many interesting churches.

Cycling: Approximately 41 - 49km/ Climb 565m

Day 5: Estella – Logrono

Today you cycle from Estella to Logrono through the famous wine region, La Rioja.

Cycling: Approximately 50km / Climb 439m

Day 6: Logrono – Santo Domingo de la Calzada

Travel through the charming towns of Navarrete, Najera and Azofra to reach Santo Domingo de la Calzada, on the banks of the Oja River.

Cycling: Approximately 50km/ Climb 566m

Day 7: Santo Domingo de la Calzada - Burgos

Climb the Montes de Oca to reach San Juan de Ortega and Atapuerca before arriving in Burgos. You stay the night in the former king's city Burgos, one of the most important pilgrim stops of the route. Its Gothic Cathedral is one of Spain's most outstanding artistic monuments. **Cycling: Approximately 73km / Climb 520m**



Day 8: Burgos – Fromista

Easy ride on the Castillian plains. At Fromista visit the Romanesque Church of Saint Martin.

Cycling: Approximately 67km / Climb 414m

Day 9: Frómista-Sahagún

Still in the Castilla area stop at Carrión de los Condes, a town with wonderful medieval atmosphere, and where famous people such as the "Marqués de Santillana" lived.

Cycling: Approximately 62km / Climb 270m

Day 10: Stage Sahagún-León

You leave Sahagún by the Canto Bridge and after a while you will follow a long and beautiful tree-lined path before arriving in Burgo Ranero. From here you will continue to 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.

Cycling: Approximately 57km/ Climb 298m

Day 11: Leon to Astorga

Leave Leon and cycle through a network of plain and quiet rural roads. When you pass the Orbigo River you will climb to the Santo Toribio Rucero then roll down to the walled town of Astorga, today's destination. The bishop's palace built by Gaudí and the cathedral in Astorga are unique.

Cycling: Approximately 53m / Climb 250m approx

Cyclists on the Camino de Santiago Compestela

Day 12: Astorga to Molinaseca

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 49m / Climb 707m



Day 13: Molinaseca to Herrerias

Cycle amongst the vineyards to reach the beautiful town of Villafranca with its picturesque town square and many monuments and then into the Valcarce valley and green region of Galicia.

Cycling: Approximately 59m / Climb 569m

Day 14: Herrerias 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 59m / Climb 940m

Day 15: 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 46m / Climb 1177m

Day 16: Palas de Rei to O Pino

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 41m / Climb 1170m

Day 17: O Pino 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 59m / Climb 499

Day 18: Santiago de Compostela – Depart or add extra nights

3 DAY/ 2 NIGHT EXTENSION SANTIAGO DE COMPOSTELA TO FINISTERRE

Day 1: Santiago to Olveiroa

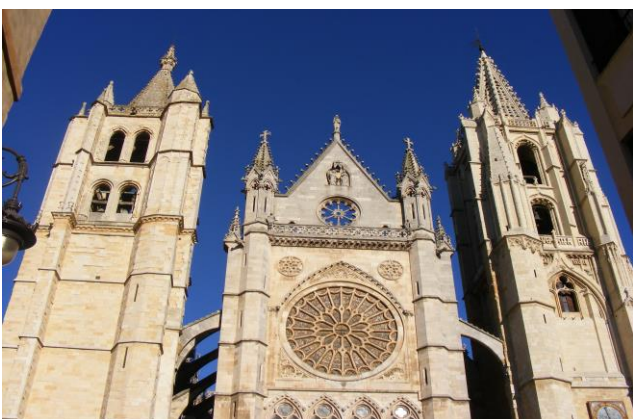
Cycling: Approximately 52m/ Climb 839m

Day 2: Olveiroa to Finisterre

Cycling: Approximately 46m/ 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

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

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



2019 SCHEDULE

Start any day 01 April to 15 October - (subject to hotel availability)

2019 COST PER PERSON IN EUROS:

Roncesvalles to Santiago de Compostela 17 nights

Self-guided Tour: Double or Twin Share Room B&B	€1565
Single room surcharge (travelling with others)	€ 189
Single room Surcharge for Solo traveller	€ 231
Half-board supplement (16 xDinner pre-paid)	€ 230 (Not in Santiago)
Rental Bike - 24 speed Mountain bike	€ 240
E Bike	€ 480
GPS	€ 30
Extra item of luggage	€ 175
Transfer Pamplona to Roncesvalles	€ 50

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 Mountain 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	€ 693
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 Mountain bike	€ 90
E Bike	€ 205
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

- Hybrid bikes
- Larger, confort seat
- Front suspensión

- *Adjustable handle bars*
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- *29 inch hibrid tires*
 - *24 gears*
 - *Bicycle stand*
 - *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 Roncesvalles, in the Pyrenees near the border between France and Spain. In order to reach Roncesvalles, you will need to first reach Pamplona either by train or bus or from an airport (Bilbao is the nearest international airport).

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

Domestic Airports : Pamplona (PNA)

End of tour: Santiago de Compostela Airport (SCQ)

Book through:

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