

Camino Frances from Sarria

Sarria to Santiago de Compostela, 116 km/72 mi
Walking stages

Stage 1 (29*). Sarria to Portomarin

- Distance - 22 km/13,6 mi
- Time - 5-6 hours

*If you walk from St.James Pied de Port

Elevation profile



Stops along the route

*PA - private albergue **MA - municipal albergue

Distance	Name	Facilities
3 km	Vilei	PA*, restaurant
4 km	Barbadelo (O Mosteiro)	MA**, PA, hotel, restaurant
5 km	Rente	Guesthouse
7 km	Molino de Marzan	PA
11,5 km	Morgade	PA, restaurant
13 km	Ferreiros	MA, PA, restaurant
14 km	A Pena	PA, holiday house, bar

Camino Frances from Sarria

16,5 km	Mercadoiro	PA, restaurant
18 km	A Parrocha	Bar
20 km	Vilacha	Restaurant
21 km	Paradela	Guesthouse
22 km	Portomarin	MA, PA, hotel, ATM, supermarket, pharmacy, restaurant, bar

Stage 2 (30). Portomarin to Palas de Rei

- Distance - 25 km/15,5 mi
- Time - 5-6 hours

Elevation profile



Stops along the route

Distance	Name	Facilities
7,5 km	Gonzar	MA, PA, guesthouse, restaurant
8,8 km	Castromaior	PA, guesthouse, restaurant
12 km	Hospital da Cruz	MA, guesthouse, restaurant
13,5 km	Ventas de Naron	PA, restaurant
15 km	A Prebisa	Restaurant
17 km	Ligonde	MA, PA, restaurant

Camino Frances from Sarria

18 km	Airexe	MA, guesthouse, restaurant
19,5 km	Portos	PA, restaurant
20 km	Lestedo	Guesthouse, restaurant
21 km	Os Valos	Hotel
22 km	A Brea	Restaurant
25 km	Palas de Rei	MA, PA, hotel, ATM, supermarket, pharmacy, restaurant, bar

Stage 3 (31). Palas de Rei to Arzua

- Distance - 29 km/18 mi
- Time - 6-7 hours

Elevation profile



Stops along the route

Distance	Name	Facilities
4 km	San Xulian	PA, guesthouse, restaurant
5 km	Ponte Campaña	PA
6 km	Casanova	MA
9 km	O Coto	Hotel, restaurant
13 km	Furelos	Hotel, bar

Camino Frances from Sarria

14,5 km	Melide	MA, PA, hotel, ATM, supermarket, pharmacy, restaurant, bar
15,5 km	Santa Maria de Melide	Restaurant
21 km	Boente	PA, bar
23 km	A Fraga Alta (Castañeda)	PA, hotel, bar
27 km	Ribadiso da Baixo	PA, bar
29 km	Arzúa	MA, PA, hotel, ATM, supermarket, pharmacy, restaurant, bar

Stage 4 (32). Arzua to O Pedrouzo

- Distance - 20 km/12,4 mi
- Time - 4-5 hours

Elevation profile



Stops along the route

Distance	Name	Facilities
2,5 km	Pregontoño	Bar
6,5 km	As Quintas	Bar
8 km	A Calle de Ferreiros	PA, pension, bar
11 km	Salceda	PA, bar, pharmacy
13 km	A Brea	PA, bars

Camino Frances from Sarria

16 km	Santa Irene	MA, PA, café
18,5 km	A Rúa	Pension, bar
20 km	O Pedrouzo	MA, PA, hotel, ATM, supermarket, pharmacy, restaurant, bar

Camino Frances from Sarria

Stage 5 (33). O Pedrouzo to Santiago de Compostela

- Distance - 20 km/12,4 mi
- Time - 4-5 hours

Elevation profile



Distance	Name	Facilities
3,5km	Amenal	Hotel, pension, bar
7,7km	San Paio	Guesthouse, bar
9,5km	Lavacolla	PA, hotel, bar, shop, pharmacy
11km	Vilamaior	Guesthouse
14,5km	San Marcos	Hotel, bar, shop
15km	Monte do Gozo	MA (all year), PA, bar, shop
20km	Santiago de Compostela	MA, PA, hotel, ATM, supermarket, pharmacy, restaurant, bar