

Camino Francés

Walking stages

Part 1. St.Jean-Pied-de-Port to León

Stage 1. St.Jean-Pied-de-Port to Roncesvalles	2
Stage 2. Roncesvalles to Zubiri	3
Stage 3. Zubiri to Pamplona	4
Stage 4. Pamplona to Puente La Reina	5
Stage 5. Puente La Reina to Estella	6
Stage 6. Estella to Los Arcos	7
Stage 7. Los Arcos to Logroño	8
Stage 8. Logroño to Navarrete	9
Stage 9. Navarrete to Azofra	9
Stage 10. Azofra to Grañón	10
Stage 11. Grañón to Villafranca Montes de Oca	11
Stage 12. Villafranca Montes de Oca to Cardeñuela Riopico	12
Stage 13. Cardeñuela Riopico to Tardajos through Burgos	13
Stage 14. Tardajos to Castrojeriz	14
Stage 15. Castrojeriz to Frómista	15
Stage 16. Frómista to Carrión de los Condes	16
Stage 17. Carrión de los Condes to Terradillos de los Templarios	16
Stage 18. Terradillos de los Templarios to Bercianos del Real Camino	17
Stage 19. Bercianos del Real Camino to Mansilla de las Mulas	17
Stage 20. Mansilla de las Mulas to León	18

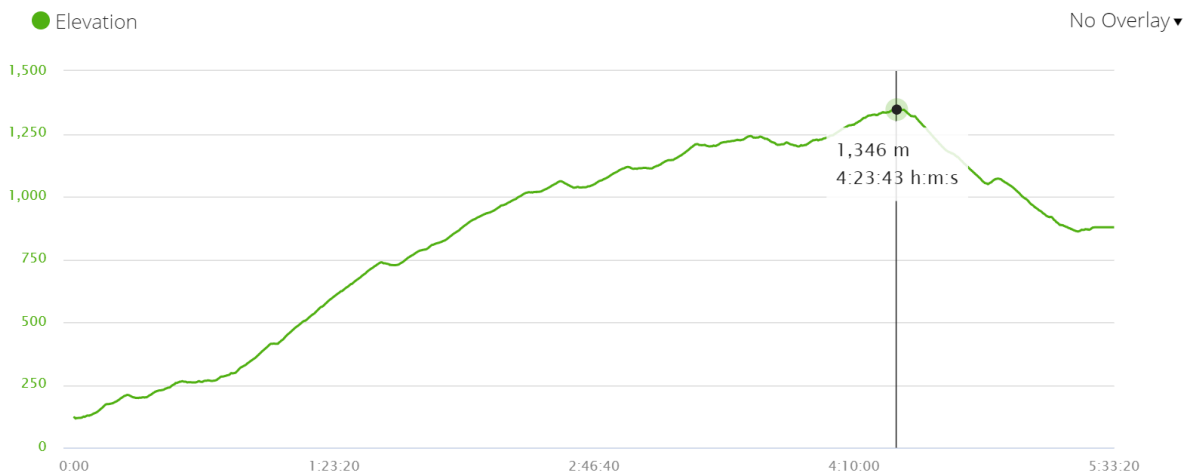
Camino Francés

Walking stages

Stage 1. St.Jean-Pied-de-Port to Roncesvalles

- Distance - 25 km/15,5 mi
- Time - 6-7 hours
- Ascent - 1400 m
- Descent - 650 m
- Difficulty level - 5 out of 5

Elevation profile Stage 1



Stops along the route

St.Jean-Pied-de-Port to Roncesvalles		
0 km	St.Jean-Pied-de-Port	MA*, PA**, hotel, supermarket, ATM, restaurant, cafe, bar, pharmacy
1 km/0,6 mi	La Coquille Napoleon	PA, restaurant
2 km/1,2 mi	Gite Antton	PA, restaurant
4,5 km/2,7 mi	Honto	Hotel, restaurant
8 km/5 mi	Orisson	PA, restaurant
10 km/6,2 mi	Aubergue Borda	PA, restaurant
14,5 km/9 mi	Food truck in the season	Cafe

Camino Francés

Walking stages

16,5 km/10,2 mi	Water point	
25 km/15,5 mi	Roncesvalles	MA, hotel, restaurant

*MA - Municipal albergue

**PA - Private albergue

Stage 2. Roncesvalles to Zubiri

- Distance - 22 km/13,5 mi
- Time - 5 hours
- Ascent - 443 m
- Descent - 871 m
- Difficulty level - 3 out of 5

Elevation profile Stage 2



Stops along the route

Roncesvalles to Zubiri		
2 km/1,2 mi	Restaurant	
3 km/1,8 mi	Burguete	Hotel, ATM, restaurant, supermarket, pharmacy
6,5 km/4 mi	Espinal	PA, hotel, restaurant
11,5 km/7 mi	Bizkarreta	Hotel, restaurant, shop

Camino Francés

Walking stages

13 km/8 mi	Lintzoain	Hotel, cafe
18 km/11 mi	Food kiosk	
22 km/13,6 mi	Zubiri	MA, PA, hotel, supermarket, ATM, restaurant, cafe, bar, pharmacy

Stage 3. Zubiri to Pamplona

- Distance - 22 km/13,5 mi
- Time - 4 hours
- Ascent - 405 m
- Descent - 491 m
- Difficulty level - 2 out of 5

Elevation profile Stage 3



Stops along the route

Zubiri to Pamplona		
4 km/2,4 mi	Urbandiz	PA, hotel, restaurant
6 km/3,7 mi	Larrasoaña	MA, PA, hotel, restaurant, shop
10 km/6,2 mi	Zuriaín	PA, restaurant
12 km/7,4 mi	Irotz	Bar

Camino Francés

Walking stages

13 km/8 mi	Zabaldika	Albergue donation
17-19 km /10,5-11,8 mi	Arre, Villava, Burlada	MA, PA, hotel, supermarket, ATM, restaurant, cafe, bar, pharmacy
22 km/13,5 mi	Pamplona	MA, PA, hotel, supermarket, ATM, restaurant, cafe, bar, pharmacy

Stage 4. Pamplona to Puente La Reina

- Distance - 24 km/15 mi
- Time - 5 hours
- Ascent - 577 m
- Descent - 567 m
- Difficulty level - 3 out of 5

Elevation profile Stage 4



Stops along the route

Pamplona to Puente La Reina		
5 km/3,1 mi	Cizur Menor	MA, PA, hotel, restaurant
11 km/6,8 mi	Zariquiegui	PA, restaurant
16 km/10 mi	Uterga	PA, hotel, restaurant
19 km/11,8 mi	Muruzábal	PA, restaurant, pharmacy

Camino Francés

Walking stages

21 km/13 mi	Óbanos	PA, hotel, supermarket, ATM, restaurant, cafe, bar, pharmacy
24 km/15 mi	Puerta La Reina	MA, PA, hotel, supermarket, ATM, restaurant, cafe, bar, pharmacy

Stage 5. Puente La Reina to Estella

- Distance - 21,5 km/13,3 mi
- Time - 4 hours
- Ascent - 483 m
- Descent - 437 m
- Difficulty level - 2 out of 5

Elevation profile Stage 5



Stops along the route

Puente La Reina to Estella		
5 km/3,1 mi	Mañeru	PA, hotel, restaurant, shop
7,5 km/4,6 mi	Cirauqui	PA, hotel, supermarket, ATM, restaurant, cafe, bar, pharmacy
13 km/8 mi	Lorca	PA, hotel, restaurant

Camino Francés

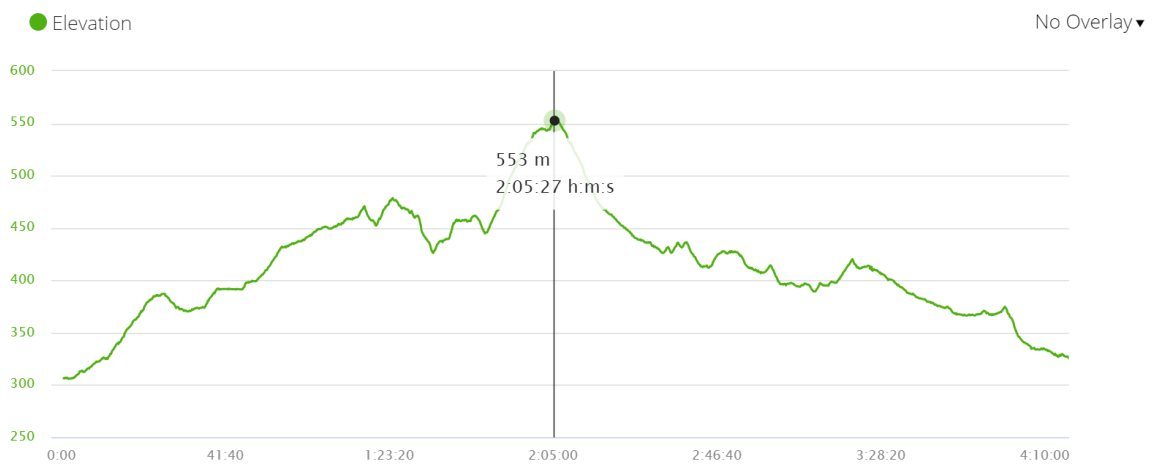
Walking stages

17,5 km/10,8 mi	Villatuerta	PA, supermarket, ATM, restaurant, cafe, bar, pharmacy
21,5 km/13,3 mi	Estella	MA, PA, hotel, supermarket, ATM, restaurant, cafe, bar, pharmacy

Stage 6. Estella to Los Arcos

- Distance - 22 km/13,6 mi
- Time - 4 hours 30 minutes
- Ascent - 435 m
- Descent - 414 m
- Difficulty level - 2 out of 5

Elevation profile Stage 6



Stops along the route

Estella to Los Arcos		
2 km/1,2 mi	Ayegui	PA, restaurant, shop, pharmacy
3 km/1,8 mi	Bodegas Irache	Wine fountain
4,5 km/2,7 mi	Irache	Restaurant
8 km/5 mi	Azqueta	Hotel, restaurant

Camino Francés

Walking stages

9,5 km/6 mi	Villamayor	PA, hotel, shop, restaurant
22 km/13,6 mi	Los Arcos	MA, PA, hotel, supermarket, ATM, restaurant, cafe, bar, pharmacy

Stage 7. Los Arcos to Logroño

- Distance - 28 km/17,3 mi
- Time - 5-6 hours
- Ascent - 488 m
- Descent - 553 m
- Difficulty level - 3 out of 5

Elevation profile Stage 7



Stops along the route

Los Arcos to Logroño		
7 km/4,3 mi	Sansol	PA, hotel, restaurant, shop, pharmacy
8 km/5 mi	Torres del Rio	PA, hotel, restaurant
13 km/8 mi	Food kiosk (only in the season)	
18 km/11 mi	Viana	MA, PA, hotel, supermarket, ATM, restaurant, cafe, bar, pharmacy

Camino Francés

Walking stages

28 km/17,3 mi	Logroño	MA, PA, hotel, supermarket, ATM, restaurant, cafe, bar, pharmacy
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Stage 8. Logroño to Navarrete

- Distance - 12 km/7,5 mi
- Time - 2 hours 30 minutes
- Ascent - 194 m
- Descent - 90 m
- Difficulty level - 1 out of 5

Stops along the route

Logroño to Navarrete		
12 km/7,4 mi	Navarrete	MA, PA, hotel, supermarket, ATM, restaurant, cafe, bar, pharmacy

Stage 9. Navarrete to Azofra

- Distance - 23 km/14,2 mi
- Time - 5 hours
- Ascent - 354 m
- Descent - 316 m
- Difficulty level - 2 out of 5

Elevation profile stage 9



Stops along the route

Navarrete to Azofra		

Camino Francés

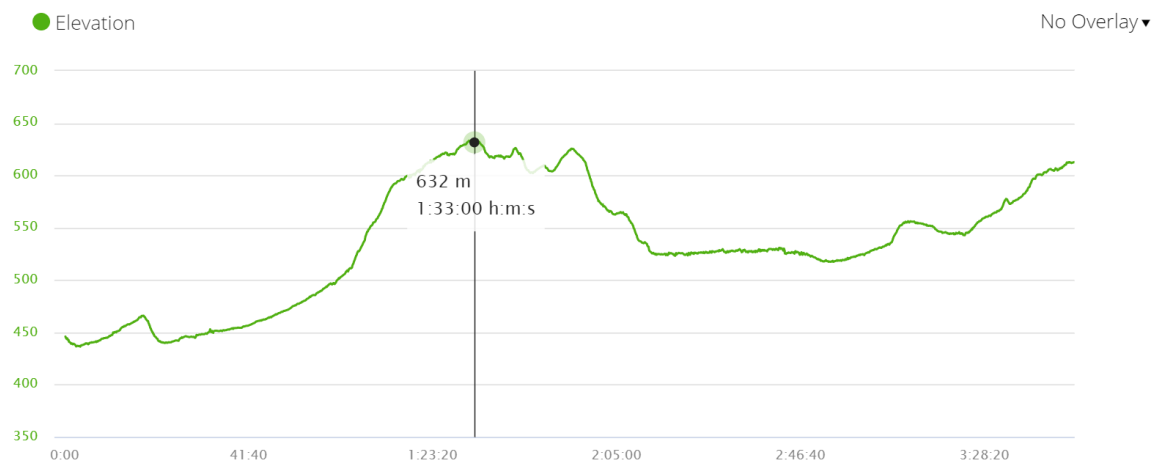
Walking stages

5 km/3 mi	Food truck (only in the season)	
7 km/4,3 mi	Ventosa	PA, hotel, restaurant, shop
17 km/10,5 mi	Nájera	MA, PA, hotel, supermarket, ATM, restaurant, cafe, bar, pharmacy
23 km/14,2 mi	Azofra	MA, PA, hotel, supermarket, restaurant, cafe, bar, pharmacy

Stage 10. Azofra to Grañón

- Distance - 22 km/13,6 mi
- Time - 4 hours 30 minutes
- Ascent - 400 m
- Descent - 234 m
- Difficulty level - 2 out of 5

Elevation profile Stage 10



Camino Francés

Walking stages

Stops along the route

Azofra to Grañón		
9 km/5,5 mi	Cirueña	PA, hotel, restaurant
15 km/9,3 mi	Santo Domingo de la Calzada	PA, hotel, supermarket, restaurant, cafe, bar, pharmacy
22 km/13,6 mi	Grañón	MA (parroquial), PA, hotel, supermarket, restaurant, cafe, bar, pharmacy

Stage 11. Grañón to Villafranca Montes de Oca

- Distance - 28 km/17,3 mi
- Time - 5-6 hours
- Ascent - 488 m
- Descent - 234 m
- Difficulty level - 3 out of 5

Elevation profile stage 11



Stops along the route

Grañón to Villafranca Montes de Oca		
3,5 km/2,1 mi	Redecilla del Camino	MA, PA, hotel, supermarket, restaurant
5 km/3,1 mi	Castildelgado	PA, hotel, restaurant

Camino Francés

Walking stages

7 km/4,3 mi	Vitoria de Rioja	PA, hotel, restaurant, pharmacy
10,5 km/6,5 mi	Villamayor del Río	PA, restaurant
15,5 km/9,6 mi	Belorado	MA, PA, hotel, supermarket, ATM, restaurant, cafe, bar, pharmacy
20 km/12,4 mi	Tosantos	MA (parroquial), PA, restaurant
22 km/13,6 mi	Villambistia	MA, hotel, restaurant
24 km/15 mi	Espinosa del Camino	PA, restaurant
28 km/17,3 mi	Villafranca Montes de Oca	MA, PA, hotel, restaurant, shop

Stage 12. Villafranca Montes de Oca to Cardeñuela Riopico

- Distance - 24,5 km/15,2 mi
- Time - 5 hours
- Ascent - 413 m
- Descent - 456 m
- Difficulty level - 3 out of 5

Elevation profile stage 12



Camino Francés

Walking stages

Stops along the route

Villafranca Montes de Oca to Cardeñuela Riopico		
12 km/7,4 mi	San Juan de Ortega	MA (parroquial), hotel, restaurant
15,5 km/9,6 mi	Agés	PA, hotel, restaurant
18 km/11 mi	Atapuerca	PA, hotel, restaurant
24,5 km/15,2 mi	Cardeñuela Riopico	MA, PA, hotel, restaurant

Stage 13. Cardeñuela Riopico to Tardajos through Burgos

- Distance - 25 km/16 mi
- Time - 5-6 hours
- Ascent - 103 m
- Descent - 193 m
- Difficulty level - 2 out of 5

Stops along the route

Cardeñuela Riopico to Tardajos		
2 km/1,2 mi	Orbaneja	MA, hotel, restaurant
Route 1. Along the road through Villafría		
5 km/3,1 mi	Villafría	Hotel, restaurant
10 km/6,2 mi	Burgos outskirts	supermarket, ATM, restaurant, cafe, bar, pharmacy
13 km/8 mi	Burgos historical center	MA, PA, hotel, supermarket, ATM, restaurant, cafe, bar, pharmacy
Route 2. Along the river through Castañares		
7 km/4,3 mi	Castañares	Hotel, restaurant
10 km/6,2 mi	Fuentes Blancas	PA, hotel, restaurant
14 km/8,6 mi	Burgos historical center	MA, PA, hotel, supermarket, ATM, restaurant, cafe, bar, pharmacy

Camino Francés

Walking stages

26 km/16 mi	Tardajos	MA, PA, hotel, supermarket, restaurant, cafe, bar
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Stage 14. Tardajos to Castrojeriz

- Distance - 30 km/18,6 mi
- Time - 6-7 hours
- Ascent - 331 m
- Descent - 335 m
- Difficulty level - 3 out of 5

Elevation profile stage 14



Stops along the route

Tardajos to Castrojeriz		
1,7 km/1 mi	Rabé de las Calzadas	PA, hotel, restaurant
9,5 km/6 mi	Hornillos del Camino	MA, PA, hotel, supermarket, restaurant
15,7 km/9,7 mi	San Bol	MA
20,5 km/12,7 mi	Hontanas	MA, PA, hotel, restaurant
26 km/16,1 mi	Convento de San Antón	Donation albergue without electricity and hot water

Camino Francés

Walking stages

30 km/18,6 mi	Castrojeriz	MA, PA, hotel, supermarket, ATM, restaurant, cafe, bar, pharmacy
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Stage 15. Castrojeriz to Frómista

- Distance - 25 km/15,5 mi
- Time - 5 hours
- Ascent - 268 m
- Descent - 281 m
- Difficulty level - 2 out of 5

Elevation profile stage 15



Stops along the route

Castrojeriz to Frómista		
9 km/5,6 mi	Itero del Castillo	MA (1 km away from the Camino), Parroquial albergue for donation
11 km/6,8 mi	Itero de la Vega	MA, PA, restaurant
19 km/11,8 mi	Boadilla del Camino	PA, hotel, restaurant
25 km/15,5 mi	Frómista	MA, PA, hotel, supermarket, ATM, restaurant, cafe, bar, pharmacy

Camino Francés

Walking stages

Stage 16. Frómista to Carrión de los Condes

- Distance - 20 km/12,4 mi
- Time - 4 hours
- Ascent - 110 m
- Descent - 74 m
- Difficulty level - 1 out of 5

Stops along the route

Frómista - Carrión de los Condes		
3 km/1,8 mi	Población de Campos	MA, PA, hotel, restaurant
7 km/4,3 mi	Revenge de Campos	Bar
9 km/5,6 mi	Villarmentero de Campos	MA, hotel, restaurant
14 km/8,6 mi	Villalcázar de Sirga	MA, PA, hotel, restaurant
20 km/12,4 mi	Carrión de los Condes	MA (parroquial), PA, hotel, supermarket, ATM, restaurant, cafe, bar, pharmacy

Stage 17. Carrión de los Condes to Terradillos de los Templarios

- Distance - 26 km/16 mi
- Time - 6 hours
- Ascent - 216 m
- Descent - 158 m
- Difficulty level - 3 out of 5

Stops along the route

Carrión de los Condes to Terradillos de los Templarios		
8,5 km/5,2 mi		Food kiosk (only in the season)
10 km/6,2 mi		Oasis Bar

Camino Francés

Walking stages

17 km/10,5 mi	Calzadilla de la Cueva	MP, PA, hotel, restaurant
23 km/14,2 mi	Ledigos	PA, restaurant
26 km/16 mi	Terradillos de los Templarios	PA, restaurant

Stage 18. Terradillos de los Templarios to Bercianos del Real Camino

- Distance - 24 km/15 mi
- Time - 5 hours
- Ascent - 193 m
- Descent - 254 m
- Difficulty level - 2 out of 5

Stops along the route

Terradillos de los Templarios to Bercianos del Real Camino		
3,5 km/2 mi	Moratinos	PA, hotel, restaurant
6,5 km/4 mi	San Nicolás del Real Camino	PA, restaurant
14 km/8,6 mi	Sahagún	MA, PA, hotel, supermarket, ATM, restaurant, cafe, bar, pharmacy
24 km/15 mi	Bercianos del Real Camino	MA (parroquial), PA, hotel, supermarket, restaurant, cafe, bar

Stage 19. Bercianos del Real Camino to Mansilla de las Mulas

- Distance - 27 km/16,7 mi
- Time - 6 hours
- Ascent - 141 m
- Descent - 194 m
- Difficulty level - 2 out of 5

Camino Francés

Walking stages

Stops along the route

Bercianos del Real Camino to Mansilla de las Mulas		
8 km/5 mi	El Burgo Ranero	MA, PA, hotel, supermarket, restaurant, cafe, bar
21 km/13 mi	Reliegos	MA, PA, restaurant
27 km/16 mi	Mansilla de las Mulas	MA, PA, hotel, supermarket, ATM, restaurant, cafe, bar, pharmacy

Stage 20. Mansilla de las Mulas to León

- Distance - 19 km/11,8 mi
- Time - 4 hours
- Ascent - 164 m
- Descent - 140 m
- Difficulty level - 1 out of 5

Elevation profile stage 20



Stops along the route

Mansilla de las Mulas to León		
4,5 km/2,7 mi	Villamoros de Mansilla	Restaurant

Camino Francés

Walking stages

6 km/3,7 mi	Puente Villarente	PA, hotel, supermarket, ATM, restaurant, cafe, bar, pharmacy
10,5 km/6,5 mi	Arcahueja	PA, hotel, restaurant
19 km/11,8 mi	León	MA (convent), PA, hotel, supermarket, ATM, restaurant, cafe, bar, pharmacy