

# Camino del Norte

## Walking stages. Part 2. From Gijón to Santiago de Compostela

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<b>Day 19. Gijón - San Martín de Laspra, 31km/19 miles</b>		
17km/10,5mi	Tabaza	Shop, bar
21km/13mi	Trasona	Bar
25km/15,5mi	Avilés	MA, hotel, ATM, supermarket, pharmacy, restaurant, bar
30km/18,6mi	Salinas	Hostel, hotel, shop, restaurant
31km/19mi	San Martín de Laspra	PA (donation)
<b>Day 20. San Martín de Laspra - Soto de Luiña, 32km/20 miles</b>		
13km/8mi	Soto del Barco	Hotel, ATM, supermarket, pharmacy, restaurant, bar
17km/10,5mi	Muros de Nalón	PA, hotel, ATM, supermarket, pharmacy, restaurant, bar
21km/13mi	El Pito/Cudillero	PA, hotel, ATM, supermarket, pharmacy, restaurant, bar
26km/16mi	Rellayo	Hotel, bar
32km/20mi	Soto de Luiña	MA, hotel, ATM, supermarket, pharmacy, restaurant, bar
<b>Day 21. Soto de Luiña - Cadavedo (along the coast), 20km/12,4 miles</b>		
5km/3mi	Novellana	PA, hotel, restaurant
9km/5,5mi	Santa Marina	Hotel, bar
12km/7,4mi	Ballota	Hotel, restaurant
20km/12,4mi	Cadavedo	MA, hotel, shop, pharmacy, restaurant, bar
<b>Day 22. Cadavedo - Piñera, 31km/19,2 miles</b>		
1,5km/0,9mi	Villademoros	Hotel, bar
5km/3,1mi	Querúas	PA, restaurant
6,5km/4mi	Chano de Canero	PA, restaurant

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8km/4,9mi	Hotel Canero	Hotel, restaurant
13km/8mi	Barcia	Hotel, supermarket, pharmacy, restaurant, bar
14,5km/9mi	Almuña (1km from the Camino)	MA, hotel, supermarket, restaurant, bar
16km/10mi	Luarca	PA, hotel, ATM, supermarket, pharmacy, restaurant, bar
19,5km/12mi	Villuir/La Ronda	Hotel, bar
29km/18mi	Villapedre	Hotel, restaurant, bar
31km/19,2mi	Piñera	MA (communal dinner and breakfast at extra cost), shop
<b>Day 23. Option 1. Coastal Route. Piñera - Tapia de Casariego, 27km/16,7 miles</b>		
5,5km/3,4mi	Navia	PA, hotel, ATM, supermarket, pharmacy, restaurant, bar
8km/5mi	Jarrio	Hotel, restaurant
12km/7,4mi	Cartavio	Hotel, restaurant
16km/10mi	La Caridad	MA, PA, hotel, supermarket, pharmacy, restaurant, bar
19km/11,8mi	Valdeparés	Restaurant, bar
21km/13mi	Porcía	Restaurant
27km/16,7mi	Tapia de Casariego	MA, hotel, supermarket, pharmacy, restaurant, bar
<b>Day 23. Option 2. Inland Route. Piñera - Tol, 27km/16,7 miles</b>		
5,5km/3,4mi	Navia	PA, hotel, ATM, supermarket, pharmacy, restaurant, bar
8km/5mi	Jarrio	Hotel, restaurant
12km/7,4mi	Cartavio	Hotel, restaurant
16km/10mi	La Caridad	MA, PA, hotel, supermarket, pharmacy, restaurant, bar
19km/11,8mi	Valdeparés	Restaurant, bar
21km/13mi	Porcía	Restaurant
29km/18mi	Tol	MA, hotel, shop, restaurant

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<b>Day 24. Option 1. Coastal route. Tapia de Casariego - Vilela, 20km/12,5 miles</b>		
10km/6,2mi	Figueras	PA, hotel, shop, pharmacy, restaurant, bar
12km/7,4mi	Ribadeo	MA, PA, hotel, supermarket, pharmacy, restaurant, bar
20km/12,4mi	Vilela	PA, restaurant
<b>Day 24. Option 2. Inland route. Tol - Trabada, 32km/19,8 miles</b>		
13km/8mi	Vegadeo	PA, hotel, ATM, supermarket, pharmacy, restaurant, bar
20km/12,4mi	Santiago de Abres	Restaurant
32km/19,8mi	Trabada	Hotel, restaurant
<b>Day 25. Option 1. Coastal Route. Vilela - Mondoñedo, 30km/18,6 miles</b>		
3,5km/2,1mi	San Vicente de Covelas	Hotel, restaurant
12km/7,4mi	Villamartín Grande	Hotel, bar
14km/8,6mi	Gondán	MA
16km/10mi	San Xusto	MA, bar
21km/13mi	Lourenzá	MA, PA, ATM, hotel, supermarket, restaurant, bar
30km/18,6mi	Mondoñedo	MA, PA, ATM, hotel, supermarket, restaurant, bar
<b>Day 25. Option 2. Inland route. Trabada - Mondoñedo, 19km/11,8 miles</b>		
3km/1,8mi	A Trapa	PA
10km/6,2mi	San Tomé de Lourenzá	Hostel, bar
19km/11,8mi	Mondoñedo	MA, PA, ATM, hotel, supermarket, restaurant, bar

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<b>Day 26. Mondoñedo - Castromaior (albergue O Xistral), 23km/14 miles</b>		
5km/3,1mi	O Vilar	PA
16km/10mi	Gontán	MA, restaurant, bar
17km/10,5mi	Abadín	PA, hotel, ATM, supermarket, pharmacy, restaurant, bar
23km/14mi	Castromaior	PA, dinner and breakfast at the albergue
<b>Day 27. Castromaior - Baamonde, 32km/20 miles</b>		
3km/1,8mi	Martiñan	Bar
9km/5,5mi	Goiriz	Hotel, bar
16km/10mi	Vilalba	MA, PA, hotel, ATM, supermarket, pharmacy, restaurant, bar
21km/13mi	San Xoán de Alba	Bar
32km/20mi	Baamonde	MA, hotel, ATM, supermarket, pharmacy, restaurant, bar
<b>Day 28. Option 1. The original route. Baamonde - Sobrado dos Monxes, 40km/25 miles</b>		
9,5km/6mi	Carballedo	PA, restaurant
13km/8mi	Seixón/A Lagoa	PA, restaurant
15km/9,3mi	Miraz	PA, bar
25km/15,5mi	A Roxica	PA, bar
26km/16mi	A Cabana	MA
35km/21,7mi	O Mesón	Bar, restaurant
40km/25mi	Sobrado dos Monxes	MA, PA, ATM, hotel, supermarket, pharmacy, restaurant, bar
<b>Day 28. Option 2. The new route. Baamonde - Sobrado dos Monxes, 32km/20 miles</b>		

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15km/9,3mi	A bar/restaurant	Bar/restaurant
32km/20mi	Sobrado dos Monxes	MA, PA, ATM, hotel, supermarket, pharmacy, restaurant, bar
<b>Day 29. Sobrado dos Monxes - Arzúa, 22km/13,6 miles</b>		
9km/5,5mi	Corredoiras	Cafe
10km/6,2mi	Boimil	Hotel, bar
12km/7,4mi	A Gándara (Boimorto)	MA, PA, hotel, ATM, supermarket, pharmacy, restaurant, bar
22km/13,6mi	Arzúa	MA, PA, hotel, ATM, supermarket, pharmacy, restaurant, bar
<b>Day 30. Arzúa - O Pedrouzo, 20km/12,4 miles</b>		
2,5km/1,5mi	Pregontoño	Bar
6,5km/4mi	As Quintas	PA, bar
8km/4,9mi	A Calle de Ferreiros	PA, pension, bar
11km/6,8mi	Salceda	PA, bar, pharmacy
13km/8mi	A Brea	PA, bars
16km/9,9mi	Santa Irene	MA, PA, café
18,5km/11,4mi	A Rúa	Pension, bar
20km/12,4mi	O Pedrouzo	MA, PA, hotel, ATM, supermarket, pharmacy, restaurant, bar
<b>Day 31. O Pedrouzo - Santiago de Compostela, 20km/12,4 miles</b>		
3,5 km/2,1 mi	Amenal	Hotel, pension, bar
7,7km/4,7mi	San Paio	Hotel, bar
9,5km/6mi	Lavacolla	Bar, shop, farmacy
11km/6,8mi	Villamaior	Hotel
14,8km/9mi	San Marcos	Bar, shop

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15,2km/9,4mi	Monte de Gozo	MA, hotel, restaurant, shop
20km/12,4mi	Santiago de Compostela	MA, PA, hotel, ATM, supermarket, pharmacy, restaurant, bar