

# Camino Inglés walking stages

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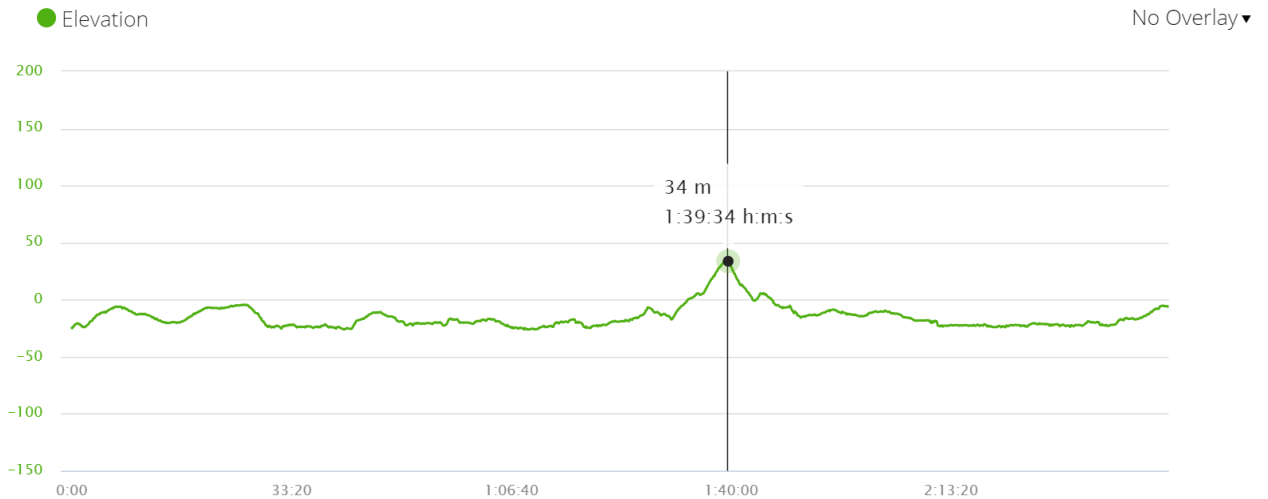
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# Camino Inglés walking stages

## Stage 1. Ferrol - Neda, 15 km/9,3 mi

- Time - 3 hours
- Ascent - 178 m
- Descent - 160 m
- Difficulty level - 1 out of 5

Elevation profile Stage 1



Stops along the route

Ferrol - Neda		
6 km/3,7 mi	Polígano de Gándara	Hotel, ATM, supermarket, restaurant
12 km/7,4 mi	Xubia	Hotel, shop, pharmacy, restaurant
15 km/9,3 mi	Neda	MA*, hotel, ATM, supermarket, pharmacy, restaurant

\*MA - Municipal albergue

# Camino Inglés walking stages

## Stage 2. Neda - Miño, 25 km/15,5 mi

- Time - 5 hours 50 minutes
- Ascent - 648 m
- Descent - 641 m
- Difficulty level - 4 out of 5

Elevation profile Stage 2



Stops along the route

Neda - Miño		
4 km/2,4 mi	Fene	Hotel, ATM, supermarket, pharmacy, restaurant
8 km/4,9 mi	Polígono Vilar do Colo	Supermarket, restaurant
9 km/5,6 mi	Pereiro	Shop, restaurant
12 km/7,5 mi	Cabanas	Hotel, ATM, supermarket, restaurant, cafe
13,5 km/8,3 mi	Pontedeume	MA, PA**, hotel, ATM, supermarket, pharmacy, restaurant
25 km/15,5 mi	Miño	MA, PA, hotel, ATM, supermarket, pharmacy, restaurant

\*\*PA - private albergue

# Camino Inglés walking stages

## Stage 3. Miño - Presedo, 23 km/14,2 mi

- Time - 5 hours
- Ascent - 700 m
- Descent - 546 m
- Difficulty level - 4 out of 5

Elevation profile Stage 3



Stops along the route

Miño - Presedo		
2 km/1,2 mi	A Ponte do Porco	Restaurant
5 km/3 mi	Porto de Abaixo	Restaurant
11 km/6,8 mi	Betanzos	MA, PA, hotel, ATM, supermarket, pharmacy, restaurant
20 km/12,4 mi	Meangos	Restaurant
23 km/14,2 mi	Presedo	MA, restaurant

# Camino Inglés walking stages

## Stage 4. Presedo - Sigüeiro, 37 km/23 mi

- Time - 8 hours
- Ascent - 673 m
- Descent - 581 m
- Difficulty level - 5 out of 5

Elevation profile Stage 4



Stops along the route

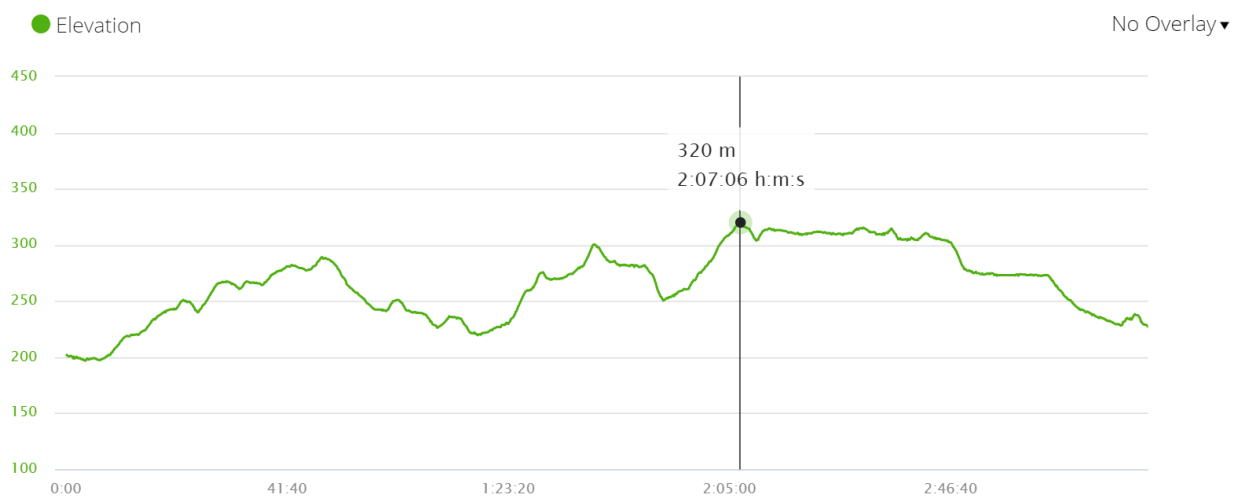
Presedo - Sigüeiro		
10 km/6,2 mi	As Travesas	Restaurant
13 km/8 mi	Hospital de Bruma	MA, PA, restaurant
16 km/10 mi	O Castro	Restaurant
20 km/12,4 mi	A Rúa	Hotel, restaurant
23 km/14,2 mi	O Outeiro	MA, restaurant
37 km/23 mi	Sigüeiro	PA, hotel, ATM, supermarket, pharmacy, restaurant

# Camino Inglés walking stages

## Stage 5. Sigüeiro - Santiago de Compostela, 16 km/10 mi

- Time - 3 hours 30 minutes
- Ascent - 321 m
- Descent - 292 m
- Difficulty level - 2 out of 5

Elevation profile Stage 5



Stops along the route

Sigüeiro - Santiago de Compostela		
9 km/5,5 mi	Formarís	Restaurant
11 km/6,8 mi	Industrial area	Restaurant
13-16 km/8-10 mi	Santiago de Compostela	MA, PA, hotel, ATM, supermarket, pharmacy, restaurant, bar, cafe