

Camino de San Salvador

Walking stages

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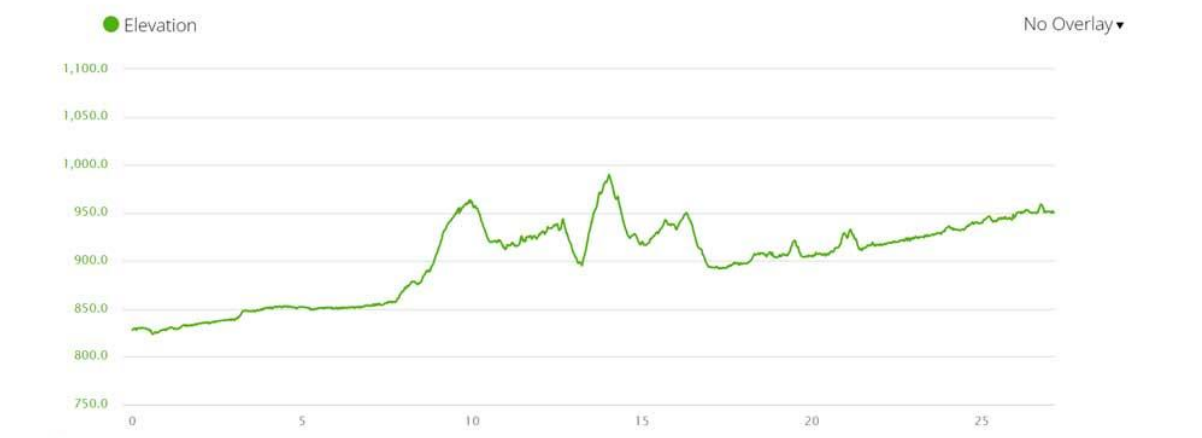
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Day 1. Leon to La Robla, 27 km/16,7 mi

- Distance - 27 km/16,7 mi
- Time - 6-7 hours
- Total ascent - 485 m
- Total descent - 361 m
- Max elevation - 990 m
- Walking surface - 13 km asphalt, 14 km footpath /gravel road

Elevation profile day 1



Stops on the route day 1

Distance	Name	Facilities
4 km/2,4 mi	Petrol station	Shop
6-8 km/3,7-5 mi	Carbajal de la Legua	Shop, bars, pharmacy
17 km/10,5 mi	Cabanillas	MA (municipal Albergue)
20 km/12,4 i	La Seca de Alba	Bar
22 km/13,6 mi	Cascadas de Alba	Bar
23 km/14,2 mi	A split on the route	-
26 km/16 mi	Ermita de Celada	-
27 km/16,7 mi	La Robla	MA (currently closed), hotels, shops, restaurants, bars, pharmacy, ATM, train station

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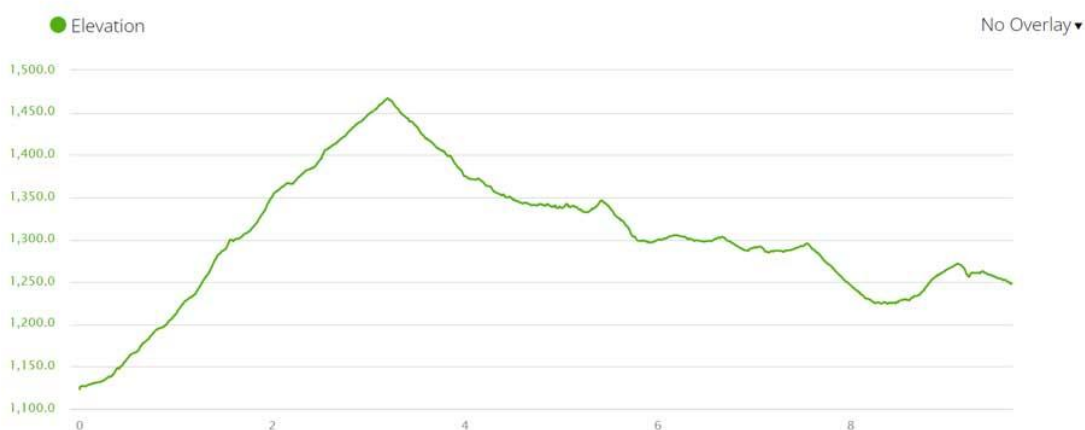
Day 2. La Robla to Poladura de La Tercia, 23,5 km/14,6 mi

- Distance - 23,5 km/14,6 mi
- Time - 6-7 hours
- Total ascent - 680 m
- Total descent - 400 m
- Max elevation - 1467 m
- Walking surface - 11 km asphalt, 12,5 km footpath /gravel road

Elevation profile day 2



Elevation profile part 1 from La Robla to Buiza



Elevation profile part 2 from Buiza to Poladura de La Tercia

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Stops on the route day 2

Distance	Name	Facilities
2 km/1,2 mi	Puente de Alba	-
3 km/1,8 mi	Peredilla	-
5 km/3,1 mi	A small church	Restaurant across the road
5,5 km/3,4 mi	Nocedo de Cordon	-
8,6 km/5,3 mi	La Pola de Gordon	Hotels, shops, restaurants, bars, pharmacy, ATM, train station
10 km/6,2 mi	Petrol station	Shop
10,5 km/6,5 mi	Beberino	A restaurant (random open hours)
14 km/8,6 mi	Buiza	MA
22,5 km/14 mi	San Martin de la Tercia	-
23,5 km/14,6 mi	Poladura de la Tercia	MA, PA (private Albergue), bar

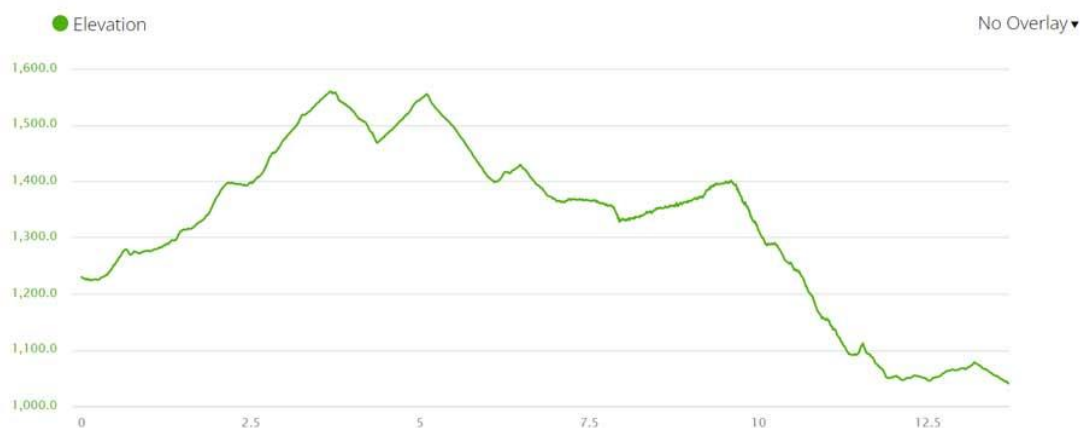
Day 3. Poladura de La Tercia to Pajares, 14 km/8,6 mi

- Distance - 14 km/8,6 mi
- Time - 5-6 hours
- Total ascent - 605 m
- Total descent - 797 m
- Max elevation - 1560 m
- Walking surface - 2 km road, 12 km footpath/gravel road

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Elevation profile day 3



Stops on the route day 3

Distance	Name	Facilities
8 km/5 mi	Arbas del Puerto	-
9 km/5,5 mi	Puerto de Pajares	Restaurant
13 km/8 mi	Not directly on the Camino. You'll have to walk 100 m back on the road	Restaurant
14 km/8,6 mi	Pajares	MA, hotel/bar

Day 4. Pajares to Pola de Lena, 24 km/15 mi

- Distance - 24 km/15 mi
- Time - 6-7 hours
- Total ascent - 655 m (mountain route), 500 m (road route)
- Total descent - 1390 m (mountain route), 1160 m (road route)
- Max elevation - 1000 m
- Walking surface - 8 km asphalt, 16 km footpath/gravel road

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Elevation profile day 4



Stops on the route day 4

Distance	Name	Facilities
1,5 km/0.9 mi	San Muguel del Rio	-
2,8 km/1,7 mi	Santa Marina	-
5 km/3,1 mi	Llanos de Semeros	2 PA (serve food on request)
6 km/3,7 mi	A split (the left route goes over the mountains, the right route follows the road)	-
11 km/6,8 mi	Fresnedo	-
15,5 km/9,6 mi	Herias	-
17-19km /10,5-11,8 mi	Campomanes	Hotels, restaurants, bars, pharmacy, ATM, train station
24 km/15 mi	Pola de Lena	MA, hotels, shops, restaurants, bars, pharmacy, ATM, train station

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Day 5. Pola de Lena to Oviedo, 32 km/19,8 mi

- Distance - 32 km/19,8 mi
- Time - 7-8 hours
- Total ascent - 630 m
- Total descent - 696 m
- Max elevation - 406 m
- Walking surface - 20 km asphalt, 12 km footpath/gravel road

Elevation profile day 5



Stops on the route day 5

Distance	Name	Facilities
3,5 km/2,1 mi	Villallana (if you take the left route at 3,5 km)	Shop (at the petrol station) bars, train station
7 km/4,3 mi	Ujo	Hotel, shops, restaurants, bars, pharmacy, ATM, train station
13-15 km/8-9,3 mi	Mieres del Camino	Hotels, shops, restaurants, bars, pharmacy, ATM, train station
15,7 km/9,7 mi		Hotel/restaurant
22,5 km/14 mi	Olloniego	Shop, bars, pharmacy, train station
32 km/19,8 mi	Oviedo	MA, PA, hotels, supermarkets, restaurants, bars, pharmacy, ATM, train station