

Camino Francés from Sarria

10-16 km/6.2-10 mi Walking stages + Accommodation

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Camino Frances planning resources

- [Camino Frances from Sarria - a detailed guide](#)
- [14 tips for planning and walking the Camino de Santiago](#)
- [How to train for the Camino?](#)
- [10 easy steps to prepare for the pilgrimage.](#)
- [What to pack for the Camino de Santiago?](#)
 - [Best shoes to walk the Camino](#)
 - [Best backpacks for the Camino](#)
 - [Best sock for walking](#)
- [A completed guide to the albergues on the Camino de Santiago.](#)
- [The cost of walking the Camino de Santiago](#)

Camino Frances from Sarria route overview

- **Total distance** – 116 km/72 mi
- **Average daily distance** - 10-16 km/6.2-10 mi
- **Days required** – 8 days
- **Walking surface** – 45 km/28 mi asphalt, 71 km/44 mi footpath/gravel road
- **Total ascent (over 8 days)** – 2373 m
- **Total descent (over 8 days)** – 2587 m

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Sarria - Accommodation

Hotel/albergue	Booking info	Price range
<i>Some links in this list are affiliates. If you click on one of these links and book accommodation, we will receive a small commission at no extra cost to you. Thank You!</i>		
Municipal albergue de Sarria	info here	\$
Pensión Albergue Matias Locanda	book here	\$
Albergue los Blasones	book here	\$
Obradoiro	book here	\$
Pensión-Albergue Puente Ribeira	book here	\$
Albergue Mayor	book here	\$
Albergue Credencial	book here	\$
Andaina	book here	\$
Pensión La Estación	book here	\$-\$
Pensión O Camiño	book here	\$\$
Pension Sarria	book here	\$\$
Pension Siete en el Camino	book here	\$\$
Pensión Casa do Gallo Sarria	book here	\$\$
Baixo a Lua Rooming	book here	\$\$-\$\$\$
Pensión CREDENCIAL	book here	\$\$-\$\$\$
High Rentxacobeo penthouse apartment	book here	\$\$\$

Stage 1. Sarria to A Pena, 14 km/8.6 mi

- Distance – 14 km/8.6 mi
- Time – 4-5 hours
- Walking surface – 6 km/3.7 mi – asphalt/tar; 8 km/5 mi – gravel/footpath

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- Walking on the road – 0 km
- Ascent – 420 m
- Descent – 120 m
- Difficulty level – 3 out of 5

Highlights

- A nice and peaceful countryside scenery; forest with chestnut and oak trees, small farms and villages, wheat fields.

Challenges

- The long ascent of 200 m at the start of the day.
- Several short ups and downs throughout the day.

Stops along the route stage 1

*MA - Municipal albergue

**PA - Private albergue

Distance	Name	Facilities
3 km/1.8 mi	Vilei	PA, restaurant
4 km/2.4 mi	Barbadelo (O Mosteiro)	MA*, PA**, hotel, restaurant
5 km/3.1 mi	Rente	Guesthouse
7 km/4.3 mi	Molino de Marzan	PA
11.5 km/7.1 mi	Morgade	PA, restaurant
13 km/8 mi	Ferreiros	MA, PA, restaurant
14 km/8.6 mi	A Pena	PA/hotel, bar

A Pena - Accommodation

Hotel/albergue	Booking info	Price range
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Hostel Km 100 Casa do Rego (dorm beds and private rooms)	info here	\$-\$\$
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Stage 2. A Pena to Castromaior, 16 km/10 mi

- Distance – 16 km/10 mi
- Time – 5-6 hours
- Walking surface – 7.5 km/4.6 mi – asphalt/tar; 8.5 km/5.2 mi – gravel/footpath
- Walking on the road – 500 m/0.3 mi
- Ascent – 370 m
- Descent – 400 m
- Difficulty level – 4 out of 5

Highlights

- The beautiful town of Portomarín with its charming streets, inviting restaurants, a beautiful church, and stunning views of the Embalse de Belesar Lake. The town was completely flooded in 1963, and some historical buildings like San Nicolás Church or Chapel de la Nieves were moved uphill where you can find them nowadays.

Challenges

- A rocky and steep descent to Portomarín, 300 m.
- A 200-meter ascent from Portomarín to Castromaior.

Stops along the route stage 2

Distance	Name	Facilities
2.5 km/1.5 mi	Mercadoiro	PA, restaurant
4 km/2.4 mi	A Parrocha	Bar
6 km/3.7 mi	Vilacha	Restaurant
7 km/4.3 mi	Paradela	Guesthouse

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Camino Francés from Sarria

10-16 km/6.2-10 mi Walking stages + Accommodation

8 km/5 mi	Portomarin	MA, PA, hotel, ATM, supermarket, pharmacy, restaurant, bar
15 km/9.3 mi	Gonzar	MA, PA, guesthouse, restaurant
16 km/10 mi	Castromaior	PA, guesthouse, restaurant

Castromaior - Accommodation

Hotel/albergue	Booking info	Price range
Albergue Ortiz (very bad reviews here)	+34 982 09 94 16 info@albergueortiz.com	\$
Pension Casa Maruja	book here	\$-\$\$
Casa Perdigueira	book here	\$\$

Stage 3. Castromaior to Palas de Rei, 16 km/10 mi

- Distance – 16 km/10 mi
- Time – 5 hours
- Walking surface - 4 km/2.4 mi - asphalt/tar; 12 km/7.4 mi - gravel/footpath
- Walking on the road – not really walking on the road but quite a lot of walking on the gravel path next to the road
- Ascent – 280 m
- Descent – 250 m
- Difficulty level – 3 out of 5

Highlights

- Beautiful Galician forest.
- A couple of kiosks selling fruit, snacks and cool drinks for donation.
- Palas de Rei, a small town with many albergues, cafes, a beautiful church, and a nice square.

Challenges

- A steep ascent at the start of the day.
- A couple of stretches of walking next to the road on the gravel path.

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- Several short ascents and descents throughout the day.

Stops along the route stage 3

Distance	Name	Facilities
3.5 km/2.7 mi	Hospital da Cruz	MA, guesthouse, restaurant
5 km/3.7 mi	Ventas de Naron	PA, restaurant
6.5 km/4.6 mi	A Prebisa	Restaurant
8.5 km/5.9 mi	Ligonde	PA, restaurant
9.5 km/6.5 mi	Airexe	MA, guesthouse, restaurant
11 km/7.4 mi	Portos	PA, restaurant
11.5 km/7.7 mi	Lestedo	Guesthouse, restaurant
12.5 km/8.3 mi	Os Valos	Hotel
13.5 km/9 mi	A Brea	Restaurant
16 km/10.8 mi	Palas de Rei	MA, PA, hotel, ATM, supermarket, pharmacy, restaurant, bar

Palas de Rei - Accommodation

Hotel/albergue	Booking info	Price range
Municipal albergue de Palas de Rei	+34 660 39 68 20	\$
Albergue de Peregrinos Os Chacotes	+34 607 481 536	\$
Albergue Outeiro	book here	\$
Albergue Zendoira	info here	\$
Albergue Freixo	book here	\$
Albergue Meson de Benito	info here	\$

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Albergue A Casina di Marsello	book here	\$
Alda Palas de Rei	book here	\$\$
Pensión Palas	book here	\$\$
Acubillo	book here	\$\$
Estrela do Camino	book here	\$\$-\$\$\$
Hotel O Castelo	book here	\$\$-\$\$\$
A Casa do Avó (2-bedroom apartment)	book here	\$\$\$

Stage 4. Palas de Rei to Melide, 15 km/9.3 mi

- Distance – 15 km/9.3 mi
- Time – 5 hours
- Walking surface - 3 km/1.8 mi - asphalt/tar; 12 km/7.4 mi - gravel/footpath
- Walking on the road – 0 km
- Ascent – 300 m
- Descent – 370 m
- Difficulty level – 3 out of 5

Highlights

- Walking through the fields and forest.
- Melide is a pretty big town compared to the other places on the route from Sarria to Santiago. It's famous for its pulpo a la Feira (cooked octopus tentacles served with olive oil and spices), a must-try here. The [Camino Primitivo](#) merges with the Camino Frances in Melide.

Challenges

- A steep descent from Palas de Rei.
- Several short ascents and descents throughout the day.

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Stops along the route stage 4

Distance	Name	Facilities
4 km/2.4 mi	San Xulian	PA, guesthouse, restaurant
5 km/3.1 mi	Ponte Campaña	PA
6 km/3.7 mi	Casanova	MA
9 km/5.5 mi	O Coto	Hotel, restaurant
13 km/8 mi	Furelos	Hotel, bar
15 km/9.3 mi	Melide	MA, PA, hotel, ATM, supermarket, pharmacy, restaurant, bar

Melide - Accommodation

Hotel/albergue	Booking info	Price range
Municipal albergue de Melide	info here	\$
Albergue Pereiro	book here	\$
Albergue San Anton	book here	\$
Albergue Arraigos	book here	\$
Albergue O Candil	book here	\$
Pension Berenguela	book here	\$-\$-\$
Pension Pereiro	book here	\$-\$-\$
El Molino	book here	\$-\$-\$
Rincon de Noa	book here	\$-\$
Pension Orois	book here	\$-\$
Hotel Lux Melide	book here	\$-\$-\$-\$

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Stage 5. Melide to Arzua, 14.5 km/9 mi

- Distance – 14.5 km/9 mi
- Time – 5 hours
- Walking surface – 4.5 km/2.7 mi - on asphalt; 10 km/6.2 mi - footpath/gravel.
- Walking on the road – 2 km/1.2 mi next to the road
- Ascent – 250 m
- Descent – 380 m
- Difficulty level – 3 out of 5

Highlights

- Beautiful forest, small villages, fields.
- Ribadiso de Baixo – a tiny charming village.

Challenges

- Several ups and downs on the way but nothing very steep or long.
- A steep 150-meter descent with a subsequent ascent just before Arzua.

Stops along the route stage 5

Distance	Name	Facilities
1 km/0.6 mi	Santa Maria de Melide	Restaurant
6.5 km/4 mi	Boente	PA, bar
8.5 km/5.2 mi	A Fraga Alta (Castañeda)	PA, hotel, bar
11.5 km/7.1 mi	Ribadiso da Baixo	MA, PA, bar
14.5 km/9 mi	Arzúa	MA, PA, hotel, ATM, supermarket, pharmacy, restaurant, bar

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Arzua - Accommodation

Hotel/albergue	Booking info	Price range
Municipal albergue de Arzúa	+34 660 396 824	\$
Albergue Ultraia	book here	\$
Albergue San Francisco	book here	\$
Albergue Miraiso	book here	\$
Cruce De Caminos Arzúa	book here	\$
Albergue Los Tres Abetos	book here	\$
Pension Luis	book here	\$\$
A Casa do Lajueiro	book here	\$\$
Elena (3-bedroom apartment)	book here	\$\$
Casa Costoya	book here	\$\$-\$\$\$
HOTEL ARZÚA	book here	\$\$\$

Stage 6. Arzua to Santa Irene, 15.5 km/9.6 mi

- Distance – 15.5 km/9.6 mi
- Time – 5 hours
- Walking surface – 5 km/3.1 mi - on asphalt; 10.5 km/6.5 mi - footpath/gravel.
- Walking on the road – 0 km
- Ascent – 240 m
- Descent – 260 m
- Difficulty level – 2 out of 5

Highlights

- Walking through the fields and forest.

Challenges

- Several ascents and descents on the way but nothing very steep or long.

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Stops along the route stage 6

Distance	Name	Facilities
2.5 km/1.5 mi	Pregontoño	Bar
7.5 km/4.6 mi	As Quintas	Bar
8 km/5 mi	A Calle de Ferreiros	PA, pension, bar
11 km/6.8 mi	Salceda	PA, bar, pharmacy
13 km/8 mi	A Brea	PA, bars
15.5 km/9.6 mi	Santa Irene	MA, PA, café

Santa Irene - Accommodation

Hotel/albergue	Booking info	Price range
Municipal albergue of Santa Irene	info here	\$
Albergue Santa Irene	+34 981 511 000	\$

Stage 7. Santa Irene to Lavacolla, 13.5 km/8.3 mi

- Distance – 13.5 km/8.3 mi
- Time – 4 hours
- Walking surface – 6 km/3.7 mi - on asphalt; 7.5 km/4.6 mi - footpath/gravel
- Walking on the road – 2 km/1.2 mi along a very quiet road with no cars
- Ascent – 186 m
- Descent – 230 m
- Difficulty level – 2 out of 5

Highlights

- The beautiful Galician forest in the first half.

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Challenges

- A gradual 150-meter descent from Santa Irene to O Pedrouzo.
- A 100-meter ascent in the second half of the day.

Stops along the route stage 7

Distance	Name	Facilities
2.5 km/1.5 mi	A Rúa	Pension, bar
4 km/2.4 mi	O Pedrouzo	MA, PA, hotel, ATM, supermarket, pharmacy, restaurant, bar
7.5 km/4.6 mi	Amenal	Hotel, pension, bar
12 km/7.4 mi	San Paio	Guesthouse, bar
13.5 km/8.3 mi	Lavacolla	PA, hotel, bar, shop, pharmacy

Lavacolla - Accommodation

Hotel/albergue	Booking info	Price range
Albergue Lavacolla	+34 981 897 274 reservas@alberguelavacolla.com	\$
Albergue A Fabrica	book here	\$
A Concha	book here	\$\$
Hotel Garcas	book here	\$\$
Hotel Ruta Jacobea	book here	\$\$-\$\$\$
Pension Xacobeo Lavacolla	book here	\$\$-\$\$\$

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Stage 8. Lavacolla to Santiago de Compostela, 10.5 km/6.5 mi

- Distance – 10.5 km/6.5 mi
- Time – 3 hours
- Walking surface – 8.5 km/5.2 mi - on asphalt; 2 km/1.2 mi - footpath/gravel
- Walking on the road – 1.5 km/0.9 mi along a very quiet road
- Ascent – 150 m
- Descent – 180 m
- Difficulty level – 2 out of 5

Highlights

- Walking through Santiago de Compostela.
- Arriving at the Cathedral usually accompanied by the sounds of the Galician bagpipe. From morning till evening (in the season) there is a musician playing at the Palace Arch.

Challenges

- A 100-meter descent from Monte de Gozo.
- A stretch between 1 km/0.6 mi and 5 km/3.1 mi is a bit monotonous, it always feels long but after Monte do Gozo you enter the city, and the last 5 km/3.1 mi go very fast.

Stops along the route stage 8

Distance	Name	Facilities
1.5 km/0.9 mi	Vilamaior	Guesthouse
5 km/3.1 mi	San Marcos	Hotel, bar, shop
5.5 km/3.4 mi	Monte do Gozo	MA (all year), PA, bar, shop
10.5 km/6.5 mi	Santiago de Compostela	MA, PA, hotel, ATM, supermarket, pharmacy,

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Camino Francés from Sarria

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		restaurant, bar
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Santiago de Compostela - Accommodation

Hotel/albergue	Booking info	Price range
Albergue San Lazaro (3 km/1.8 mi from the cathedral)	+34 981 571 488	\$
Albergue Seminario Menor	book here	\$
Dream in Santiago	book here	\$
Albergue O Fogar de Teodomiro	book here	\$
Albergue Porta Real	book here	\$
Albergue The Last Stamp	book here	\$
Santiago KM-0	book here	\$
Hostal San Pelayo	book here	\$\$
Hotel A Tafona do Peregrino	book here	\$\$
Hotel Alda Avenida	book here	\$\$
Pensión Residencia Fornos	book here	\$\$
Pensión Residencia Fonseca	book here	\$\$-\$\$\$
Hospedaria San Martin Pinario	book here	\$\$-\$\$\$
Parador Hostal Reis Catolicos	book here	\$\$\$

Santiago de Compostela tours and activities

1. [Santiago: Cathedral & Museum Tour + Pórtico of Glory Option.](#)
2. [Finisterre and Costa da Morte: The Most Complete Tour of Santiago.](#)
3. [Old town walking tour in a small group.](#)
4. [Tapas Tour of Santiago de Compostela.](#)

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