

Camino Francés from Sarria

16-20 km/10-12.4 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** - 16-20 km/10-12.4 mi
- **Days required** – 7 days
- **Walking surface** – 45 km/28 mi asphalt, 71 km/44 mi footpath/gravel road
- **Total ascent (over 7 days)** – 2373 m
- **Total descent (over 7 days)** – 2587 m

Camino Francés from Sarria

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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 Mercadoiro, 16.5 km/10.2 mi

- Distance – 16.5 km/10.2 mi
- Time – 4-5 hours

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- Walking surface – 7 km/4.3 mi – asphalt/tar; 9.5 km/5.9 mi – gravel/footpath
- Walking on the road – 0 km
- Ascent – 420 m
- Descent – 240 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.
- A steep descent to Mercadoiro, 150 m down.

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
16.5 km/10.2 mi	Mercadoiro	PA/guesthouse, restaurant

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Mercadoiro - Accommodation

Hotel/albergue	Booking info	Price range
Albergue de Mercadoiro (dorm beds and private rooms)	info here	\$-\$\$

Stage 2. Mercadoiro to Ventas de Naron, 18.5 km/11.5 mi

- Distance – 18.5 km/11.5 mi
- Time – 5-6 hours
- Walking surface – 8.5 km/5.2 mi – asphalt/tar; 10 km/6.2 mi – gravel/footpath
- Walking on the road – 500 m/0.3 mi
- Ascent – 370 m
- Descent – 400 m
- Difficulty level – 3 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 from Mercadoiro to Portomarín, 200 m down.
- A long and sometimes steep ascent from Portomarin to Ventas de Naron, 350 m up.

Camino Francés from Sarria

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Stops along the route stage 2

Distance	Name	Facilities
1.5 km/0.9 mi	A Parrocha	Bar
3.5 km/2.1 mi	Vilacha	Restaurant
4.5 km/2.7 mi	Paradela	Guesthouse
5.5 km/3.4 mi	Portomarin	MA, PA, hotel, ATM, supermarket, pharmacy, restaurant, bar
12.5 km/7.7 mi	Gonzar	MA, PA, guesthouse, restaurant
13.5 km/8.3 mi	Castromaior	PA, guesthouse, restaurant
17 km/10.5 mi	Hospital da Cruz	MA, guesthouse, restaurant
18.5 km/11.5 mi	Ventas de Naron	PA, restaurant

Ventas de Naron - Accommodation

Hotel/albergue	Booking info	Price range
Albergue O cruceiro	+34 658 06 49 17 delinavazquez@hotmail.es	\$
Albergue Casa Molar	+34 696 794 507 casamolar.ventas04@gmail.com	\$
Casona de Ventas	book here	\$\$-\$\$\$

Stage 3. Ventas de Naron to San Xulian, 16 km/10 mi

- Distance – 16 km/10 mi
- Time – 4-5 hours
- Walking surface - 3 km/1.8 mi - asphalt/tar; 13 km/8 mi - gravel/footpath

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Camino Francés from Sarria

16-20 km/10-12.4 mi Walking stages + Accommodation

- 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 – 217 m
- Descent – 331 m
- Difficulty level – 2 out of 5

Highlights

- Beautiful Galician forest.
- A couple of kiosks selling fruit, snacks and cool drinks for donation.

Challenges

- 100 m descent at the start of the day.
- A couple of stretches of walking next to the road on the gravel path.
- Several ascents and descents throughout the day.

Stops along the route stage 3

Distance	Name	Facilities
1.5 km/0.9 mi	A Prebisa	Restaurant
3.5 km/2.1 mi	Ligonde	PA, restaurant
4.5 km/2.7 mi	Airexe	MA, guesthouse, restaurant
6 km/3.7 mi	Portos	PA, restaurant
6.5 km/4 mi	Lestedo	Guesthouse, restaurant
7.5 km/4.6 mi	Os Valos	Hotel
8.5 km/5.2 mi	A Brea	Restaurant
12 km/7.4 mi	Palas de Rei	MA, PA, hotel, ATM, supermarket, pharmacy, restaurant, bar
16 km/10 mi	San Xulian	PA, guesthouse, restaurant

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16-20 km/10-12.4 mi Walking stages + Accommodation

San Xulian - Accommodation

Hotel/albergue	Booking info	Price range
Albergue O Abrigadoiro (Albergue/restaurant)	oabrigadoiro1@gmail.com	\$
La Pallota de San Cristobal (guesthouse/restaurant)	book here	\$\$

Stage 4. San Xulian to Boente, 17 km/10.5 mi

- Distance – 17 km/10.5 mi
- Time – 4-5 hours
- Walking surface – 7 km/4.3 mi - asphalt; 10 km/6.2 mi - gravel/footpath
- Walking on the road – 0 km
- Ascent – 280 m
- Descent – 360 m
- Difficulty level – 2 out of 5

Highlights

- 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 100-meter ascent at the start of the day.
- Many short ups and downs throughout the day.

Stops along the route stage 4

Distance	Name	Facilities
1 km/0.6 mi	Ponte Campaña	PA

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2 km/1.2 mi	Casanova	MA
5 km/3.1 mi	O Coto	Hotel, restaurant
9 km/5.5 mi	Furelos	Hotel, bar
10.5 km/6.5 mi	Melide	MA, PA, hotel, ATM, supermarket, pharmacy, restaurant, bar
11.5 km/7.1 mi	Santa Maria de Melide	Restaurant
17 km/10.5 mi	Boente	PA, bar

Boente - Accommodation

Hotel/albergue	Booking info	Price range
Albergue El Aleman	book here	\$
Albergue Fuente Saleta	+34 981 501 853 fuentesaleta@hotmail.com	\$
Albergue y Pensión Boente (dorm beds and private rooms)	book here	\$\$-\$\$\$
Hostel Boente	book here	\$\$
Casa Ghoros (holiday home)	book here	\$\$-\$\$\$
Rectoral de Boente	book here	\$\$\$
AMC Boente	book here	\$\$\$

Stage 5. Boente to Salceda, 19 km/11.8 mi

- Distance – 19 km/11.8 mi
- Time – 5-6 hours
- Walking surface – 6 km/3.7 mi - on asphalt; 13 km/8 mi - footpath/gravel.
- Walking on the road – 2 km/1.2 mi next to the road

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- Ascent – 341 m
- Descent – 468 m
- Difficulty level – 2 out of 5

Highlights

- Beautiful forest, small villages, fields.

Challenges

- A steep 80-meter down at the start of the day.
- A 120-meter down with a subsequent 100-meter up to Arzua.
- Several ups and downs throughout the day.

Stops along the route stage 5

Distance	Name	Facilities
2 km/1.2 mi	A Fraga Alta (Castañeda)	PA, hotel, bar
5 km/3.1 mi	Ribadiso da Baixo	MA, PA, bar
8 km/5 mi	Arzúa	MA, PA, hotel, ATM, supermarket, pharmacy, restaurant, bar
10.5 km/6.5 mi	Pregontoño	Bar
14.5 km/9 mi	As Quintas	Bar
16 km/10 mi	A Calle de Ferreiros	PA, pension, bar
19 km/11.8 mi	Salceda	PA, bar, pharmacy

Salceda - Accommodation

Hotel/albergue	Booking info	Price range
Albergue La Corona 1	book here	\$

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Pension Albergue Alborada	book here	\$-\$\$
Casa Tia Teresa	book here	\$\$
Albergue Turistico Salceda	book here	\$\$

Stage 6. Salceda to Lavacolla, 18 km/11.1 mi

- Distance – 18 km/11.1 mi
- Time – 5-6 hours
- Walking surface – 8 km/5 mi - on asphalt; 10 km/6.2 mi - footpath/gravel
- Walking on the road – 2 km/1.2 mi along a very quiet road with no cars
- Ascent – 350 m
- Descent – 280 m
- Difficulty level – 2 out of 5

Highlights

- The beautiful Galician forest.

Challenges

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

Stops along the route stage 6

Distance	Name	Facilities
2 km/1.2 mi	A Brea	PA, bars
4.5 km/2.7 mi	Santa Irene	MA, PA, café
7 km/4.3 mi	A Rúa	Pension, bar
8.5 km/5.2 mi	O Pedrouzo	MA, PA, hotel, ATM, supermarket, pharmacy, restaurant, bar

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12 km/7.4 mi	Amenal	Hotel, pension, bar
16.5 km/10.2 mi	San Paio	Guesthouse, bar
18 km/11.1 mi	Lavacolla	PA, hotel, bar, shop, pharmacy

Lavacolla - Accommodation

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

Stage 7. 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.

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- 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 7

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, restaurant, bar

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	\$

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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.](#)