

# Camino Francés from Sarria

## 25+ km/15.5+ 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** - 25+ km/15.5+ mi
- **Days required** – 4 days
- **Walking surface** – 45 km/28 mi asphalt, 71 km/44 mi footpath/gravel road
- **Total ascent (over 4 days)** – 2373 m
- **Total descent (over 4 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	<a href="#">info here</a>	\$
Pensión Albergue Matias Locanda	<a href="#">book here</a>	\$
Albergue los Blasones	<a href="#">book here</a>	\$
Obradoiro	<a href="#">book here</a>	\$
Pensión-Albergue Puente Ribeira	<a href="#">book here</a>	\$
Albergue Mayor	<a href="#">book here</a>	\$
Albergue Credencial	<a href="#">book here</a>	\$
Andaina	<a href="#">book here</a>	\$
Pensión La Estación	<a href="#">book here</a>	\$-\$-\$
Pensión O Camiño	<a href="#">book here</a>	\$\$
Pension Sarria	<a href="#">book here</a>	\$\$
Pension Siete en el Camino	<a href="#">book here</a>	\$\$
Pensión Casa do Gallo Sarria	<a href="#">book here</a>	\$\$
Baixo a Lua Rooming	<a href="#">book here</a>	\$\$-\$\$\$
Pensión CREDENCIAL	<a href="#">book here</a>	\$\$-\$\$\$
High Rentxacobeo penthouse apartment	<a href="#">book here</a>	\$\$\$

### Stage 1. Sarria to Gonzar, 29.5 km/18.3 mi

- Distance – 29.5 km/18.3 mi
- Time – 6-7 hours
- Walking surface – 14 km/8.6 mi – asphalt/tar; 15.5 km/9.6 mi – gravel/footpath
- Walking on the road – 500 m/0.3 mi
- Ascent – 600 m

# Camino Francés from Sarria

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- Descent – 520 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.
- 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

- The ascent of 200 m at the start of the day.
- Several short ups and downs throughout the day.
- A rocky and steep descent just before Portomarín, 300 m.
- A 200-meter ascent from Portomarín to Gonzar.

### 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, holiday house, bar
16.5 km/10.2 mi	Mercadoiro	PA, restaurant

## Camino Francés from Sarria

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18 km/11.1 mi	A Parrocha	Bar
20 km/12.4 mi	Vilacha	Restaurant
21 km/13 mi	Paradela	Guesthouse
22 km/13.6 mi	Portomarin	MA, PA, hotel, ATM, supermarket, pharmacy, restaurant, bar
29.5 km/18.3 mi	Gonzar	MA, PA, guesthouse, restaurant

### Gonzar - Accommodation

Hotel/albergue	Booking info	Price range
Municipal albergue de Gonzar	<a href="#">info here</a>	\$
Albergue Casa Garcia	+34 982 15 78 42	\$
Albergue/Hosteria de Gonzar	<a href="#">book here</a>	\$\$

## Stage 2. Gonzar to Melide, 32 km/19.8 mi

- Distance – 32 km/19.8 mi
- Time – 7-8 hours
- Walking surface - 7 km/4.3 mi - asphalt/tar; 25 km/15.5 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 – 430 m
- Descent – 550 m
- Difficulty level – 3 out of 5

### Highlights

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

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tentacles served with olive oil and spices), a must-try here. The [Camino Primitivo](#) merges with the Camino Frances in Melide.

### Challenges

- A long walking day.
- 350 m ascent during the first half of the day.
- A couple of stretches of walking next to the road on the gravel path.
- Several short ascents and descents throughout the day.

### Stops along the route stage 2

Distance	Name	Facilities
1.3 km/0.8 mi	Castromaior	PA, guesthouse, restaurant
4.5 km/2.7 mi	Hospital da Cruz	MA, guesthouse, restaurant
6 km/3.7 mi	Ventas de Naron	PA, restaurant
7.5 km/4.6 mi	A Prebisa	Restaurant
9.5 km/5.9 mi	Ligonde	PA, restaurant
10.5 km/6.5 mi	Airexe	MA, guesthouse, restaurant
12 km/7.4 mi	Portos	PA, restaurant
12.5 km/7.7 mi	Lestedo	Guesthouse, restaurant
13.5 km/8.3 mi	Os Valos	Hotel
14.5 km/9 mi	A Brea	Restaurant
17.5 km/10.8 mi	Palas de Rei	MA, PA, hotel, ATM, supermarket, pharmacy, restaurant, bar
21.5 km/13.3 mi	San Xulian	PA, guesthouse, restaurant
22.5 km/14 mi	Ponte Campaña	PA
23.5 km/14.6 mi	Casanova	MA
26.5 km/16.4 mi	O Coto	Hotel, restaurant

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30.5 km/19 mi	Furelos	Hotel, bar
32 km/19.8 mi	Melide	MA, PA, hotel, ATM, supermarket, pharmacy, restaurant, bar

#### Melide - Accommodation

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

### Stage 3. Melide to Santa Irene, 30 km/18.6 mi

- Distance – 30 km/18.6 mi
- Time – 6-7 hours
- Walking surface – 10 km/6.2 mi - on asphalt; 20 km/12.4 mi - footpath/gravel.
- Walking on the road – 2 km/1.2 mi next to the road
- Ascent – 380 m
- Descent – 490 m
- Difficulty level – 3 out of 5

#### Highlights

- Beautiful forest, small villages, fields.

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- Ribadiso de Baixo – a tiny charming village.

### Challenges

- A long walking day.
- Several ups and downs on the way but nothing very steep or long.

### Stops along the route stage 3

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
17 km/10.5 mi	Pregontoño	Bar
21 km/13 mi	As Quintas	Bar
22.5 km/14 mi	A Calle de Ferreiros	PA, pension, bar
25.5 km/15.8 mi	Salceda	PA, bar, pharmacy
27.5 km/17 mi	A Brea	PA, bars
30 km/18.6 mi	Santa Irene	MA, PA, café

### Santa Irene - Accommodation

Hotel/albergue	Booking info	Price range
Municipal albergue of Santa Irene	<a href="#">info here</a>	\$
Albergue Santa Irene	+34 981 511 000	\$

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### Stage 4. Santa Irene to Santiago de Compostela, 24 km/15 mi

- Distance – 24 km/15 mi
- Time – 5-6 hours
- Walking surface – 11 km/6.8 mi - on asphalt; 13 km/8 mi - footpath/gravel
- Walking on the road – 3 km/1.8 mi along a very quiet road with no cars
- Ascent – 386 m
- Descent – 430 m
- Difficulty level – 2 out of 5

#### Elevation profile stage 4



#### Highlights

- The beautiful forest in the first half.
- 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

- There are a couple of ascents and descents at the end of the walk, some are quite steep but not long.

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- A stretch between 14 km/8.6 mi and 19 km/11.8 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 4

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
15 km/9.3 mi	Vilamaior	Guesthouse
18.5 km/11.5 mi	San Marcos	Hotel, bar, shop
19 km/11.8 mi	Monte do Gozo	MA (all year), PA, bar, shop
24 km/15 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	<a href="#">book here</a>	\$
Dream in Santiago	<a href="#">book here</a>	\$
Albergue O Fogar de Teodomiro	<a href="#">book here</a>	\$
Albergue Porta Real	<a href="#">book here</a>	\$

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Albergue The Last Stamp	<a href="#">book here</a>	\$
Santiago KM-0	<a href="#">book here</a>	\$
Hostal San Pelayo	<a href="#">book here</a>	\$\$
Hotel A Tafona do Peregrino	<a href="#">book here</a>	\$\$
Hotel Alda Avenida	<a href="#">book here</a>	\$\$
Pensión Residencia Fornos	<a href="#">book here</a>	\$\$
Pensión Residencia Fonseca	<a href="#">book here</a>	\$\$-\$\$\$
Hospedaria San Martin Pinaro	<a href="#">book here</a>	\$\$-\$\$\$
Parador Hostal Reis Catolicos	<a href="#">book here</a>	\$\$\$

### 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.](#)