Asturias is on your Way

#StJamesWay
#Pilgrims
In July 2015, the so-called Northern St. James Ways received World Heritage classification by Unesco. In receipt of this status are the historic routes that, over the centuries, have led millions of pilgrims from their native lands to Compostela through the northernmost part of the Iberian Peninsula. Among all of these routes, there are two in which Asturias plays a major role: the Northern Way -also called the Coastal Way- and, particularly, the Original Way.

Often, when we are speaking about the St. James Way, we only have in mind the French Way, that is, the one that connects the village of Saint-Jean-Pied-de-Port with Finisterre, through the regions of Navarra, La Rioja and Castile and Leon. We thus forget that there were many other routes that contributed to the relevance, scope and character of the Way of St. James. Although it is true that the French route was the most popular itinerary from a certain point in time, and was also where pilgrims left the biggest mark, the map of the pilgrimage routes to Compostela is far more complex and rich. It is worthwhile tackling and discovering them in order to get an overall impression of the phenomenon that these hikes represented, and still represent, towards the place where, according to tradition, rest the remains of one of Jesus’s most beloved disciples.

In this diversity of methods and traditions, Asturias plays a key role. Its natural and artistic attractions alone would be reason enough to justify the pilgrims choosing it when planning their journeys to the apostolic tomb. However, one does not always bear in mind -sometimes, ones does not even know- that it was in the very area of Asturias that the St. James myth originated, and it was an Asturian king, Alfonso II, who was the first pilgrim to Santiago ever recorded in History. This king, Alfonso II, also sponsored the foundation in that campus stellae of what would in time end up becoming the splendid Compostela.

Alongside this first route that departs from the very gates of the Cathedral of Oviedo/Uviéu, another was soon added, the Northern or Coastal Way, that would run along the coastline of the region. And alongside those, it is worth adding the branch that unites them and also the so-called San Salvador Way, used by the pilgrims who, after choosing the French Way, opted to make a detour to the Asturian capital in the vicinity of Leon. In total, there are over 523 kilometres of Jacobean route in Asturias which span 33 municipalities. Those that are aligned around the two main ways are, in addition, the heritage of all mankind.

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asturiastourism.co.uk/StJamesWay
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30. The Northern Ways
It was during the first few years of the 9th century when the bishop Teodomiro, head of the Iria Flavia diocese, on the westernmost boundary of the Kingdom of Asturias, departed for the court of Oviedo/Uviéu to deliver a very important piece of news to his king.
A hermit had seen some strange lights in Libredón forest that indicated the location of a tomb where, according to all the signs, the remains of St. James the Apostle lay. The monarch, Alfonso II, wanted to travel with his entourage to see the discovery with his own eyes. He ordered that a burial monument be built at the site which he entrusted to a region of monks.

This is how it was according to legend. The discovery of the tomb of St. James, it is worth remarking was not a bad thing for the king at all at a time when he needed to quell internal rebellions and consolidate the Reconquista war that was ongoing with the Muslims. If a servant of the Lord had chosen Asturian territory as his final resting place, it had to be because the land was blessed by divine grace. Consequently, those within had to be united and those outside had reason to be worried and to abandon their plans to conquer Asturias.

Historic sources are not very reliable and there is no data that allows us to specify the exact route that the Asturian king followed. It seems logical that he and his men would have headed towards that remote corner of Gallaecia by following the Roman road that united Lucus Asturum (present day Lugo de Llanera) and Lucus Augusti (Lugo), and that they would have connected there with the path that led to Bracara Augusta (Braga) passing through Inia Flavia (Padrón).

This was, therefore, the first pilgrimage route ever mentioned in History, and that journey constitutes what we now know as the Original Way.

The stages

The Original Way, as it passes through Asturias, can be split into seven stages. However, these stages allow for as many subdivisions as the pilgrims wish, thanks to a sufficient number of pilgrims’ lodgings and accommodation that allow pilgrims to have a rest when their feet get tired. The route runs in one direction until the fourth stage. Once there, pilgrims will have two options: to continue to Pola de Allande, as the official itinerary suggests, or to take the so-called Variante de Hospitales, in which case it is advisable to spend the night in Campiello or Bourres/Borres. It is believed that this detour section -thus named due to the ruins of lodgings for pilgrims that are preserved within it- formed part of the initial route of the Original Way, although its extraordinary harshness, with very steep slopes that pass through completely unpopulated land, resulted in pilgrims gradually choosing to head to Pola de Allande instead. Those who follow this route will enjoy magnificent surroundings in which nature manifests itself in its full glory, although it is essential to be in good physical shape to follow this path. The Variante de Hospitales rejoins the official route in Montefurado, eight kilometres from Berducedo.

Oviedo/UViéu - Grau/Grado 25.6 km
Grau/Grado - Salas 22.5 km
Salas - Tinéu/Tineo 19.7 km
Tinéu/Tineo - Pola de Allande 27.0 km
Pola de Allande - Berducedo 17.4 km
Berducedo - Grandas de Salime 20.1 km
Grandas de Salime - Galicia 13.2 km

Variante de Hospitales:
- Salas - Bourres/Borres 35.5 km
- Bourres/Borres - Berducedo 24.4 km
This itinerary allows us to travel in the footsteps of Alfonso II as the first pilgrim to the tomb of the Apostle, and has also survived with the essences of the original pilgrimages intact. This explains why it has attracted the attention of an increasing number of pilgrims who choose it for venturing, in the style of the medieval pilgrims, to the distant Compostela.

**The edge of Christianity**

The first St. James’s Way ran through the land of the Kingdom of Asturias, the last stronghold of Christianity when the Muslims occupied most of the Iberian Peninsula. As this route runs along the royal headquarters, Oviedo/Uviéu, to the end of the known world -Compostela, in the Finis Terrae- added a strong symbolic value to its status as a pilgrimage route. This historic and sentimental dimension continues nowadays, although for different reasons. Those who know the pilgrim itineraries well do not hesitate to point out that the Original Way, with its 321 kilometres, is the one that has been most adept at preserving the essences that surrounded the early pilgrims who abandoned their homes to go in search of the tomb of Santiago. This statement, which is real, has geographical, economic and social reasons. From Oviedo/Uviéu to Grandas de Salime, the route travels what would come to be the central strip of southwestern Asturias, crossing the municipalities of Las Regueras, Grado, Salas, Tineo, Allande and Grandas de Salime. This is an area of the region with a complex terrain. Until very recent times this hindered the development of infrastructure. This is the reason why this region remained somewhat isolated from the central area of the autonomous region, where the bulk of the population is concentrated thanks to strong industrialisation and a growing rise in the service sector. Thus, the land of that particular “end of the world” that the Original Way passes through has maintained its link with agriculture and cattle breeding. It also preserves to a large extent the environment of its towns and villages, characterized by a wild landscape of great beauty. This route presents minimal difficulties for less seasoned pilgrims and offers a unique and unforgettable experience when walking through some of the least well-known nooks and crannies of Asturias.
Stones that speak to us

The Original Way begins at the door of the cathedral of Oviedo/Uviéu. This gothic temple is home to various architectural styles. In the cathedral, and together with its only tower, the Holy Chamber stands out in its own right, a pre-Romanesque construction that was the Palatine chapel of Alfonso II. There, the Cruz de la Victoria and the Cruz de los Ángeles – pieces of metal work from the High Medieval period – are preserved. These are the emblems of the autonomous region and the city, they are used on their respective shields. There is also the Holy Chest, where numerous relics were safeguarded, among them the Holy Shroud, that made Oviedo/Uviéu a stronghold of Christianity in the Medieval period. The Holy Chamber underwent a significant extension during the Romanesque period. This deprived it of its original pre-Romanesque style, but in exchange endowed it with another of its most important treasures; a superb apostolate that some have wanted to attribute to Master Mateo, sculptor of the Portal of Glory in Compostela. Also linked to the Romanesque is the carving of the Saviour, on the southern side of the cathedral transept, in front of which many pilgrims start their journey to Santiago for obvious reasons.

The cathedral is only the first of the cultural heritage landmarks this route holds. Although standing out due to its natural and scenic attractions this routes also hides artistic treasures, which would be unpardonable to pass by without stopping to admire them.

This route would allow us to enjoy artistic gems such as the Roman baths of Santa Eulalia in Valduná/Valduno and Los Dolores Chapel, in Grau/Grado, with an external simplicity that hides almost unbelievable Churriguerean exuberance. At its side, Miranda-Valdecarzana Palace and the medieval wall, recently reconstructed, bear witness to the importance that the village of Grau/Grado came to have, its Sunday market still being one of the most famous and most frequented in Asturias.
The San Salvador de Cornellana Monastery combines Romanesque and Baroque in a natural environment which invites you to rest. The Monastery was one of the most relevant of the north of the peninsula, as can be deduced from its grandeur and its privileged location. Very nearby, in the so-called Casas del Puente, the battle in which Ramiro I took the throne of Oviedo after defeating his opponent Neopciano took place, in what would be a fundamental episode in the history of the Kingdom of Asturias. The Collegiate church in Salas, a town with an unequivocal medieval vibe, has a gothic style. Inside the Collegiate church, the superb mausoleum of the inquisitor Fernando de Valdés stands out, who came to preside over the Royal Council of Castile and founded the University of Oviedo.

It is necessary to leave Tinéu/Tineo behind to find another of the most intriguing surprises of the Original Way. The Monastery of Santa María la Real de Obona. To reach it, you have to take a detour of four hundred metres off the trail but this small effort will be rewarded.

Now in a state of abandon, the monastery has a history adorned with multiple legends. It has an exceptional
Romanesque church and a beautiful Baroque cloister, and shelters a superb Christ that experts consider to be one of the best jewels left by the Middle Ages in the northeast of the peninsula.

Peñalba Cienfuegos Palace, perched above the houses of Pola de Allande, is one of the best examples of noble buildings affiliated with rural Baroque that can be seen in the region. The summit of Puerto de El Palo mountain pass still shelters the remains of the Roman reservoir that gave it its name. There it is said that a group of witches celebrated the last witches’ Sabbath of which there has been documentary proof in Asturias.

Very nearby, the village of Montefurado is found, a unique spot that owes its name to the gold mines that the Romans opened in this area. This region treasures, in turn, the last great landmark on the Original Way.

To reach it, pilgrims will have to pass the village of Buspol - where one of the oldest bells of the region is kept - and cross the beautiful Salime Reservoir, with a dam that hides a superb mural by Joaquín Vaquero Turcios. In the village of Castro, the remarkable Chao Samartín has resisted time and inclement weather where pre-Romanesque homes and the ruins of what once was the Roman mansion of the so-called “señor de Grandas” attest the importance that these spots that are now neglected had in the golden age of the Empire. A few kilometres to the West, Puerto del Acebo mountain pass marks the entrance to the region of Galicia.
The increasing influx of pilgrims who came from either outside the Kingdom of Asturias or from the land newly reconquered from the Muslims meant that new routes to reach Compostela were sought.
The Northern Way

Long before the French Way was consolidated, without doubt the most well-known and most travelled pilgrim route, the medieval pilgrims started to prefer the so-called Northern Way for their adventure, a journey of 815 kilometres that passed through the north-east of the peninsula following the coastline.

It was not long before it became the most popular route for pilgrims who started their journey by sea, climbing aboard at any of the ports in the north of Europe to reach the shores of the Cantabrian mountains.

The stages

As previously mentioned, the Northern Way starts in Irún and reaches Santiago after crossing the whole of the North of the peninsula. It enters Asturias via the Tina Mayor Estuary and leaves the autonomous region via the Eo Estuary, covering throughout this journey between two rivers over 282 kilometres and twenty-one municipalities. During the trajectory, rural and seaside Asturias are combined with urban Asturias, whose territory is presented as strongly industrialised, thus depicting a profile as comprehensive as it is characteristic of a region that has many more sides, often reflected in the tourist post cards.

The official itinerary, which has thirteen stages as it passes through the autonomous region, can be expanded or shortened as much as the pilgrims want, since the area has enough pilgrims' lodgings and tourist establishments for each person to adjust their steps to the demands of the Way.

1. Busto - Llanes 24.4 km
2. Llanes - Ribadesella/Ribeseya 30.4 km
3. Ribadesella/Ribeseya - Priesca 29.0 km
4. Priesca - Casquita 12.9 km
5. Casquita - Gijón/Xixón 26.6 km
6. Gijón/Xixón - Avilés 24.7 km
7. Avilés - Muros/Muros de Nalón 21.2 km
8. Muros/Muros de Nalón - Soto de Luiña 15.5 km
9. Soto de Luiña - Vil.lamouros/Villademoros 19.8 km
10. Vil.lamouros/Villademoros - Outur/Otur 20.4 km
11. Outur/Otur - A Caridá/La Caridad 24.5 km
12. A Caridá/La Caridad - A Veiga/Vegadeo 26.5 km
13. A Veiga/Vegadeo - Abres 7.0 km
Between the sea and the mountains, from the centre to the peripheral areas

One of the most attractive features that Asturias offers is the perfect harmony between the sea and the mountains. Both are absolute protagonists of the Northern Way. The first, because it indicates the way of the pilgrims since they enter the autonomous region through the municipality of Ribadedeva until they leave it through the territory of Vegadeo. The second, because it towers over the way: at the beginning, when the pilgrims roam the Eastern strip of the region and discover that in it, the distance between the water and the summits is minimal. And more subtlety at its end, when the broad coastal plains of the West are interrupted, on the edge of the horizon, by the bluish silhouette of the mountain ridges. The Northern Way outlines an eminently rural, seaside journey, with mandatory steps through towns and villages where you can smell saltpetre while crossing through spots nestled inland where traditional crafts are still practised. There magnificent beaches stand out such as the San Antolín sandbank or the beautiful Concha de Artedo, which are real dream-like spots where you can stop and rest and recharge your batteries before continuing the journey. Among the multiple natural attractions, the torrential spectacle of the blowholes stands out - vertical orifices that during high tide eject shoots of sea water spray - and the silent tranquility of Busto cape. But both spots are interrupted half way through the journey by another Asturias, the one that presides over the central section of the territory, where you can clearly track the print (and the importance) of industrialisation and the consequent migratory influxes from the countryside, the mountains and the ports to the large cities. This is the Asturias we can see between Gijón/Xixón and Avilés (the first and third most important cities, in terms of size, of the region) There, the commercial ports and factories of the former Ensidesa, now Arcelor Mittal, modifying the contours of a landscape in which at no point do you stop hearing, for better or for worse, the heartbeats of history.

There is evidence that during the 13th century, the Northern Way sustained its heyday thanks to the pilgrims who chose this itinerary when arriving at the Irún pass and those who landed at the ports of Bermeo or Bilbao.

Nowadays, the route has become nemesis of the French Way: if the latter crosses large mountainous areas to later open up onto the aridity of the Plateau, the former negotiates the bordering stretch in order to run parallel to the Cantabrian sea, offering us a complete panorama of the historic, economic and social circumstances that have dictated the evolution of the north of the peninsula.

the 11th and 12th centuries, different kings started to promote the French Way, the original route and the Northern Way maintained their popularity. Although it crossed as they were considered safer routes. These routes passes through purely Christianised regions, while the other road, although it crossed was still exposed to possible Muslim raids and, therefore, entailed a greater risk.
The myths and rites

All along the Asturian coastline, echoes of the past assail and call us. The first footprints of history were brought by the voices of the emigrants who, after making a fortune in their destinations, returned to their birthplace to leave their mark on it. The whole village of Colombres is a good example of this. Its installations are located in the ‘Quinta Guadalupe’, a beautiful building that presides over the village centre. The Indies architecture, however, will call our attention throughout our trip in places such as Pendueles (with the so-called Casona de Verines mansion, headquarters of some famous literary meetings) and the village of Llanes itself, with the casino, the Basílica de Santa María church and a medieval tower to which beauty we have to add the “Cubos de la Memoria” painted by Agustín Ibarrola.

Near there, in the parish of Naves, the wondrous San Antolín de Bedón Church emerges, one of the best examples of rural Romanesque in Asturias, at which surroundings, history and legend come together. A few kilometres further on, in Ribadesella/Ribeseya, the cave of Tito Bustillo, one of the great Palaeolithic sanctuaries of the north of Spain, offers us the opportunity to contemplate their paintings with admiration.

The silhouette of the church of Nuestra Señora de los Dolores raising itself above the marshland that separates the villages of Barru/Barro and Niembro/Niembro is, probably, one of the most unique views in Eastern Asturias.
In this area, inhabited since ancient times, as shown by the Jurassic Museum, located in the vicinity of Colunga, we can note the eagerness to build of the Asturian monarchs, who left the amazing pre-Romanesque church of San Salvador (Priesca) as a legacy. In Villaviciosa the Romanesque church of Santa María de la Oliva stands out for its lightness, and we must also pay attention to the house where Carlos V spent the night, his first night in the Iberian Peninsula, when he came to take possession of the throne. Nearby, in Amandi, another Romanesque church, that of San Juan, will surprise you due to the originality of its apse of semicircular arches supported by double-storied columns. Also, between Gijón/Xixón and Avilés, it is worth walking through the tumular necropolis of Monte Areo hill. Needless to say that both cities invite you to take a peaceful walk through their streets. The silhouette of the Universidad Laboral will remind us that we are entering into the central area of the region; it was designed by the architect Luis Moya during Franco’s regime and it is still the largest building in Spain today.

The centre of Gijón/Xixón, with its emblematic beaches of San Lorenzo and Poniente, the neighbourhood of Cimavilla/Cimadevilla and the hill of Santa Catalina, resembles a figurehead oriented to the horizon.

The old town of Avilés, with its churches of San Francisco and San Nicolás de Bari, its Camposagrado palace and its emblematic Galiana street, is one of the surprises that Central Asturias has in store for us, which is complemented by the avant-garde lines of the Niemeyer Centre.

The passage of the Nalón river, in Sotu/Soto del Barco, remind us that we are entering the western strip, which will be evident when passing through Muros de Nalón. The west of Asturias is rich in marine places, and although the Way does not pass through Cudillero, it does pass through its surroundings, where it is possible to admire buildings such as the sumptuous estate of the Selgas (El Pito) before being swept away to Soto de Luiña, where we can find the elegant Baroque church of Santa María. In Cadavéu/Cadavedo the house where Father Galo lived and wrote is preserved, which is as much as to say the place where modern Asturian literature was born. Also L.luarca/Luarca is one of the most loved visits of this section of the journey, especially due to its marine cemetery with unique views of the village itself and of the Bay of Biscay. Navia also has literary echoes: the poet Ramón de Campoamor, who was so widely read in the nineteenth century, was born here. The Way leaves Asturias through the village of Abres, once it has passed through A Veiga/Vegadeo, to reach the lands of Galicia.
Itinerary

Bustio - A Veiga/Vegadeo: 282.8 km

Bustio - Llanes 24.4 km
Bustio > Colombres > La Franca > Buelna > Pendueles > Arenillas
Blowholes > Purón > La Ballota > Andrín > Llanes

Llanes - Ribadesella/Ribeseya 30.4 km
Llanes > Po/Poo > Celoriu/Celorio > Barru/Barro > Niembro/Niembru
Niembro > Naves > Villahormes > Piñeres de Pría >
Cuerres > Ribadesella/Ribeseya

Ribadesella/Ribeseya-Priesca 29.0 km
Ribadesella/Ribeseya > San Pedru/San Pedro > San Esteban/San Esteban de Leces
La Vega > Berbes > Arenal de Morís > La Isla
Colunga > Pernús > La Llera > San Salvador de Priesca
La Vega de Priesca

Priesca - Casquita 12.9 km
La Vega de Priesca > Sebrayu/Sebrayo > Villaviciosa "Path variation"

Casquita - Gijón/Xixón 26.6 km
Casquita > Niévares > Alto de la Cruz > Pion/Peón > Curviellu/Curbiello
Cabueñes > Gijón/Xixón

Gijón/Xixón - Avilés 24.7 km
Gijón/Xixón > Monte Aroe > El Valle > Tamón > Trasona/Tresona >
Avilés

Avilés - Muros de Nalón 21.2 km
Avilés > San Cristoba/San Cristóbal > La Plata > Piedrasblancas/Piedras Blancas
La Lloba > El Monte/Santiago del Monte > Ranón/Ranón
Riulaveiga/Riolavega > Sotu/Soto del Barco > Muros/Muros de Nalón

Muros/Muros de Nalón - Soto de Luiña 15.5 km
Muros/Muros de Nalón > El Pito > Rellayo > Arroyo Concha de Artedo > Soto de Luiña

Soto de Luiña - Villalamouros/Villademoros 19.8 km
Soto de Luiña > Cruce a Valdredo > Novellana > Castañeras > Santa Marina
Ballota > Cadavéu/Cadavedo > Villalamouros/Villademoros

Villalamouros/Villademoros - Oitur/Otur 20.4 km
Villalamouros/Villademoros > San Cuituebanu/San Cristóbal > Queirúas/Queñías
Caneiru/Canero > Caroyas > Barcia > Almuña > Llaurca/Luarcia
Oitur/Otur

Oitur/Otur - A Caridá/La Caridad 24.5 km
Oitur/Otur > Villapedre > Piñera > Villaloril > La Colorada > Navia > Xarrio/Jarrio
Cartavio > A Caridá/La Caridad

A Caridá/La Caridad - A Veiga/Vegadeo 26.5 km
A Caridá/La Caridad > El Franco > Porcia > Brúl > A Veiga/Vegadeo

A Veiga/Vegadeo - Abres 7.0 km

Itinerary detailed at:
asturiastourism.co.uk/StJamesWay/CoastalRoad
It is not surprising that the other two great Ways that disputed the supremacy of the Original Way, soon developed branches that connected them with the original pilgrimage route.
The connections

Between two Ways

As stated above, the influence of Oviedo/Uviéu in the St. James pilgrimages has been very important from the beginning of the Way. There are good reasons for this. Oviedo/Uviéu was the place where the throne of the King who discovered the tomb of the apostle and was located. This same king was the one who ordered the construction of what was the first version of the current basilica of Compostela. There are important relics kept in his Holy Chamber, which were uncovered in the second half of the eleventh century.

These relics are kept inside an oak box, the so-called Holy Ark, which had arrived in Oviedo/Uviéu in the ninth century after a long journey that began in Jerusalem, around the year 614, and concluded in the domains of Alfonso II after passing through Cartagena, Seville, Toledo and El Monsacro. Many years later, in 1075, when Alfonso VI visited the old Asturian capital, its mystery was revealed.

An entourage accompanied the monarch which, according to legend, included El Cid and which, taking advantage of his presence in the ancient court, held a solemn ceremony during which the Ark was left open and its contents were exhibited for all Christianity.

According to sources of the time, they found bones of various saints and remains of the shroud of Jesus there —now known as the Holy Shroud—, thorns of his crown, a sandal of Saint Peter, milk of the Virgin... A whole set of wonders that reinforced the reputation of Oviedo/Uviéu, which had declined by losing its status as a royal seat. This treasures made Oviedo/Uviéu recover the preferences of those pilgrims who considered leaving the comfort of their homes to go to the tomb of St. James.
The journey

Between the Asturian slope of the Northern Way and the Original Way, there is a link that starts at the village of Casquita, very close to Villaviciosa, and enters the mountains in search of Oviedo/Uviéu following two possible detours that converge at Alto de la Campa.

The link between the Northern Way and the Original Way runs, of course, through the interior, crossing gentle orographies, but somewhat more difficult than those that until now the pilgrims crossed following the coastline. After leaving Casquita behind and reaching San Pedru de Ambás/Ambás, the pilgrims find two possible routes.

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The first means following the official itinerary, while the second one allows you to visit the monastery of Santa María la Mayor de Valdediós.

This second option is the most interesting. Firstly, because the monastery was very important in the Middle Ages and also because it has a beautiful Romanesque style defined by the austerity that characterises the Cistercian order, but also because the Pre-Romanesque church of San Salvador de Valdediós, nicknamed the Conventín (little convent) because of its proximity to the great convent. It is believed that it was built in the time of King Alfonso III, and we know that seven bishops attended its consecration, which reveals its importance. It is one of the most emblematic buildings of Asturian art, and in addition to the lightness of its proportions, its highlights are its worked latticework and some mural paintings that still allow you to get an idea of the splendour that this small temple had in its better times.

Both itineraries, the official and Valdediós itineraries, are again found at Alto de la Campa. From there, pilgrims should head to Vega de Sariego to continue afterwards to La Pola Siero/Pola de Siero by an alternative route to road traffic that will take them by El Castru, Aveno, the hermitage of the Virgen de Bienvenida and the Recuna bridge. La Pola Siero/Pola de Siero is one of the liveliest and busiest towns in Asturias. It has a great gastronomic tradition, and its calendar includes festivals that are among the most attended in the entire autonomous region. From there, you only have to cross El Berrón, Fonciello, the palace of Meres, San Pedro de Granda, Colloto/Cualloto and the neighbourhood of Cerdeño to arrive at Oviedo/Uviéu and, in front of the doors of the cathedral, begin to follow the paths of the Original Way.

Itinerary

Casquita - La Pola Siero/Pola de Siero: 22.0 km
Casquita > San Pedru de Ambás/Ambás > Valdediós > Alto de la Campa > Vega de Sariego > El Castru > Aveno > La Pola Siero/Pola de Siero

La Pola Siero/Pola de Siero - Oviedo/Uviéu: 17.3 km
La Pola Siero/Pola de Siero > El Berrón > Fonciello > Meres > San Pedro de Granda > Colloto/Cualloto > Cerdeño > Oviedo/Uviéu
El Salvador Way

El Salvador Way is fundamental to the relationship between Asturias and the pilgrimage routes. Let’s return to 1075 when King Alfonso VI opened the Holy Ark and the relics that had been hidden inside it for several centuries were revealed. The value of the discovery, due, fundamentally, to the symbolic aspect of the Holy Shroud, not only made Oviedo/Uviéu reinforce its status as a point of departure for all those who made a pilgrimage to Santiago, it also made the Asturian capital into a pilgrimage centre in its own right. In the remote times of the Middle Ages, a popular stanza became famous that exemplifies well the importance of this journey and it is recited even today by many of those who arrive in Asturias, following the track that leads to the tomb of the apostle:

*Whoever goes to Santiago and doesn’t go to Salvador visits the servant but forgets the Lord.*
El Salvador Way thus stands as a detour from the French Way, which allowed those who took it to connect with the Original Way if they wished, but it also proposed a route end full of meaning in itself.

That is why there were many pilgrims who, when they arrived in León, chose to head towards the Asturian mountain to visit Oviedo/Uviéu and from there continue their journey through the lands of Las Regueras, Grado, Salas, Tineo, Allande and Grandas de Salime; indeed, no small number made the same return trip, once they had completed their prayers in Compostela, when, on the way back home, they passed through the Holy Chamber to prostrate themselves before the “Lord” who they had by-passed on the outward journey.

The two elements that bear witness to the importance of this itinerary in medieval Asturias are the traces left by the pilgrimage tradition in some place names (perhaps the most important is that of the town of Mieres del Camín/Mieres, which is still called “del Camín”—“of the Way”) and the existence of remains that speak of pilgrim hospitals or old temples built to give spiritual shelter to the travellers who came to the region from the other side of the hills.
Mountain passes

The route that leads from León to Oviedo/Uviéu is, mainly, a mountain route. Although the greatest difficulty in an upward direction is found in the León slope, the Asturian part of the route also presents a difficult orography. Although the most difficult part, the ascent to the port of Pajares, has lagged behind, the climbs to Chanos de Somerón/Llanos de Somerón, El Padrún or Picullanza/Pico de Lanza and La Manxoya/Manjoya -from where it is said that the ancient pilgrims exclaimed “My God!” when seeing the tower of the cathedral on the horizon- require good fitness. In return, the itinerary will show places of majestic beauty, especially as it descends from Payares/Pajares, and invites us to make a singular journey through the mining basin that follows the course of the Lena and Caudal rivers and leaves some industrial archaeology remains in view.

Traces of the past

Under the old railway station of Payares/Pajares, suspended between the fog in an almost unbelievable landscape, a route begins in which not very many medieval traces remain. The first, however, is of great importance.

The church of Santa Cristina de Lena, built during the era of the Asturian Monarchy and attributed to the Ramiro period, is one of the most paradigmatic pre-Romanesque buildings in Asturias.

This is due to the elegance of its shapes and, above all, the superb iconostasis that characterises it and makes it an unmissable visit. On the section from La Pola/Pola de Lena - where the poet Vital Aza’s birth house is located- to Mieres del Camín/Mieres, the church of Santa Eulalia de Ujo, which preserves a Romanesque apse and portico, is worth a visit. The Way enters Mieres del Camín/Mieres through the famous bridge of La Perra and leaves it through the no less popular Requejo square. A few kilometres away, in La Rebollá/La Rebollada, there was a hostel and the parish church still conserves a few corbels of Romanesque design. At the foot of the village, and as a curiosity, there is a small Protestant cemetery where the remains of Numa Guilhou, founder of the Mieres Factory, rest. The Baroque fountain of the Llocos is another place where it is worth stopping before finishing in Olloniego/Lluniego, a village that, inevitably, draws attention due to its Romanesque bridge and the group that make up the tower and the castle, also built in medieval times. The Way ends in Oviedo/Uviéu cathedral, whose Holy Chamber marks the end of the journey.
Useful information

Regarding the Way

The St. James Way is divided into stages that have their beginning and end in different towns, in whose pilgrims’ lodgings-private or public-people stay overnight. The route is marked with the image of a scallop, a typical mollusc of the Galician coasts, which, since the Middle Ages, has acted as a symbol of Compostela’s pilgrimages. This is because the first pilgrims to the tomb of the apostle used to hang a shell on their clothes once they arrived in Santiago, so that on the way back to their homes, those who crossed paths with them knew that they were returning from Compostela.

The Camino de Santiago is a comforting experience, but a bit physically demanding. It is advisable to be in an acceptable physical shape and undertake light exercise before you start your journey. It is recommended to start going on walks a few months before beginning the pilgrimage, as well as to wear comfortable shoes that you have worn before. It is advisable to wear sandals or flip flops to walk about in once you reach the destination, when you have to let your feet breathe. While you have to bring sunscreen, a rain jacket and a small first aid kit, it is advisable to make the weight of the backpack manageable. The recommendations insist that you should not exceed ten kilos of weight. A hand or front flashlight and a walking stick are also essential tools.

The Compostela

Every pilgrim must obtain their credentials. Although the majority of pilgrims, when undertaking their route, are provided with a booklet with boxes in which they stamp the successive stamps, any format is valid for recording the journey to Santiago. A simple notebook is sufficient to obtain the relevant stamp of each place through which you pass. Churches, pilgrims’ lodgings, tourist offices and other establishments have stamps to prove that you are travelling on the Way. The stamps allow you to stay in the pilgrims’ lodgings and at the end of the Way you can get the Compostela, a certificate issued in the cathedral of Santiago to those pilgrims who have travelled a minimum of 100 kilometres on foot or on horseback and 200 kilometres by bike.
Where to sleep

Since the Way involves walking, it is evident that a good rest makes things much easier when it’s time to put on your boots, grab your backpack and start a new stage.

The pilgrimage routes that run through Asturias have a sufficient number of establishments so that all pilgrims can find a refuge in which to have a good night’s sleep at the end of each stage.

To the public pilgrims’ lodgings we must add those that are privately owned, and to the latter, various kinds of establishments, such as hotels and hostels, that are found around many of the localities, towns and villages through which the following itineraries pass.

Pilgrim’s lodgings

All in all, and in accordance with tradition, the establishment for overnight stays for pilgrims are the pilgrims’ lodgings. These are places reserved exclusively for those who, on foot, by bicycle or on horseback, take any of the paths to Compostela. The pilgrims’ lodgings have rules, some following simple common sense, which must be taken into account when staying in them.

Occupation

a) All the people who go on a pilgrimage to Santiago de Compostela may use the pilgrims’ lodgings Network, or return at the end of the pilgrimage and be accredited through the relevant “Pilgrim Credential” or “Compostela”, stamped in the place of origin and where they pass through.

b) The order of preference in the occupation will be as follows:
- Pilgrims travelling by foot or with physical limitations.
- Pilgrims travelling by bicycle.
- Pilgrims travelling on horseback.
- Pilgrims who are travelling in a support vehicle.

c) The places are occupied in accordance with the order of arrival of the pilgrims. In no case can reservations be made.

Duties of pilgrims

The use of lodgings by pilgrims will be subject to the following rules.
- You may stay in the pilgrims’ lodgings for one night only, except in cases of force majeure.
- They can be accessed before 10:00 p.m., at which time the pilgrims’ lodgings will close.
- You must check out of the pilgrims’ lodgings before 10:00 a.m.
- You must take care of the facilities, leaving them tidy and clean, and not abusing the water and electricity services.

Rights of pilgrims

Pilgrims have the right to use publicly owned pilgrims’ lodgings existing on the Asturian pilgrimage routes. In order to sustain this network of centres, they may collaborate in the financing of the maintenance of its facilities, with voluntary financial contributions, or with the amount that each pilgrims´ lodgings stipulates.

Surveillance

Those responsible for the pilgrims’ lodgings should monitor the proper functioning of these rules and have the authority to urge offending parties to leave the pilgrims’ lodgings and limit their use of other pilgrims’ lodgings in the network.

Registration of users

Each pilgrims´ lodgings will have a registration book in which the person in charge of it must write down the pilgrim’s details. They will also stamp the pilgrim’s credential, stating the date of use of the pilgrims’ lodgings.
Network of Pilgrims' Lodgings

More information at:
asturiastourism.co.uk/StJamesWay/PilgrimsLodgings

The Original Way

Stage: Oviedo/Uviéu - Grau/Grado

1. Oviedo Pilgrims' lodging
C/ Prado Picón, s/n. Edificio del Seminario Metropolitano. Oviedo/Uviéu
T: 985 228 525
✉ info@caminosantia.goastur.com

2. “La Peregrina” Pilgrims' lodging
C/Gascona, 18. Bajo. Oviedo/Uviéu
T: 687 133 932
✉ hostalfoncalada@gmail.com

3. El Escamplero Pilgrims' lodging
El Escamplero, s/n. Las Regueras
T: 985 799 005 (Keys)

4. Villa Palatina Pilgrims' lodging
Paladin, 4. Valduno/Valduno, Las Regueras
T: 985 058 097/603 402 500
✉ hola@villapalatina.es

5. Villa de Grado Pilgrims' lodging
C/ Maestra Benicia, 1. Grau/Grado
T: 985 750 068 (Town Hall)

6. La Quintana pilgrims' lodgings
C/ Eulogio Diaz de Miranda, 30. Grau/Grado
T: 985 750 412 / 640 37 72 56
✉ info@alberguelaquintana.com

7. Villapañada pilgrims' lodgings
San Xuan/ Villapañada, 15. Grado
T: 985 750 068 / 985 753 073 (Agente de Desarrollo Local)

8. Cabruñana pilgrims' lodgings
Alto de la Cabruñana. Grado
T: 985 750 075 (Local Police) / 985 750 068 (Town Hall) / 985 750 037 (key collection: Restaurante Ana)

Stage: Grau/Grado - Salas

9. Cornellana pilgrims' lodgings
Monasterio de Cornellana. Salas
T: 635 485 932 (Gloria - Host)

10. La Figal de Xugabolos pilgrims’ lodgings
Casazorrrina, 12. Salas
T: 659 113 721
✉ lafigaldexugabolos@gmail.com

11. Salas pilgrims' lodgings
Plaza de la Veiga, 8. Salas
T: 985 830 004 (Town Hall) / 689 572 127 (Local Police)

12. La Campa pilgrims' lodgings
Plaza de la Campa, 7. Salas
T: 984 885 019
✉ alberguecampasalas@gmail.com

13. Bodenaya pilgrims' lodgings
Bodenaya, 27. Salas
T: 645 888 984
✉ carricondodavid@gmail.com

14. El Texu pilgrims' lodgings
Plaza de la Iglesia, 6. La Espina.
T: 985 837 281 / 639 365 210 (Carmen, manager)
✉ marcialboenaya@gmail.com

15. “El Cruce” pilgrims' lodgings
El Cruce, 5. La Espina.
T: 985 837 281 / 639 365 210 (Carmen, manager)
✉ marcialboenaya@gmail.com

Stage: Salas - Tineu/Tineo

16. Mater Christi pilgrims' lodgings
Antiguo Centro de Salud. C/ Las Cabezas de San Juan. Tinéu/Tineo
T: 985 801 067

17. “Casa Herminia” pilgrims' lodgings
Campielu/Campiello, 15. Tineo
T: 985 800 011 / 661 304 284
✉ casaherminia@hotmail.com

18. Borres pilgrims' lodgings
Bourres/Borres, s/n. Tineo
T: 663 785 266 (key collection: El Barin de Borres)
Stage: Tineo - Pola de Allande

19. Penaseita pilgrims' lodgings
Penaseita, Allande
Tel: 646 832 425 (key collection: Miguel Ángel)

20. Pola de Allande pilgrims' lodgings
Avda. de América, 47, Pola de Allande, Allande
Tel: 646 832 425 (key collection: Miguel Ángel)

Stage: Pola de Allande - Berducedo

21. Berducedo pilgrims' lodgings
Antigua escuela de Berducedo, Allande
Tel: 985 929 325 (El Cafetín House Bar, Bibiana)

22. “Camino Primitivo” pilgrims' lodgings
Berducedo, Allande
Tel: 985 906 670
caminantiguo@gmail.com

The Coastal Way

Stage: Bustoio - Llanes

28. Busto pilgrims' lodgings
Barrio de la Iglesia, Bustoio, Ribadedeva
Tel: 607 812 610 / 630 233 867
alberguebustoio@gmail.com

29. “Aves de Paso” pilgrims' lodgings
Barrio La Laguna, Pendueles, Llanes
Tel: 617 160 810

30. “La Senda del Peregrino” pilgrims' lodgings
Camino del Cristo, La Portiella, La Portiella, Llanes
Tel: 985 404 486 / 618 029 313
info@sendadelperegrino.es

31. “La Casona del Peregrino” pilgrims' lodgings
C/ Colegio de la Encarnación, 3, Llanes
Tel: 985 402 494 / 626 993 334
alberguelacasonadelperegrino@gmail.com

32. “La Estación” pilgrims' lodgings
C/ Román Romano, 15, Llanes
Tel: 985 401 458 / 610 528 111
alberguelaestacionllanes@gmail.com

33. “La Cambarina” pilgrims' lodgings
Plaza de los Higos, 128, Poo de Llanes
Tel: 635 739 837
alberguelacambarina@gmail.com

Stage: Llanes - Ribadesella/Ribeseiya

34. “La Llosa de Cosme” pilgrims' lodgings
La Llosa de Cosme, Piñeres de Pría, 16, Llanes
Tel: 609 861 373

Stage: Ribadesella/Ribeseiya

35. San Esteban del Leces pilgrims' lodgings
San Esteban/Leces, Ribadesella
Tel: 985 857 611 (key collection)

36. “Tú Casa” pilgrims' lodgings
La Sertal, 21, Vega de Ribadesella, Ribadesella
Tel: 984 100 746
tucasavega@gmail.com

Stage: Ribadesella/Ribeseiya - Priesca

37. La Pumarada pilgrims' lodgings
C/ La Calvera, 49, Caravia Alta, Caravia
Tel: 620 851 635
lapumaradacaravia@gmail.com

38. La Isla pilgrims' lodgings
Barrio La Colonia, Antiguas Escuelas, La Isla, Colunga
Tel: 985 852 005 (recogida de llaves: Angelita)
39. “La Rectoral de Priesca” pilgrims’ lodgings
La Quintana, 2. Priesca. Villaviciosa
T: 636 056 520
larectoraldepriesca@gmail.com

Stage: Priesca - Casquita

40. Sebrayu pilgrims’ lodgings
Sebrayu/Sebrayo, 21. Villaviciosa
T: 985 996 012 (from 11:00 to 14:00 h.) / 699 440 399

41. “Villaviciosa” pilgrims’ lodgings
C/ Marqués de Villaviciosa, 5. Villaviciosa
T: 985 891 355 / 607 326 927
info@alberguevillaviciosa.com

42. “El Congreso” pilgrims’ lodgings
Plaza del Ayuntamiento, 25. Villaviciosa
T: 985 891 180
albergueelcongreso@gmail.com

Stage: Casquita - Gijón/Xixón

43. Deva pilgrims’ lodgings
Camping municipal de Deva-Gijón, Camín de la Pasadiella, 85. Ctra N-632, PK 64. Gijón
T: 985 133 848 (municipal campsite)
info@campingdeva-gijon.es

Stage: Gijón/Xixón - Avilés

44. Pedro Solís pilgrims’ lodgings
Avda. de Cervantes, 2 (also with entrance through calle Gutiérrez Herrero, 4). Avilés
T: 985 547 638 / 669 302 676 (Llaves)

Stage: Avilés - Muros/Muros de Nalón

45. “Beach Hotel El Pez Escorpión” pilgrims’ lodgings
Avda. Marola, 1. Salinas. Castrillón
T: 985 300 859
reservas@elpsezescorpion.com

46. San Martín pilgrims’ lodgings
C/ Navalón, 39. Samartín/San Martín de Lasprá. Castrillón
T: 659 803 290
alberguesanmartin@outlook.es

47. “Rural Surf” pilgrims’ lodgings
Linares, 132. Naveces. Castrillón
T: 626 159 360 / 622 568 351
more@ruralsurf.com

48. Casa Carmina pilgrims’ lodgings
Avda. de Riego, 21-23. Muros. Muros de Nalón
T: 985 583 137/646 135 438
reservas@casacarminahostel.com

49. La Naranja Peregrina pilgrims’ lodgings
C/ Era, 27. Muros. Muros de Nalón
T: 685 245 111

Stage: Muros/Muros de Nalón - Soto de Luiña

50. “Cudillero” pilgrims’ lodgings
Avda. Selgas, El Pito. Cudillero
T: 985 590 204 / 689 232 532 / 645 743 302

51. Soto de Luiña pilgrims’ lodgings
Soto de Luiña. Antiguas Escuelas. Cudillero
T: 640 692 591

Stage: Soto de Luiña - Villalamouros/Villademoros

52. Cadavedo pilgrims’ lodgings
Antigua Carretera General. Cadavéu/Cadavedo. Valdés
T: 653 128 642

Stage: Villalamouros/Villademoros - Outur/Outur

53. Almuña pilgrims’ lodgings
Almuña. Valdés
T: 650 218 326 (Jorge)

Stage: Outur/Outur - A Caridá / La Caridad

54. Piñera pilgrims’ lodgings
Piñera. Navia
T: 985 630 094 (Ayuntamiento)

55. Arboces pilgrims’ lodgings
Arboces. A Caridá / La Caridad. El Franco
T: 685 154 405 (Rodrigo)

56. A Caridá pilgrims’ lodgings
Avda. de Asturias. A Caridá / La Caridad. El Franco
T: 685 154 405 (Rodrigo)

Stage: A Caridá / La Caridad - A Véiga/Vegadeo

57. Tapia pilgrims’ lodgings
C/ Represas. Tapia de Casariego
T: 660 689 228 (José Antonio) / 985 628 080 (Town Hall)
Linking of the Coastal Way with the Original Way

Stage: Casquita - La Pola Siero/ Pola de Siero

60. Valdediós Monastery pilgrims' lodgings
Santa María de Valdediós Monastery, Villaviciosa
T: 693 701 173 / 681 676 335
✉️ hospederiavaldedios@gmail.es

61. Vega pilgrims' lodgings
La Plaza. Vega de Sariego. Sariego
T: 985 748 003 (Town Hall) / 985 748 290 (Key collection: Taberna la Casuca)

62. Pola de Siero pilgrims' lodgings
La Casona de San Miguel. C/ Celleruelo. La Pola Siero/Pola de Siero
T: 985 726 422

St. James Way: Asturian section of the León-Oviedo/ Uviéu Way

Stage: Puerto de Pajares - Campumanes/ Campomanes

63. Payares pilgrims' lodgings
Antiguas casas de los maestros. Payares/Pajares. Lena
T: 645 930 092 (Marisa)

Stage: Campumanes/Campomanes - Mieres del Camín/ Mieres

64. La Pola pilgrims' lodgings
C/ Ramón y Cajal, 20. La Pola/Pola de Lena. Lena
T 985 492 247 (from 8:00 to 22:00h. business days)

65. La Peña pilgrims' lodgings
Antiguas Escuelas de La Peña. Mieres
T: 665 523 426 / 985 463 266
Associations of Friends of the Northern St. James's Way

The groups that were born with the Way in their spotlight have played a more than important role in the reactivation and development of the pilgrimage routes that run through Asturias and since then they have been working towards its maintenance and development. They are present on the most important stopping points of the different itineraries and can help out disoriented pilgrims or provide that help which, under certain conditions, is providential. These associations are usually those that are behind the pilgrims’ lodgings that are on the different ways, therefore, can offer the necessary explanations about their use.

Santiago Apóstol de San Lázaro del Camino Association
San Mateo-Church of San Lázaro
33008 Oviedo/Uviéu
lineanoventa@gmail.com

Friends of the Valdés-Luarca St. James’ Way Association
Millares, s/n
33788 Cadavéu/Cadavedo (Valdés)
maryriegla@hotmail.es

Friends of the “El Acebo” St. James’ Way Association
Uría, 51 - 4º A
33800 Cangas del Narcea
angelessgonzalezcastano@gmail.com

“Friends of Ribadesella and the St. James’ Way” Cultural Association
Plaza de Abastos, s/n - Apdo 51
33560 Ribadesella/Ribeseya
info@amigosderibadesella.com

“La Humildad” and St. James’ Way Cultural Association
Ctra. General, s/n
33156 Soto de Luiña
jalbueme@hotmail.com

Villaviciosa St. James’s Way Friends Association
General Campomanes, 26 Bajo
33300 Villaviciosa
daflaballera@hotmail.com

Astur-Galaica St. James’s Way Friends Association
Camilo Barcia Trilles, 4. Associations premises. Apt. 11
33770 A Veiga/Vegadeo
juanseijoperez@hotmail.com
blancapendia@gmail.com
chulojvp@gmail.com

Salas on St. James’s Way Association
Codán Schools. Apdo. 151
33860 Salas
salustianocrespo@gmail.com

Astur-Galaica del Apóstol Santiago Association
“Pedro Solís” Hostel. Gutiérrez Herrero
33404 Avilés

Avilés St. James’s Way Friends Association
33404 Avilés
amigoscaminoaviles@hotmail.com

St. James’ Way Astur-Galaico del Interior Friends Association
Avda. González Mayo, 3, bajo
33870 Tinéu/Tineo
laureanogarcia@diez@gmail.com

“El Bordón” de Llanes St. James’ Way Friends Association
Avda. de la Paz, 15
33500 Llanes

Noreña y Sariego Siero St. James’ Way Friends Association
Casona de San Miguel Hostel. Cerelluelo, s/n
33510 La Pola Siero/Pola de Siero
info@caminodesantiagoadsturias.es

Paisaje de Salas Friends Association
33868 Villaón - Salas
ami_presi@hotmail.com

Asturias-León St. James’s Way Friends Association
Leopoldo Alas, 20
33008 Oviedo/Uviéu
info@caminosantiagoadsturias.com

Bajo Nalón St. James’s Way Friends Association
Marqués de Muros, 6
33138 Muros/Muros de Nalón
kaleartona@gmail.com

North Ribadesella-Caravia Way Pilgrims Association
Dirio de Regoyos, 2 - 4º A
33560 Ribadesella/Ribeseya
ribaperegrinasoc@gmail.com

“Castrillon for All” Association
La Plata, 13
33459 La Plata - Castrillon
platastur13jrlv@gmail.com

“The Cantabrian Sea Way” Pilgrimage association
Pintor Manuel Medina, 17 – 2º F
33210 Gijón/Xixón
info@elcaminoadelmar.com

Grado St. James’s Way Friends Association
Grado House of Culture. Cerro de la Muralla
33820 Grau/Grado
jomarquis05@telefonica.net

“Pilgrimage Siero” St. James’s Way Friends Association
33510 La Pola Siero/Pola de Siero
aacs@sierojacobeo.com
A very different experience

In this section you can find a series of initiatives which are available to pilgrims to make this experience a little different.

Pilgrims in Asturias, travelling from hotel to hotel

Walk the Way by staying in a selection of hotels with service designed especially for pilgrims.

More information and specific conditions at: peregrinosporasturias.com

PeregrinandoOviedo

Dramatised cultural visit, led by a 10th century pilgrim, and an official guide that will allow you to trace the origins of the Way and understand the experience of the pilgrims.

More information and specific conditions at: peregrinandooviedo.com

Trekkapp

The St. James Way in Asturias guided by GPS. A free mobile application that provides all the information necessary for travelling on the Asturias Way.

More information and specific conditions at: trekkapp.com

Pilgrim’s passage through the Cider Region

Enjoy the best of breaks staying at the accommodation of the Cider Region with a very special range of options.

More information and specific conditions at: lacomarcadelasidra.com

El Camino with luggage transportation: before, during and after

Correos is the perfect travel companion for pilgrims with its three options for enjoying a comfortable and easy Camino de Santiago.

More information and specific conditions at: elcaminoconcorreos.es

Through Asturias they pass through the Original Way, also known as the Interior Way, which crosses the greenest and most mountainous Asturias, from Oviedo/Uviéu to Puerto del Acebo, and the Coastal Way, which enters from Cantabria crossing the whole Asturian coast.

The so-called El Salvador Way links with the French Way, from León, with the Original Way in Oviedo/Uviéu.
### The Coastal Way

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### The Original Way

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</tr>
<tr>
<td>07</td>
<td>Grandas de Salime</td>
</tr>
<tr>
<td>08</td>
<td>Alto del Acebo</td>
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<tr>
<td>09</td>
<td>Paradavella</td>
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<tr>
<td>10</td>
<td>Castroverde</td>
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<tr>
<td>11</td>
<td>Lugo</td>
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<tr>
<td>12</td>
<td>San Román da Retorta</td>
</tr>
<tr>
<td>13</td>
<td>Melide</td>
</tr>
<tr>
<td>14</td>
<td>Arzúa</td>
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<tr>
<td>15</td>
<td>Arca</td>
</tr>
<tr>
<td>16</td>
<td>Santiago</td>
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### Connections

#### El Salvador Way

<table>
<thead>
<tr>
<th>Number</th>
<th>Location</th>
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<tbody>
<tr>
<td>01</td>
<td>León</td>
</tr>
<tr>
<td>02</td>
<td>La Robla</td>
</tr>
<tr>
<td>03</td>
<td>Poladura de la Tercía</td>
</tr>
<tr>
<td>04</td>
<td>Puerto de Pajares</td>
</tr>
<tr>
<td>05</td>
<td>Campumanes/Campomanes</td>
</tr>
<tr>
<td>06</td>
<td>Mieres del Camín/Mieres</td>
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</table>

#### Coastal-Original Way

<table>
<thead>
<tr>
<th>Number</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>01</td>
<td>Casquita</td>
</tr>
<tr>
<td>02</td>
<td>La Pola Siero/Pola de Siero</td>
</tr>
</tbody>
</table>
The Original Way
1. Oviedo/Uviéu
2. Grau/Grado
3. Salas
4. Tinéu/Tineo
5. Pola de Allande
6. Berducedo
7. Grandas de Salime

Variante Hospitales:
A. Salas
B. Bourres/Borres

The Coastal Way
1. Bustio
2. Llanes
3. Ribadesella/Ribeseya
4. Priesca
5. Casquita
6. Gijón/Xixón
7. Avilés
8. Muros/Muros de Nalón
9. Soto de Liñúa
10. Villamouros/Villademoros
11. Outeir/Outur
12. A Carida/La Caridad
13. A Veiga/Vegadeo

Connection
Coastal-Original Way
1. Casquita
2. La Pola Siero/Pola de Siero

Connection
El Salvador Way
1. Puerto de Pajares
2. Campumanes/Campomanes
3. Mieres del Camín/Mieres
Asturias

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