

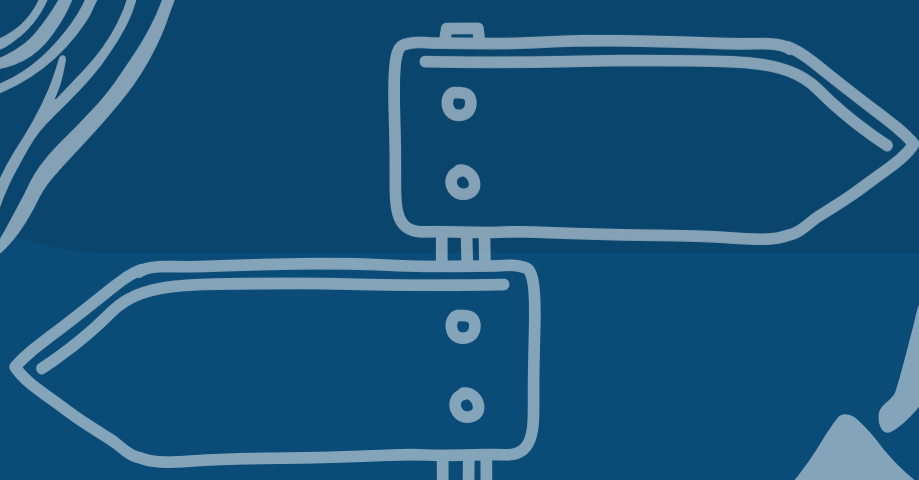
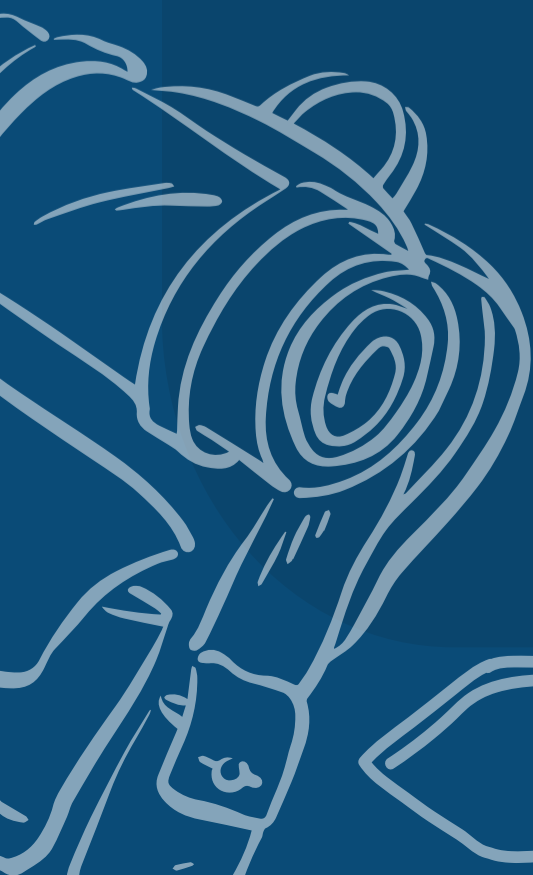


Asturias
paraíso natural

Way of St. James Planner

IN ASTURIAS

*Full guide to plan your pilgrimage on
the Way of St. James in Asturias*



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Before you start

What you need to know



Preparation tips

Physical preparation: Walk regularly before the trip and stretch your muscles.



Footwear: Wear comfortable shoes and test your footwear in advance.



Backpack: Limit weight to 10% of your body weight and practice packing.



Listen to your body: Walk at your own pace and rest when necessary.



Enjoy the journey: Take the opportunity to enjoy nature, culture and people along the way.



Route choice



Before starting, **we recommend you** carefully **research** and select the route that best suits your preferences and abilities.

In **Asturias**, there are different options for getting to Santiago, each with its own charm and challenges.

There are variants, but **the most popular in the region are:**

PRIMITIVE WAY

NORTHERN WAY

EL SALVADOR WAY



PRIMITIVE WAY



NORTHERN WAY



EL SALVADOR WAY



PRIMITIVE WAY



NORTHERN WAY



EL SALVADOR WAY





Distance and length in Asturias

Primitive Way, starting in Oviedo, it is made up of 13 stages (6 in Asturias).

Northern Way, which runs along the entire Cantabrian coast, it is made up of 32 stages. If you start in Unquera, the starting point before entering Asturias, you will only have 16 stages left to get to Santiago!

El Salvador Way is only 5 stages and at the end you will receive an accreditation: La Salvadorana! It's perfect if you don't have much time.



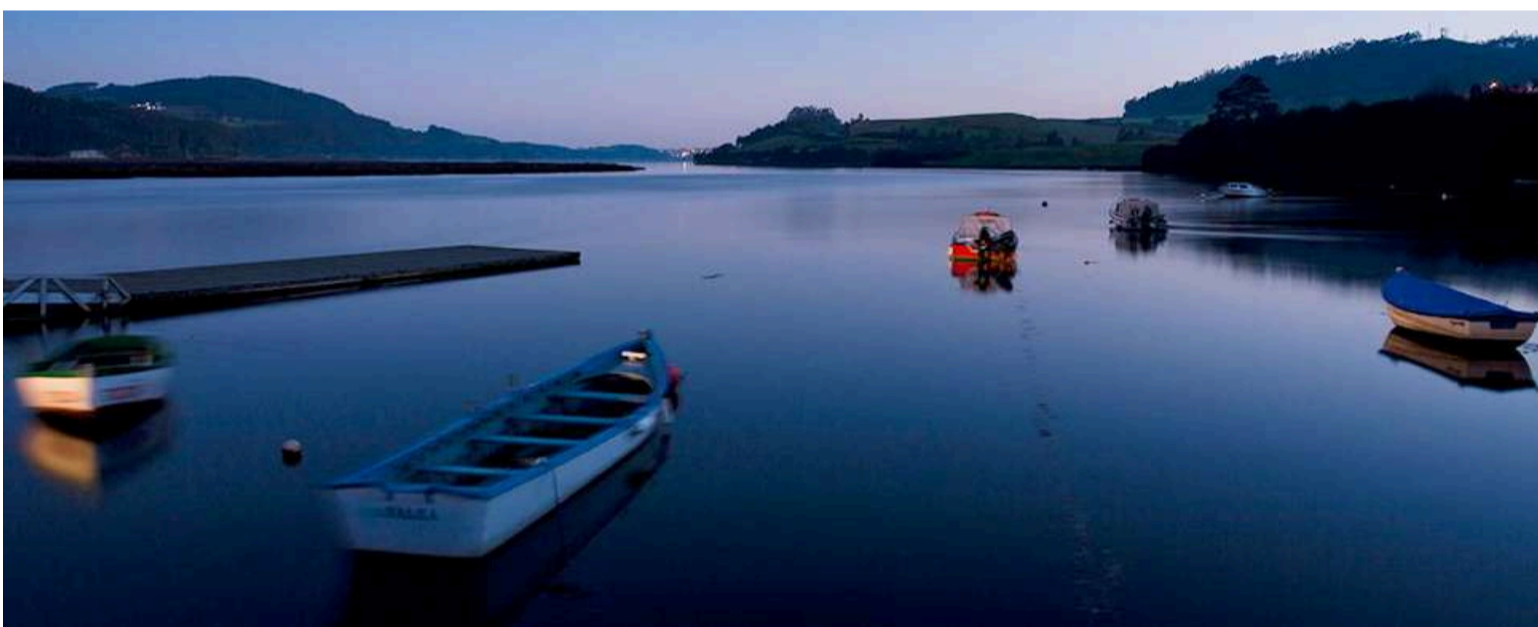


Personal interests in Asturias

Primitive Way takes you through mountainous and rural landscapes, offering an authentic and challenging experience.



Northern Way provides stunning views of the Cantabrian Sea and a mix of coastal and urban environments.



El Salvador Way, on the other hand, connects the Asturian mountains and the Castilian plateau, providing a unique experience.





Weather conditions in Asturias

Asturias has an Atlantic climate, with **moderate temperatures and frequent rainfall**. Although it doesn't rain like it used to, **don't forget to pack a raincoat** in your backpack.



Difficulties in Asturias

These 3 routes present **different challenges** in terms of elevation and terrain.

The **Primitive Way** is known for being the most physically demanding route as it has continuous ups and downs.

The greater degree of difficulty is offset by the fact that this route is not just a journey but an experience that will take you back in time in the footsteps of the first pilgrims who ventured to Santiago de Compostela.

The **Northern Way**, or Coastal Way, the northernmost of the Pilgrims' Routes to Santiago de Compostela, an ideal option for those seeking proximity to the sea. Cliffs, beaches, some hidden and others endless, forests and small coastal villages are a constant along the route.

The additional difficulty involved in crossing a high mountain pass, such as Pajares, with its steep ascents and descents, implies an additional challenge for those who choose to leave the French Way and continue along **El Salvador Way** to worship the relics kept in Oviedo Cathedral.

As the saying goes: "**Whoever goes to Santiago and does not go to El Salvador, honours the servant and leaves the Lord**".

Assess your physical condition and choose the route that suits your abilities and difficulty preferences.

For **detailed information** on stages, days, difficulty and specific services in Asturias, we recommend you consult our [website](#).





Accommodation in Asturias

Way of St. James is an experience and undoubtedly requires effort and discipline. Although it is true that each pilgrim plans and lives it in their own way, according to their own criteria, **rest at the end of the day is of vital importance.**

Whichever route you choose, you will find a hostel at the end of each stage, although you can also stay in other types of establishments.

There are plenty of hotels, hostels, campsites and guesthouses along the **Northern Way**. You'll be spoilt for choice, although in the summer season it is advisable to book in advance as the coast is usually crowded!

The **Primitive Way** is gaining in popularity, so you will have no problem finding the hotel or hostel that best suits your needs. Keep in mind that there are no campsites on this route.

Stage 3 of **El Salvador Way** - Poladura de la Tercia - Payares - offers the least services. Be cautious and book in advance.

Signposting

Signposting on the Way of St. James is essential for pilgrims to find their way easily. In Asturias, as in other parts of the route, the path is signposted with **yellow arrows indicating the direction to follow.**

These yellow arrows are painted on **posts, trees, walls** and other surfaces along the road.

Here are some key aspects related to signposting:

YELLOW ARROWS

Along Way of St. James, you will find yellow arrows **at every stage.**

These arrows are the **main guide** to keep you on the right path. It is important to **pay attention** to them and follow them to avoid getting lost.



What do they mean?

This symbol is of unquestionable value as an **indicator of direction** on Way of St. James

VERTICAL UPWARD ARROW:

It shows the destination to be reached by continuing **along the same street** (in the city) or path and, in general, the directions from the way you're heading.



HORIZONTAL ARROW TO THE LEFT OR TILTED 45° UPWARDS:

It shows the destination to be reached **by turning to the left.**



HORIZONTAL ARROW TO THE RIGHT OR TILTED 45° UPWARDS:

It shows the destination to be reached **by turning to the right.**



Signposting intervals:

Yellow arrows are usually **placed at regular two-kilometre intervals and always one at each junction**, so that pilgrims can be sure they are on the right path.

Pay attention to signs at junctions and decision points!

Signposting complements

In addition to the yellow arrows, you may find other indicators, such as **scallop shells or plaques with the Way of St. James logo**. These are also useful to confirm that you are following the right route.



Luggage transport during the journey

If you prefer not to carry your luggage along the way, **there are specialised services** that will transport your belongings from one accommodation to another. This option allows you to focus on enjoying the experience without the physical burden.

Here are some of the companies that offer this service, along with additional information:



WAY OF ST. JAMES WITH CORREOS

Correos, the Spanish postal company, offers a specific service for pilgrims called "Paq Mochila".

This service **allows you to send your backpack from one accommodation to another**, guaranteeing safe and efficient delivery.

It is important to **consult the specific conditions** of Correos "Paq Mochila", such as collection and delivery times, as well as the associated fees.



TAXICAMINO

Taxicamino is a **company that specialises in transporting pilgrims and their backpacks** along the Primitive Way. They offer personalised services to suit the needs of pilgrims.

When using Taxicamino services, it is advisable **to check the specific conditions** related to available routes, timetables and fares.

TAXICAMINO

ASTURPEREGRINOS

Asturperegrinos is another option that provides backpack transport services in the Asturian stages of the Northern Way or the Coastal Way.

Its goal is to **make the experience easier for pilgrims** and ensure that they enjoy Way of St. James **without the burden of luggage**.

Before using Asturperegrinos services, it is advisable to **review the specific conditions**, including routes covered, pick-up and drop-off points, as well as applicable fees.



Pilgrim's credential

01 Get your credential

Get your credential before starting Way of St. James, generally available in hostels, churches or pilgrims' associations. You can request it in advance and free of charge at the Tourist Information Centre of Asturias' Principality. citpa.oviedo@turismoycultura.asturias.es

02 Stamp your credential

Stamp your badge at every hostel or sightseeing spot you visit.

03 Accommodation

The credential is important to get accommodation in public hostels.

04 Compostela

The stamps on your credential will certify the distance covered. Remember that you must walk at least the last 100 km on foot or 200 km by bicycle to receive the **Compostela** at the end of Way of St. James.

Pilgrim's credential

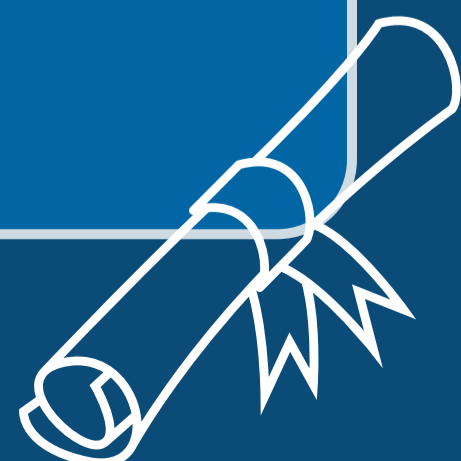



What is Compostela?

A **certificate awarded to pilgrims who have completed Way of St. James.**

To obtain your Compostela, pilgrims must cover at least the last 100 kilometres on foot or on horseback, or the last 200 kilometres by bicycle.

The certificate, known as "La Compostela", is issued as official recognition of the pilgrimage and is a document that attests to participation in Way of St. James experience. It is an important and symbolic element for those who undertake this spiritual and cultural journey.





Emergency numbers and other useful numbers

In case you need help or assistance during your trip, **keep the following useful numbers handy:**




Emergency number in Spain:

112 (for medical assistance, fire brigade, police, etc.).


Personal emergency contacts:

Share your emergency contact information with someone you trust before you start your journey.



Numbers of nearby shelters or refuges:

Carry a **list of shelter numbers** in the areas you will be passing through.





2

Checklist

Don't forget!



Checklist


- Lightweight and comfortable backpack** for carrying your belongings
- Comfortable shoes** for long distance walking
- Weather-appropriate clothing** and additional layers
- Raincoat** or waterproof jacket
- Sunscreen and chapstick**
- Reusable **water bottle**
- Hiking **poles (optional)**
- Pilgrim's credential**
- Identity documents** (ID card or passport)
- Cash** and cards
- Basic **first aid kit**
- Quick-drying microfibre **towel**
- Sleeping bag** or sheet
- Chargers** for electronic gadgets
- Maps** or Way of St. James guide (optional)
- Other items** (specify):
- Toothbrush** and toothpaste
- Soap** and shampoo
- Brush** or comb
- Toiletries** and personal care products
- Cup, plate and light cutlery** (optional)
- Inflatable or small **pillow** (optional)
- Underwear** and socks
- Lightweight **sandals** (optional)
- Bag** for dirty or wet **clothes**
- Padlock** to secure your backpack (optional)

3

Where to sleep

*Types of accommodation
you can find:*





During your journey along Way of St. James in Asturias, you will find a variety of accommodation options to rest and recharge your batteries.

Here are a few types of accommodation you can find:



Public shelters

They are **affordable and popular** among pilgrims. They offer **bunk beds in shared bedrooms**, a shared kitchen and shared bathrooms.



Private shelters

Often run by *hospitaleros*, they provide similar services to public hostels, but may have a **quieter and more comfortable atmosphere**.

Unlike public hostels, you have the option of **reserving a place in advance** to avoid being left without a bed. Some hostels even have **private rooms with en-suite bathrooms**.

Hostels and guesthouses

They offer a **variety of rooms** and are perfect if you are looking for a little more **privacy** and comfort.



Village houses

Small establishments in **villages and rural areas**. They offer a **cosy and authentic** atmosphere.

Hotels

In some larger towns, you will find hotels that offer **larger rooms or additional services** depending on their category.

Campsites

For those who prefer camping, **campsites are available in Asturias along Northern Way or the Coastal Way**.



Monastery accommodation

For a **unique spiritual and cultural experience**, stay at **the Valdediós Monastery**, on the road from Villaviciosa to Oviedo.

Perfect for pilgrims who, having started their Way along the Coast, wish to visit the **relics kept in El Salvador Cathedral (Oviedo)**.



4

Where to eat

Options for eating



During your pilgrimage you will have the opportunity to enjoy the tasty local cuisine in a variety of places.

Here are some options of where to eat:



Restaurants and bars

In the towns along the way, you will find restaurants and bars where you can taste **typical dishes from the region**. Try fabada asturiana, cider, fresh fish and other local delicacies.



Pilgrim's menus

Many establishments offer special set menus for pilgrims at **affordable prices**. These menus include several dishes and are an excellent option to taste the local cuisine.



Shelters and refuges

Some hostels and shelters also offer lunch or dinner for pilgrims. This can be useful if you want an option **close to where you are staying**.



Supermarkets and grocery shops

If you prefer **to make your own meals**, you can buy food in local supermarkets and shops to carry in your backpack. Don't forget to try the Asturian cheeses.



Local markets

In some towns, you will find local markets where **farmers sell fresh products**. This is an opportunity to buy fresh fruit, vegetables and other fresh produce.

Asturias is known for its delicious food, so be sure to try the local specialities and enjoy the gastronomy during your trip.

Enjoy your meal!



5

Frequently asked questions

*Any doubts?
This is your section!*



Do I need to book accommodation *in advance*?

During high season, it is advisable to book accommodation in advance. In the low season, it is possible to find accommodation without booking in advance, but there may be fewer options available.

How do I find the *right way*?


The way is well signposted with yellow arrows and scallop shells. You can also use guidebooks, navigation apps and maps to keep you on the right path.

Can I do the walk *alone* or is it *better in a group*?

You can do it both ways, the choice is yours. Many pilgrims travel alone and make friends along the way.





How to deal with common blisters and injuries?





Apply petroleum jelly or similar products to blister-prone areas before walking. Make sure your footwear fits properly. Use special blister dressings or tape to reduce friction. If an injury worsens or does not improve with basic care, seek medical attention.

Is it possible to find return transport from Santiago de Compostela?



Yes, Santiago has good transport connections back to your home town. Options include train, bus, plane, car rental and taxi. It is advisable to plan ahead, especially in high season.



*Can I receive **medical assistance** on Way of St. James?*

Yes, there are doctor's offices and pharmacies in the main towns along the way.

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