

# Oviedo to Lugo



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the  
**Camino**

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# YOUR CAMINO JOURNEY STARTS HERE

This travel plan provides a **day-by-day outline** of a sample trip, giving you a clear idea of what to expect. Keep in mind that this package can be fully **tailored** to your preferences. As a **2024 Traveler's Choice Award winner** on **TripAdvisor**, we're proud to be trusted by hundreds of travelers who praise our **seamless service**, expert **guidance**, and unforgettable **experiences**. Before you set off, take a moment to read some of their stories.



Follow The Camino



Reviews from millions of Tripadvisor travellers place this winner in the top 10% worldwide.



\*There is a Camino for everyone! Photos are for inspiration and may differ from your selected itinerary.

**LIZ F.**



**Walking the french camino is one of the best experiences of my life.**

*I was a bit anxious before starting my Camino walk but once I was into it , I had a brilliant time.*

*Follow the Camino planned my trip and everything went seamlessly , so all I had to do was concentrate on walking ! Il be back for sure.*

**LARA K.**



**Wonderful all round experience**

*Follow The Camino delivered on everything they promised with accomodation selection great and transfer of luggage seamless. The actual walk was wonderful and matched or exceeded my expectations. Wouldn't hesitate to use them again for my next Camino. Loved it!!!!*

**RANDY R.**



**Follow the Camino Frances**

*The Camino Frances was the best vacation experience I've ever had. Fitness, new friends, and fantastic country. Highly recommended.*

**GRETA O.**



**Follow the Camino with an eighty year old**

*Follow the Camino was excellent. Hotels included dinner and breakfast. Clean and good food. Luggage transfer seamless. Well done.*



# ITINERARY



Stage 1 of 2



214.8km



11 days



Comfort



Moderate plus

Starting from

€1387

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec

Popular Time

Good Time

Off/Low Season

Not Possible

Overall

Distance:

17.2 min | 23.9km average | 30.5 max

Ascent:

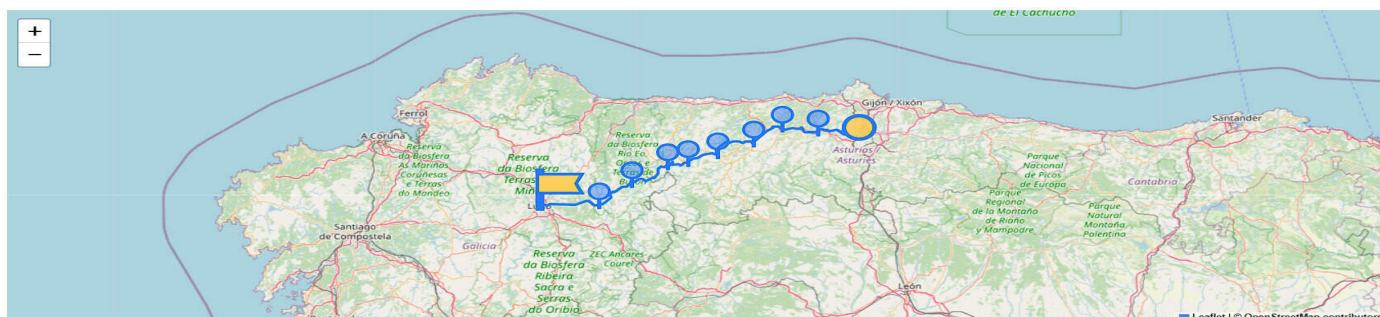
614 min | 960.2m average | 1292 max

Cardio:

3 3.7 4

This explores the first section of the Camino Primitivo, or Original Way. Here, you embark from the capital of the Asturias province, Oviedo, and cross the Cantabrian Mountain range. With some steep sections up and down you need to fit for this. But with this great effort comes spectacular views and panoramas over the mountains before descending into the Galician countryside and finishing in the town of Lugo.

## Map



## Services

### Included in this package

- ✓ Bed & Breakfast
- ✓ Specially Hand-Picked Accommodation
- ✓ Our Holiday or Pilgrim Pack
- ✓ 24/7 On-Call Support
- ✓ Virtual Face-to-Face Pre-Departure Briefing

### Add-On

- ⊕ Premium Accommodation
- ⊕ Airport Pick-Up
- ⊕ Additional Nights
- ⊕ Dinners
- ⊕ Luggage Transfers from Hotel to Hotel
- ⊕ Day Tours to Local Sites of Interest

Not included: Flights/trains, Insurance, Drinks/Lunch

Day  
1  
km

### **OVIEDO**

You will be booked into a hotel in the heart of the town of Oviedo. The capital of the Asturias province is a wonderful place to explore. Of note is the Cathedral of San Salvador and the Cámara Santa de Oviedo within it, a vault housing the cathedral's relics that is now a UNESCO World Heritage Site. The downtown Plaza de la Escandalera and Plaza del Fontán in the old quarter are also great places to experience life in Oviedo passing by.

Day  
2  
25 km

### **OVIEDO -> GRADO**

Our day begins at the Cathedral of El Salvador and, after leaving town, we head west. We arrive at the chapel of El Carmen in Lampajúa (Llampaxuga) and from here descend toward Ponte de Gallegos. The Camino then follows a beautiful trail along the river Nora to finish in a steep ascent to the lovely village of Escamplero. As we get closer to the river Nalón, we cross the N-634 highway, and the river itself over a bridge.

Day  
3  
22.1 km

### **GRADO -> SALAS**

We begin this day with a tough start, climbing up for 5km to Alto del Fresnu. You will then enjoy a gentle downhill walk through hilly farmlands and hamlets until you reach Cornellana. Here, we recommend a visit to the monastery of El Salvador. From here to Salas, the Camino follows an upwards trajectory through more farmland and typical Asturias granaries (horreos). Finally, we approach the town of Salas on more gentle terrain.

Day  
4  
20 km

### **SALAS -> TINEO**

This is a tough stage of the Camino, not because of its length (it's actually shorter than some of the other days), but because it is ascending constantly. Fortunately, most of the climb is concentrated at the beginning of the day, with the ascent gentler towards evening. Following the national road for a short while, the Camino continues on a quieter, paved path that leads us to La Espina. Here we leave the Camino Norte that continues north-west. We now enter an area around Tineo with strong Asturian character and traditions.

Day  
5  
29.5 km

### **TINEO -> POLA DE ALLENDE**

This is another challenging stage of the Camino, with ups and downs throughout the day. After following the road for a short time, the Camino comes to a path descending through woodlands. Then it passes the small villages of Vega el Rey, Berrugoso, and Campiello. We finish the day with a steep descent of about 300m to arrive in Pola de Allande.

Day  
6

17.2 km

### **POLA DE ALLENDE -> BERDUCEDO**

Today begins with an ascent of almost 600m before reaching the summit of Puerto del Palo. Here, your climb will be rewarded with amazing views of the Cantabrian Mountains. This is followed by a drop of 250m on what is called the 'Camino de los Hospitales' or Hospital Road, so be prepared for slips and be careful! Finally, passing through some woods, we arrive in Berducedo for the evening's rest.

Day  
7

20.5 km

### **BERDUCEDO -> GRANDAS DE SALIME**

This is the most rewarding part of the Camino Primitivo, but also one of the hardest. We start by climbing to Aerogeneradores (wind turbines) at 1,100m above sea level, where you will get spectacular views of the Embalse de Salime (an artificial lake), the River Navia below and, of course, the mountains surrounding us! Then, it is a steep descent of 900m over just 7km of track. Finally, passing the dam of Embalse de Salime, the Camino makes its way up to town of Grandas Salime.

Day  
8

25.7 km

### **GRANDAS DE SALIME -> A FONSAGRADA**

Today the Camino starts with a steep ascent to El Acebo Pass (at an elevation of 1,050m) for some fine views of the Cantabrian Mountains. It is now time to bid our farewell to Asturias and to say hello to the traditional land of the Celts - Galicia! After passing the mountain villages of Cabreria, Fonfría, and Barbeito, we arrive in A Fonsagrada for a well-deserved rest! In the town centre stands the Fons Sacra. This town bore witness to one of the miracles of the Apostle St James, who, after being attended to by an impoverished widow, turned the water from this fountain into fresh milk for her children.

Day  
9

24.2 km

### **A FONSAGRADA -> O CADAVO BALEIRA**

After leaving A Fonsagrada, the Camino passes through A Pobra de Buron. Coming to Hospital de Montouto, we can see the actual hospital sitting on a hilltop. It is now in ruins, but was one of the last to close before the Spanish Civil War, and was probably the most important on all the mountain Caminos of Galicia. There is also a magnificent dolmen in the vicinity of the hospital. We then make our way to the town of O Cadavo, passing quaint villages such as Calzada, Degolada, and A Fontaneira. O Cadavo is the second most important town that the pilgrims on the Camino Primitivo will pass on their way to Santiago. According to local history, Alphonse II the Chaste fought the Moorish Army nearby.

Day

### **O CADAVO BALEIRA -> LUGO**

The Camino continues through lands famous for their slate mines. This

10

30.5 km

attractive village, which retains much of its original character, is home to a number of 'Pallozas' (primitive thatched dwellings) and other buildings of interest. Then, passing by the convent of San Francisco de Vilabade, we arrive in the pleasant town of Castroverde. After Castroverde, the Camino passes the abandoned village of Soutomerille, nestled in a landscape of great beauty. Finally, crossing farmland, the Way arrives in Lugo by the Gate of Saint Peter.

Day

11

km

## LUGO

After breakfast we bid you farewell. For the explorers, Lugo is famous for its Muralla Romana de Lugo, Roman walls constructed in the 3rd Century, and the Lugo Cathedral is also worth visiting. But you can also just follow a tapas route around the city and unwind after your journey!

## Elevation Chart



# NOTES & QUESTIONS FOR MY CAMINO PLANNER

We know that planning your Camino is a personal journey, and we want to make sure everything is just right for you. Use this space to **jot down your thoughts, questions, and preferences**. Here are some ideas to discuss with your Camino planner:

- Are the daily distances suitable for me, or should I split them into shorter walking days?
- Where would you recommend taking a rest day?
- Would I like to add a tour or special experience along the way?
- Do I need transfers to and from the airport?
- Are there any accommodations I would like to upgrade?
- Would I like luggage transfers for lighter walking days?
- Are there any dietary preferences or special requests I should mention?

Feel free to write down any other thoughts or questions below:

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Your Camino planner is here to help make your journey as smooth and enjoyable as possible!

## ABOUT US

At Follow the Camino, we are re not just a tour operator; we are **passionate Camino enthusiasts** who have been guiding pilgrims **since 2007** As the first tour operator in Ireland to coordinate walks on the Camino de Santiago, we offer unrivaled expertise in designing **life-changing adventures**.

Don't hesitate to contact us at [info@followthecamino.com](mailto:info@followthecamino.com) to request your **personalized itinerary**. We can add rest days or split days to suit your pace, as well as include special day tours or unique activities to **enhance your Camino experience** Let us help you create the perfect journey tailored to your needs!



# Follow the Camino

**START PLANING NOW**

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