

SPAIN – CAMINO DE SANTIAGO **SELF-GUIDED** INN-TO-INN CYCLING

9-day / 8-night ride from Pamplona – León

7-day / 6-night ride from León – Santiago de Compostela



The Way of St James or Camino de Santiago is as popular today as it has ever been. Many thousands walk the pilgrim's routes each year but increasingly cyclists are following the route to the burial place of the apostle in the northwest corner of Spain.

For over a thousand years pilgrims have followed the '*French route*' through the rolling Galician hills – with its towns and villages, spectacular Gothic cathedrals and historical buildings including shrines, tranquil churches and monasteries. Highlights include the cathedrals of León and Santiago, the Celtic huts (pallozas) of Cebreiro and the great spirit of camaraderie of the fellow travellers that you will meet along this route.

And for pilgrims it matters not whether you travel on foot, horse or by bicycle, as you will still qualify for the pilgrim's passport.

This is a self-guided cycling holiday where we pre-book your accommodation, move your bags each day, provide suitable bike hire and information about the route including detailed maps and route notes. Accommodation is in small hotels, chosen for their location and quality. Breakfasts are taken at the accommodation, lunches are at your own arrangement and evening meals (where shown) are in the hotels or at local restaurants allowing you to sample the typical regional cuisine. Telephone support (in English) is available if required.

Cost from: **Pamplona to León** **\$2160** per person twin share.
Single room supplement from \$305

León to Santiago **\$1925** per person twin share
Single room supplement from \$225

Departs: Daily on demand from May to October

Includes: Accommodation (shared twin rooms) in small 2 or 3-star hotels with private bathrooms, breakfast each morning and dinner on 4 nights from Pamplona to León or on 6 nights from León to Santiago, bike hire, daily luggage transfers, detailed route information.

It is possible to upgrade to the 5-star Parador in Santiago at extra cost when making your reservation (subject to availability), please ask for details and costs.

Not included: Personal clothing / equipment, bicycle helmets (we suggest you take your own or purchase one locally), drinks or meals not mentioned in the itinerary, travel insurance, personal expenses

Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations

PAMPLONA – LEÓN

9-days / 8-nights – cycling @ 398km

Suggested itinerary:

Day 1: Arrival in Pamplona - Overnight accommodation in Pamplona – 2-star hotel with breakfast

Day 2: Pamplona – Estella

cycling @ 44km. Altitude change + 400m, -780m

This stage takes you into the heart of the ancient region of Navarra. It crosses dry plains and furrowed farmlands dotted with towns and villages. About halfway at the town of Puente la Reina the two major routes of the French way join heading to Santiago. Overnight in Estella in a 2-star hotel with dinner and breakfast.

Day 3: Estella – Logroño

cycling @ 49km. Altitude change +420m, -590m

Today the route skirts the great Benedictine Monastery of Irache and crosses the Ebro River by way of the historic Piedra Bridge, at the gates of the city of Logroño, capital of the region of La Rioja. A steady ride through undulating rural countryside, passing fields of wheat and vineyards of world-renowned red wine grapes. Overnight in a 3-star hotel in Logroño with breakfast.

Day 4: Logroño – Santo Domingo de la Calzada

cycling @ 48km. Altitude change +390m, -715m

Again rich vineyards and farmlands dominate the day's ride, which leads to Santo Domingo de la Calzada, a town rich in history and tradition. You follow the vast valley of the Ebro River flanked by the hills of La Demanda, to the south, and the hills of Cantabria to the north. Overnight in a 3-star hotel at Santo Domingo de la Calzada with breakfast.

Day 5: St Domingo de la Calzada – Burgos

cycling @ 75km. Altitude change +640m, -1165m

The Oca Mountains are the most dominant geographical feature of this stage. The ascent up to these small peaks takes you through vast woodlands before entering the Bierzo region. After a visit to the beautiful Monastery of San Juan de Ortega, you descend to the plains and the historical city of Burgos. Overnight in a 3-star hotel in Burgos with breakfast.

Day 6: Burgos – Carrión de los Condes

cycling @ 86km. Altitude change +800m, -920m

This stage is filled with numerous cultural landmarks linked to the Way of St James. Although it appears to be flat, there is a series of small hills to tackle in a series of rewarding if challenging undulations. The rewards are the stunning views offered by these vantage points. Overnight in a 3-star hotel with dinner and breakfast at Carrión de los Condes.

Day 7: Carrión de los Condes – Sahagún

cycling @ 39km. Altitude change +830m, -910m

This stage is dominated by the endless austere plains of Castile to Sahagún, the most important historical and cultural centre of the region. The first 16km of this stretch follows charming small roads through farmlands, then, there is no alternative but to follow the much busier N120. Overnight in a 2-star hotel with dinner and breakfast at Sahagún.

Day 8: Sahagún – León

cycling @ 57km. Altitude change +800m, -910m

After leaving Sahagún, the route continues across the flat plains of León. Whilst the scenery is ever changing the cycling route along the Pilgrim's Way is rough and stony. On the horizon is the city of León, with its Gothic cathedral. Overnight with dinner and breakfast in León.

Day 9: Departure day

Tour arrangements end after breakfast in León.



LEÓN - SANTIAGO DE COMPOSTELA

8-days / 7-nights – cycling @ 312km

Suggested itinerary:

Day 1: Arrival in León - Overnight with dinner and breakfast in a 2-star hotel in León.

Day 2: León – Astorga **cycling @ 49km. Altitude change +800m, -950m**
The journey to Santiago continues through a more populated and accessible plain. En route to the Roman city of Astorga we travel into the region of La Maragatería, famous for its muleteers. Overnight in a 2-star hotel in Astorga with dinner and breakfast.

Day 3: Astorga – Ponferrada **cycling @ 54km. Altitude change +500m, -1505m**
At the border between León and Galicia, in the vicinity of Mount Irago, is the Bierzo region. Here the people, their customs and landscape act as a bridge across the two distinctive cultures. On this stretch, you climb the challenging Cruz de Ferro (1504m) in altitude, one of the highest points along the route. Overnight with dinner and breakfast in a 2-star hotel in Ponferrada.

Day 4: Ponferrada – O Cebreiro **cycling @ 50km. Altitude change +460m, -1320m**
Again a challenging climb to O Cebreiro (1300m), perhaps the most mythical of all villages on this route. The first section continues through the narrow valley of the Valcarce River. Over the final 8 kilometres there is an ascent of some 690 metres – but you are compensated by spectacular views across the hills and valleys of the countryside. Overnight O Cebreiro (Hospedería) with dinner and breakfast.

Day 5: O Cebreiro – Sarria **cycling @ 43km. Altitude change +450m, -1330m**
The lush countryside and the Galician mountains dominate this stretch. In Triacastela you can follow the traditional route or to take the road to Samos, where the great Benedictine Monastery has attracted pilgrims since ancient times. The route passes through a succession of villages in a series of undulations descending almost 850 metres to Sarria where we stay overnight with dinner and breakfast in a 2-star hotel.

Day 6: Sarria – Palas de Rei **cycling @ 47km. Altitude change +360m, -730m**
The route leads you out of Sarria through magnificent oak woods and through a succession of villages and farmland. This penultimate stage is still challenging as it travels through rolling hills and short stretches of flat plains. Overnight in a 3-star hotel with dinner and breakfast at Palas de Rei.

Day 7: Palas de Rei – Santiago de Compostela **cycling @ 69km. Altitude change +290m, -560m**
Just 70km from your objective, the city of Santiago de Compostela, there is a great sense of expectation. Today's stage travels through village after village, across valleys and rivers ...but the succession of ascents and descents makes for challenging cycling. At the Monte do Gozo you have your first glimpse of the towers of the Cathedral of Santiago. From here you ride directly into the heart of the city where we have arranged a 2-star hotel with breakfast. Dinner is at your own arrangements – choose one of the city's many restaurants.

For those who wish to upgrade their accommodation, the historical Parador hotel in the square next to the cathedral is a must – early reservations are essential – ask for details.

Day 8: Departure day

Tour ends after breakfast in Santiago. Extra nights of accommodation can be arranged at extra cost

Outdoor Travel offers a wide range of guided or self-guided inn-to-inn cycling holidays in most countries in Europe including France, Spain, Italy, Germany, Holland, Finland, Switzerland, Austria, Hungary, Bulgaria, Ireland and the United Kingdom. Cycle tours are offered in South Africa, China, Japan, New Zealand or Vietnam. **Bike & Barge holidays** for those interested in a relaxed pace combination of cycling and canal or river cruising available in France, Italy, Belgium, Holland, Germany, Croatia, Greece, Turkey, Austria and in Romania.



Contact Outdoor Travel for more details and reservations:

- Call Toll free 1800 331 582 or (03) 57551743 or Fax (03) 57501020
- Email: info@outdoortravel.com.au
- Web: <http://www.outdoortravel.com.au/>
- Mail: Outdoor Travel Pty Ltd, PO Box 286, Bright VIC 3741, Australia