

The short guide for those thinking of taking on this epic pilgrimage into Santiago de Compostela.

A LOTUS EATERS TRAVEL GUIDE 



THE CAMINO FRANCES GUIDE

#1 GUIDE FOR THE MODERN PILGRIM

With tips on daily stages, accommodation and route highlights.

Copyright © 2023 by Lotus Eaters
Travel.

All rights reserved.

No portion of this book may be
reproduced in any form without written
permission from the publisher or
author, except as permitted by
copyright law.

TABLE OF CONTENTS



Introduction

All about the Camino de Santiago

Need to know

Top points you need to know about this route

What to expect

Key facts about the Camino Frances and our top tips

Daily Stages

This includes descriptions of each day and options depending on the distances you choose to walk

NAVIGATION

Introduction

Glossary

The Routes

Need to Know

First Time Checklist

Packing

Food & Drink

What to expect

Why pick the Camino Frances

Top Tips for walking the Frances

Where to stay on the Frances

Camino Frances Sections

Typical Daily Stages

Daily Stages Averaging 30km

Section One - SJPP to Logrono

Section Two - Logrono to Burgos

Section Three - Burgos to Leon

Section Four - Leon to Sarria

Section Five - Sarria to Santiago de Compostela

You can use this page to navigate to a particular section of this book. Inside the book, you will also find hyperlinks to external websites – such as google maps and albergue websites.

Introduction

The Camino de Santiago, quite literally means “The way of Saint James.” In 820, a tomb was discovered in Galicia that was thought to contain the remains of St James the Great (Santiago in Spanish). The details surrounding this are slightly hazy, but it is widely accepted that this marks the beginning of Christians making a Pilgrimage to the tomb of St James. According to research conducted by the Museum of Pilgrims in Santiago, it was “the act of this pilgrimage that led to the birth of the Camino”.

It is believed that the Frenchman, Bretonaldo, who walked the Camino in 920 is the first known foreign Pilgrim to have taken the journey to Santiago.

As they say, the rest is history! And today, the Camino is thriving. In 2022, 438,683 people completed the Camino taking various routes and by several different means. In 2023, even more have crossed the finish line setting a new record! The vast majority walk (94.5% in 2022) , but the Camino can be completed on bicycle, horseback, sailboat and in a wheelchair if required.



Need to know

A short overview of key facts you need to know before your journey.

Currency: Euros is the currency in Spain.

Money: You will need some cash on the route (many albergues will only accept cash), but you can find ATMs regularly.

Language: Spanish is the language of Spain, but the Camino del Norte passes through the Basque and Galician regions which both have their own language.

Electricity: Spain uses a type C plug (two round prongs)



Section One: Saint-Jean-Pied-de-Port to Logroño 161km

The first section is buzzing with palpable excitement. First you experience The Pyrenees and later the fabulous city of Pamplona before entering the small Rioja region.

Pyrénées-Atlantiques (France)

Day One will see you start in France and end the day in Spain. The Pyrénées-Atlantiques is in the Basque region of France and has a unique culture and heritage. If you have flown into Biarritz, you may get a chance to see the lively and vibrant city which is prominent in this area. Bayonne is also a delightful town and worth a visit on the way to the quaint Basque town of Saint Jean Pied de Port. As you start walking, you will enter the Pyrenees mountains.



Navarra

By the end of day two, you will enter the Navarra (Navarre) region. The capital of this region is Pamplona, a glorious city which you can read more about later in this book. city which you can read more about later in this book. Navarra border Basque regions, Rioja and Aragon.

It is most known for the San Fermin festival, which includes the Running of the Bulls and takes place in July.



Day One: Saint-Jean-Pied-de-Port to Roncesvalles 24.7km

ROUTE

- Ascent 1480m/ Descent 726m
- Trail 7.92km/Road 17.3km

We had expected a climb today, but hadn't realized quite how challenging it would be. Despite a short distance covered, this was quite a long day of walking. This is a really tough day on the Camino, arguably the hardest on the entire route. We suggest starting early to avoid the sun and pacing yourself. Many people we met had pushed themselves too hard on the first day and ended up with injuries. Also, do note foot care on your first day.

👉 **For more information on foot care on the Camino, [find our short guide here.](#)**

The route starts on road, exiting SJPP and fairly soon you start to climb. The road turns to moorland, with a mix of paths, tracks and some slightly rocky terrain. On foot, this is very manageable and pleasant terrain, much less so for those cycling the Camino. On the day that we walked, the sun was shining and there was very little shade around during our climb.

