

# CYCLING THE CAMINO DE SANTIAGO

The Way of St James - Camino Frances

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The Camino de Santiago de Compostela (Way of St James) is among the world's most famous pilgrimages: Christian pilgrims have travelled to the shrine of St James in Santiago de Compostela, northern Spain, since the ninth century. Although the majority of Camino wayfarers are walkers, the journey is attracting a growing number of cyclists, with around 16,000 undertaking the Frances variant every year.

The Camino Francés is the most popular variant of the Camino, linking St Jean-Pied-de-Port on the French-Spanish border with Santiago. This guide presents the journey in 18 stages. Two versions of the route are described, the first (770km) based closely on the walkers' route and suitable for hybrid or mountain bikes; the second (798km) a 'road route' for road and touring cycles. It can be cycled in around 10–14 days and is very well provisioned.

Clear route description and mapping are accompanied by notes on local points of interest, as well as background information on Spanish history and the history of the Camino. The practicalities are also thoroughly covered, including travel to and from the route, accommodation, kit and how to qualify for and obtain your Compostela (pilgrims' certificate).

## Key marketing points

- Around 16,000 cyclists take this route every year
- The Camino Frances is the most popular variant of the Camino, linking St Jean-Pied-de-Port on the French-Spanish border with Santiago

## About the author

Mike Wells has been a keen long-distance walker and cyclist for over 20 years. He has cycled the C2C route across northern England as well as the Camino and Ruta de la Plata to Santiago de Compostela. He has completed an end to end traverse of Cuba, a circumnavigation of Iceland and a trip across Lapland to the North Cape.

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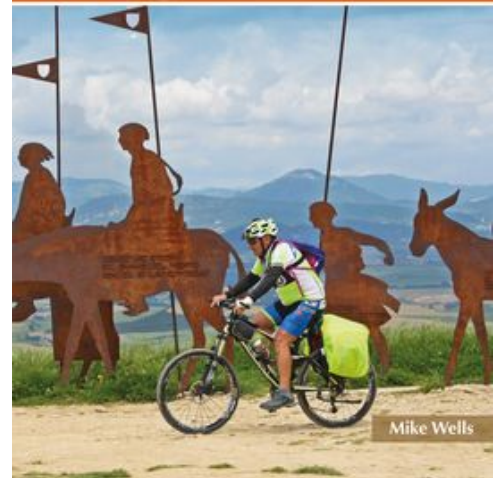
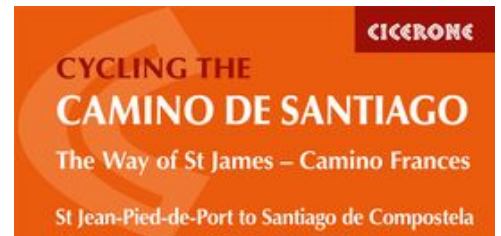
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