

FOCUS Ireland

WALKING NOTES

STAGE 3: PALAS DO REI TO ARZUA 29KM

Walking Notes

This 29km section of our walk, can be broken into two stages, stopping overnight in Melide at 14km or continuing on the walk all 29km to Arzua.

This stage is the longest and finishes up with some hilly terrain with a few uphill sections throughout the walk, that will present you with your toughest walking test of the challenge, not just because of the terrain, but also because of the fact that it faces you at the end of the stage.

When you leave Palas de Rei, the Camino mainly follows the national road, passing through a few hamlets, (be careful, very fast traffic!) and keep going along the pilgrim path. You will turn left downhill on a dirt track through eucalyptus and oak woods, which are beautiful to see and give some shade if the weather is sunny.

The road goes uphill for a little while and passes through the hamlet of Casanova where there is a bar. You are soon onto the forest track to the left which leads to a paved road which takes you into the Province of La Coruna and the village of O Coto where you have a couple of bars. Back onto a track to the village of Leboreiro with its beautiful church of Santa Maria. Then you follow a pilgrim path parallel with the N-547 road, passing an industrial estate on the left. Join a road again and go past a brick factory, looking out for a sharp downhill turn to the right through woodland. This brings you to the village of Furelos, crossing over an impressive bridge.

Go past the church of St John the Baptist on your right and continue on a gravel road, into the suburbs of Melide.



At the T-junction, continue ahead on the pedestrian path via Camino Veillo de Santiago. It goes up to reach the main street in Melide. The town of Melide marks the half way point in the stage and serves as a good point to take a lengthy lunch and break. For those finding it a struggle coming to the end and just before Melide, Ribadiso is also a nice place to take a break – there's a nice cafe just after you cross over a pretty stone bridge at the river.

Once you have navigated your way out of Melide (which can be tricky to keep an eye on the yellow arrows), the Camino goes back to the countryside, following forest tracks and quiet country roads. Parts of this section are hard going with some steep uphill and downhill sections of forest tracks and further on cross over of the national road via a footbridge. The last part of the section is uphill until you get to Arzua. Take your time, you are almost there, you will deserve a well-earned rest here!

About Arzua

Arzua is located in the province of A Coruña, in the south west region (the French Way and Northern Way join together in this town).

We strongly recommend all pilgrims to try the cheese Arzúa-Ulloa. It is so popular, that there is even a "Cheese Festival", that takes place the first Sunday of March.

During the festival, all visitors will be more than welcome to join the events around the town, such as folk concerts, cultural functions, and other ceremonies.

The cultural legacy of Arzua includes relics from the prehistory, the Bronze Age and of course Medieval. The presence of pilgrims during this period of history was so intense that the route did not experience so much "attendance" until the 90's.

All those pilgrims interested in the way of life of the inhabitants of Arzua, may visit the "Museums of the Identity". People from Arzua have always been linked to the Camino de Santiago.

It is quite easy to be dazzled by this land and its people: it can be considered sort of enchanting, that usually encourages visitors to come back.

29KM