

STAGE 5 FERROL-SANTIAGO

From Betanzos to Presedo

 DISTANCE **12,009** Km  DIFFICULTY **MEDIUM**  TIME **3:00** h

Many pilgrims dare to walk the 23.5 km between Betanzos and Bruma, but others prefer to take it slower and spend the night in Presedo. There are no steep slopes on any part of the English Way as happens on other Jacobean routes. So to say that this is its hardest stage also requires such a description to be clarified, as it is not so much due to the difficulty in this stage as for the fact that most of the route is uphill, with plenty of flat areas that, although short, serve as a place to rest. The pilgrim will cross the municipalities of Betanzos and Abegondo, with a uniform landscape characterised by the abundance of forests, predominantly pine, abundant eucalyptus and with the most emblematic tree of Galicia, the carballo [oak], making an appearance.



In Presedo, and next to the English Way, the private museum Xente no Camiño opens its doors, with an original collection of paintings with a medieval theme, which make up what is a unique set in the world. It is also an inn.

And before, at the exit of Betanzos, the bridge of As Cascas demands a photo. It is possible to go down to the river bank, which is the ideal place to capture this image. Almost next to it, a washing place that surprises us due to its large size.

THE HOSTEL. Check all accommodations at www.caminoingles.gal



Presedo. This is a municipal hostel located a couple of hundred metres from the English Way, next to the sanctuary of Nosa Señora da Saleta. It has 16 beds in its only bedroom. The phone number to call once you arrive is clearly displayed, so that they can open it up. Kitchen and shelter for bicycles.

Web:
www.caminoingles.gal
Facebook Group:
Camino Inglés Oficial
Facebook Fan Page:
Camino Inglés
Instagram:
@caminoinglesoficial



AGENDA

Civil protection: 112

Health emergencies: 061

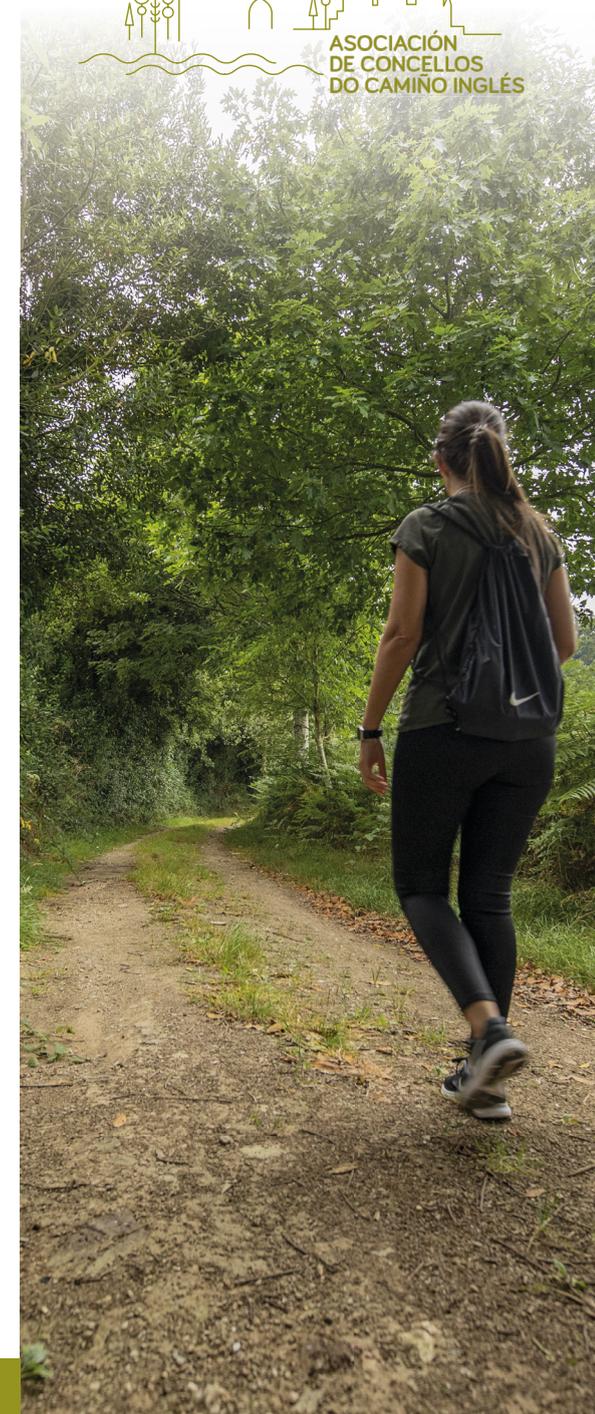
Guardia Civil: 065

Weather forecast:
www.meteogalicia.gal

Betanzos Tourist Office
Cantón San Roque, 4. Tel.: 981 776 666

Betanzos Town Hall
Praza Galicia, 1. 15300
www.betanzos.es
Tel.: 981 770 011

Abegondo Town Hall
San Marcos, 1. 15318
www.abegondo.es
Tel.: 981 647 996





As Cascas bridge

■ The pilgrim leaves behind the historic centre of Betanzos and descends to the river Mendo, which is crossed by a historic bridge: that of **As Cascas**, which was almost destroyed during the War of Independence, and neighbour of the ruins of the **convent of As Donas** which are still standing on the right, delimiting the roundabout. In fact, the bridge was already mentioned in a document that dates back to 1200. From this point the first ascent begins, short but undoubtedly the hardest, which will gradually introduce the pilgrim to the rural world.

■ This ascent, which is noticeable on the legs in its first 800 metres, leaves a curious figure of a **pilgrim** on the left. Further on, the well-kept houses of the small hamlet of Xan Rozo are also on the left, to cross the the

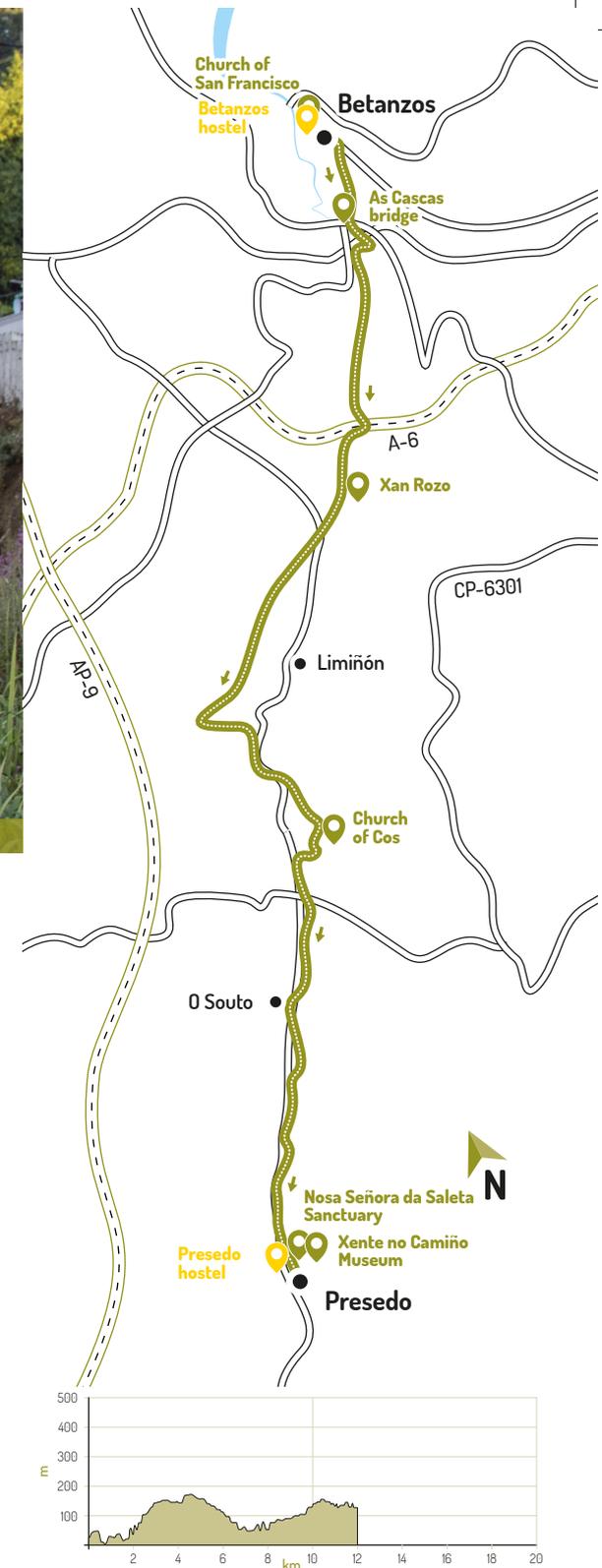
motorway then to continue into a comfortable, shady and very pleasant descent, which ends in a small valley where the greenery is everywhere. The track is wide and comfortable.

■ The valley, part of which is included in the Natura Network 2000 (58.181 km from Obradoiro square), runs along a comfortable track with a small final ascent, where it opens up to reveal first a simple stone cross and, to the left, the church of **Santo Estevo de Cos**.

■ The church of Cos is the first of the two temples that pilgrims will be able to admire during this stage. It has a rectangular floor plan with a single nave, with a section attached to the wall of the presbytery that serves as a sacristy. Walls and façade are made from masonry, with ashlar on the chamfered edges. It is preserved in very

good condition, the sides are covered and painted and the stonework is visible on the simple façade, with two pinnacles at the ends and a bell tower defining the upper part of the façade.

■ The departure is in a zigzag, sections of dirt and track, with a stretch of road. And on reaching the sign of Presedo and a little further on the signs inviting pilgrims to go to the left, they must continue along the road if they want to spend the night in the local hostel, which is practically next to the **sanctuary of Nosa Señora da Saleta**. It is of a respectable size, generous in granite and in perfect state of conservation. The temple has seen the arrival of people since time immemorial, who come from many different places in mid-September, loaded with *empanadas* (Galician pies), to celebrate a popular pilgrimage.



STAGE 6

FERROL-SANTIAGO

From Presedo to Bruma

 DISTANCE **11,496** Km  DIFFICULTY **MEDIUM**  TIME **5:00** h

In this stage, which begins in the town council of Abegondo, passes through Carral and ends in Mesía, the pilgrim will not find any descent worthy of such a name. The ascents are steep but with plenty of shade so they are not hard even in the summer months. The landscape is uniform, with numerous trees, which only opens up at the Beche reservoir and in the area of As Travesas. It should be noted that between Presedo and As Travesas there are no public establishments. In total the stage adds up to 11.5 km which, despite what has been said, are not tiring as the slope is always very moderate.



The chapel of San Roque in As Travesas, whose surroundings were the scene of a popular revolt. Today this site houses a leisure and rest area for pilgrims, with tables and chairs. The temple is very simple and has only one nave.

The castro that extends just beyond the simple temple. The road must be crossed taking due precautions, and although the castro is not excavated it is possible to climb to the top of its wall and have a complete view of this prehistoric village.

THE HOSTEL. Check all accommodations at www.caminoingles.gal



Bruma. A hostel constructed on top of a traditional building. The latter is clearly distinguished from the modern addition. It offers 22 beds in three bedrooms. It has a kitchen, microwave, refrigerator and bicycle shelter. There is also a private hostel, and it is also possible to stay at the nearby Mesón do Vento (there is a pick-up service available).

Web:
www.caminoingles.gal
Facebook Group:
Camino Inglés Oficial
Facebook Fan Page:
Camino Inglés
Instagram:
@caminoinglesoficial



AGENDA

Civil protection: 112

Health emergencies: 061

Guardia Civil: 065

Weather forecast:
www.meteogalicia.gal

Abegondo Town Hall

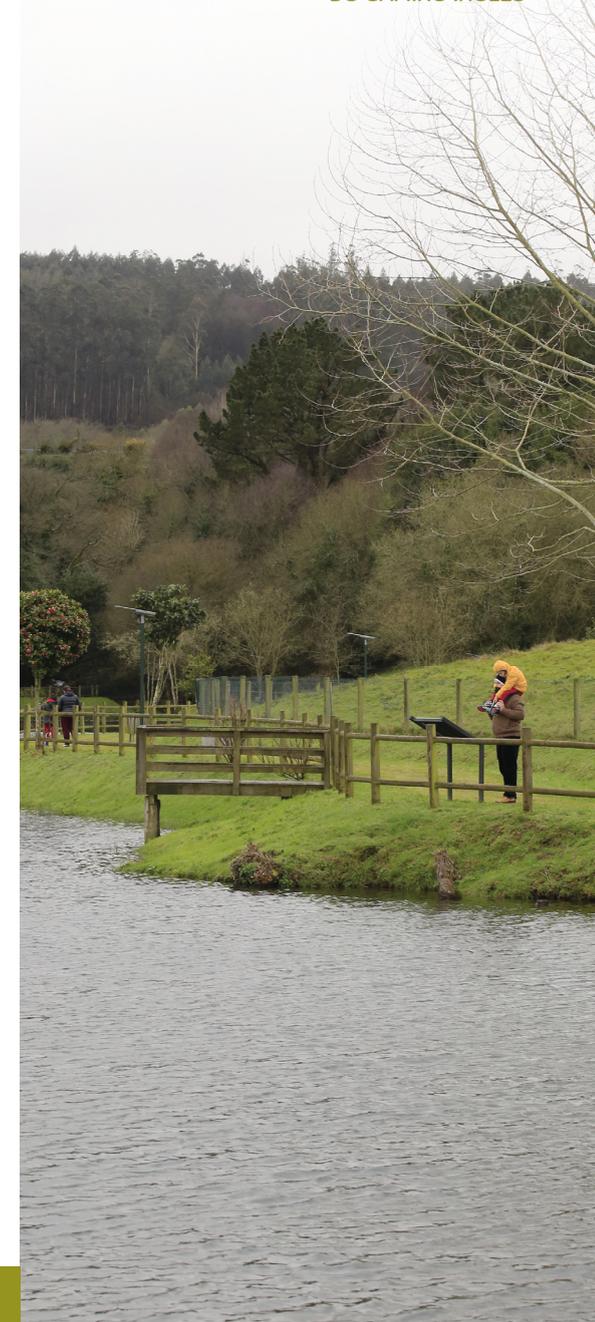
San Marcos, 1. 15318
www.abegondo.es
Tel.: 981 647 996

Carral Town Hall

Praza Campo da Feira, s/n, 15175
www.carral.es
Tel.: 981 670 002

Mesía Town Hall

Xanceda, s/n. 15685
concellodemesia.gal
Tel.: 981 687 001





San Lourenzo hermitage

■ Leaving the **Presedo hostel**, near the sizable Nosa Señora da Saleta sanctuary, the Way is resumed by the Xente no Camiño museum. The climb that started in Betanzos will continue until the last couple of kilometres of the stage.

■ The first stop the pilgrim will make is in front of **Leiro church**, two and a half kilometres from the starting point. Like that of Cos, in the previous stage, this temple is very typical of the Galician rural world. It was built in the 18th century following the guidelines of Baroque art, and is placed under the patronage of Santa Baia. It has a Latin cross plan, with two rectangular side chapels.

■ Inside, a remarkable arch separates the nave from the apse, while a choir was built on the opposite side, which can be reached by a spiral staircase. The ensemble is very pleasing to the eye, perhaps because its great simplicity gives it a particular elegance

and the only thing that stands out at first sight is its double bell tower.

■ The pilgrim continues climbing along a wide track with a good surface and a wooded area, with a significant presence of eucalyptus trees. There are three and a half kilometres of a long but not difficult climb that ends at **Beche** (km 47.434). In fact, you come out of a forest and a medium-sized reservoir appears, with tables and benches where people usually rest before tackling the last and now very gentle ascent, once the motorway has been crossed via a tunnel.

■ The penultimate stop takes place at **As Travesas** (km 43.402), a small place where the branch from Ferrol meets the one from A Coruña and which is 43.402 km away from Obradoiro square. On the right side of the road -which you have to follow for 1,600 metres-, and just after a power station, some walls indicate that the world of the castros has a good example here; a castro that has not yet been excavated.

■ The end of the stage is **Bruma** (41.119 km from Santiago), a very small village that only offers

the pilgrim a hotel establishment, and where the public hostel should also be highlighted together with the tiny church of San Lorenzo, a masonry style work dating from the Modern Age, is proof that the religiosity of the Galician people reached every corner. In the Middle Ages, a hospital for pilgrims opened its doors there, which was well known by those who travelled the English Way. Everything points to the fact that Carlos I spent the night in this building in 1520, when he went from Santiago to A Coruña to ask for money and embark in that port -as finally happened- to go to Germany and be crowned emperor with the name of Charles V.

■ Not only did Charles I pass through there, but also his own son, Philip II, curiously also to embark in A Coruña, in this case on his way to England to get married. The list includes nobles such as Cossimo III de Medici, with a large entourage, and aspiring kings of Castile, such as John of Gaunt, Duke of Lancaster, a round trip as he did not achieve his purpose. And then a multitude of pilgrims, most of whose names have not reached the 21st century.

