

STAGE 7

From Bruma to Poulo

 DISTANCE **9,881** Km  DIFFICULTY **LOW**  TIME **3:00** h

Many pilgrims decide to go straight away to Sigüeiro, walking 15,2 more and closing the day with 25,1 kms in their legs. But, once again, let's leave this decision up to each one's election. If in the previous stage the pilgrim had to climb steadily, although certainly not tiringly, whether they came from Ferrol or A Coruña -both cities with a port and therefore at sea level-, in this stage the slopes up are irrelevant because of their low gradient and also because of their brevity. Moreover, the profile clearly shows a weak but steady descent. So, first of all, the stage is not long at all as it only adds up to 9,881 m, and secondly, it is not uncomfortable either. After a few initial kilometres after leaving the enclave of Bruma behind, walking through an area with few trees, the forests then appear.



The façade of the church of San Paio de Buscás, which is hidden from the pilgrim as the temple shows the latter its chevet. A Romanesque door with three semi-circular arch archivolt can be seen there.

The capitals on which the upper archivolt rests, a profusely decorated archivolt, are in turn decorated with plant motifs. Finally, the church has a single rectangular nave with solid stone walls and a gabled roof above. It has a two-section belfry, with two semi-circular arches.

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



Poulo. It is the most recent hostel on the Camino Inglés, the only one between Bruma and Sigüeiro, and occupies a large old rectory. It has 42 beds. It has hot water, central heating, kitchen, dining room, refrigerator, garden-terrace, laundry room, microwave and living room.

This stage also offers the possibility of staying in a rural tourism house, in Buscás.

AGENDA

Civil protection: 112

Health emergencies: 061

Guardia Civil: 065

Weather forecast:
www.meteogalicia.gal

Mesía Town Hall

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

Ordes Town Hall

Alfonso Senra, 108, 15689
www.concellodeordes.com
Tel.: 981 680 002



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Camino indicator arriving in Poulo

■ The exit from Bruma, 425 metres above sea level, is undertaken leaving the simple temple of **San Lourenzo** to the left and on the opposite side the bandstand. This is the beginning of a long stretch that is a little more than 4 km of flat, smooth landscapes, with large meadows, woods in the distance covering the old Galician mountains. A dirt road gives pilgrims their first contact with the forests that characterise the stage, and an hour after having left, they will arrive at the **church of Ardemil**, one of the two that pilgrims will encounter this day. To give one a more specific idea, there are 3,900 metres between the Bruma hostel and the temple.

■ **Ardemil** is a typical building of the Galician rural world: simple and with only one nave. It does not dissipate luxury, but spirituality. Moreover, the fact that it is found at some distance from the cemetery with an old baptismal font in the middle, and the cruceiro on the outside, gives it a special charm. An old tradition says that there was a

battle against the Moorish invaders in this place, and in it a thousand Moors lost their lives, burned: "A thousand burned," the victors said afterwards. And from "ardieron mil (a thousand were burned in Spanish", comes Ardemil.

■ **O Castro** (km 36.697], **Mámoas** (toponym that indicates that there were Neolithic burials there; km 36.328] and **O Porto** (km 35.841] are the next places through which the pilgrim passes, immersed in landscapes characterised by a green that dominates everything.

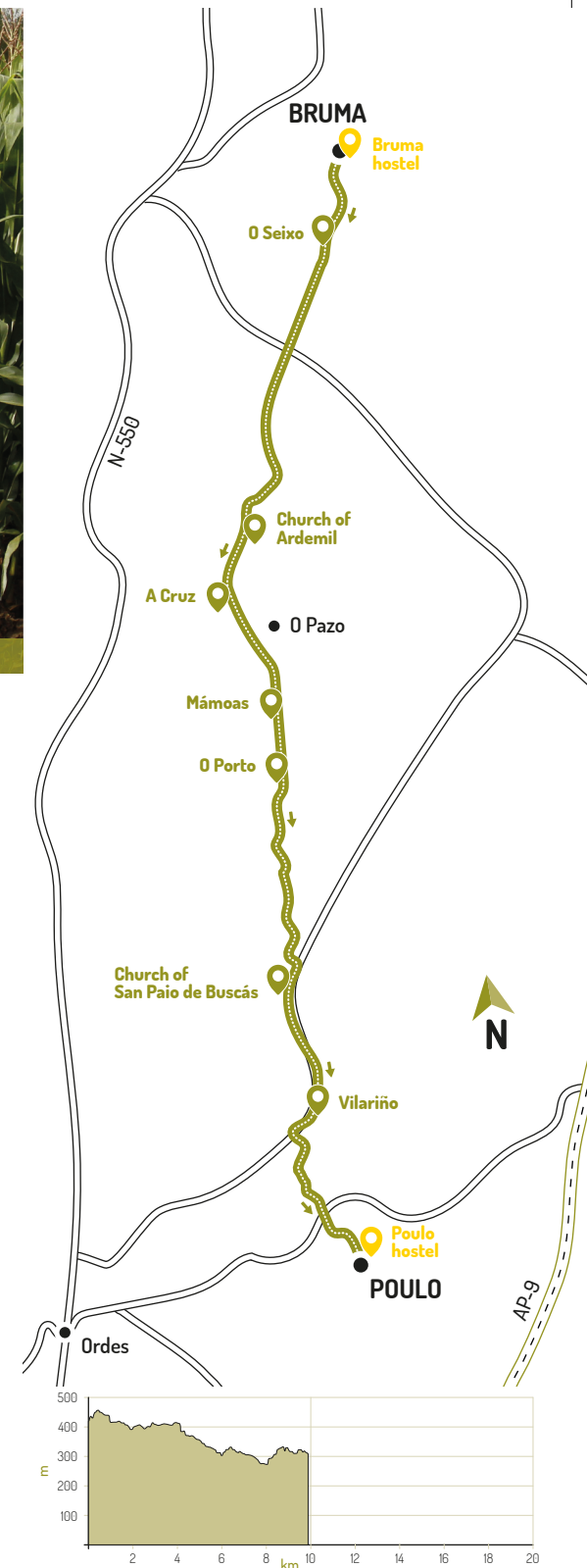
■ The next stop is another church, called **San Paio de Buscás**, which is Romanesque with modifications carried out in the 17th and 18th centuries. It is 3,400 metres away from the previous one, but they are certainly both very different since this one is older. What will attract the pilgrim's attention is the niche of the chevet, with a San Paio (San Pelayo) from the 18th century, which is polychrome with reddish tones.

■ In the immediate surroundings there are more interesting elements: just before the temple, a

really tall stone cross, and behind it, less than 200 metres away, a castro. And if One looks to the left from the church, one will see a hill on top of which there is a small **castle**, built in the Middle Ages, whose mission was to control the passage of people and goods between Betanzos and Santiago. There are still remains of it, including its moat.

■ Very recently a path was built to prevent pilgrims from leaving Buscás having to walk on the road, with the risk that this entailed. An excellent idea that ends 1,200 metres beyond the church, when the pilgrim turns left at a right angle and descends leaving the houses of **Vilariño** to one side.

■ A river is crossed over dirt tracks, one continues along the stream but gaining altitude and a small tunnel is reached amongst some trees, which allows a very wide and certainly dangerous road to be crossed. When emerging from the tunnel, a left and right turn through an environment brimming with nature. And so the pilgrim reaches the modern **hostel of Poulo**.



STAGE 8

From Poulo to Sigüeiro

 DISTANCE **15,238** Km  DIFFICULTY **LOW**  TIME **3:00** h

This stage is really very easy to walk. It is 15.2 km downhill with a tiny climb of 450 metres in the middle which, moreover, is one of those that the pilgrim will remember forever as it is an authentic medieval section. It should be noted that it lacks all kinds of services except in Calle and, of course, at the end, in the town of Sigüeiro, where there are also two pharmacies and several banks. In this town there is no public hostel, although there is a wide range of private accommodation ranging from the traditional hostel -that is, a large shared room- to an establishment that has a certain class, where every bedroom has an en-suite. Along the way the pilgrim passes in front of rural tourism house, in which it is possible to stay.



The bridge of A Ulloa, when entering Sigüeiro and that has been there since the 17th century, as attested by a document written by father Sarmiento. Nowadays it is part of the O Carboeiro Park, with tables and benches available for pilgrims.

The lintel that reminds us that King Philip II passed through there on his way to A Coruña, where he embarked for England. This is located in Calle, next to a magnificent example of a cruceiro (stone cross), although not visible from the Camino.

Fonte da Santiña



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Ordes Town Hall

Alfonso Senra, 108, 15689
www.concellodeordes.com
Tel.: 981 680 002

Oroso Town Hall

Plaza de Isaac Díaz Pardo, 1, 15888 Sigüeiro
www.oroso.gal
Tel.: 981 691 478





Leafy forest entering Sigüeiro

■ The English Way leaves behind the **hostel of Poulo** when there are exactly 31.238 km left to reach Obradoiro square. And those first metres, in the middle of the trees, cheer up the spirit.

■ From there you will walk along a narrow, winding track that leads to **Calle** (in some maps it appears as Rúa, and in others as Poulo) after travelling a kilometre and a half. And there are three elements that attract one's attention: the inscription that recalls Felipe II passing through here, a very slender cruceiro and the temple of Nosa Señora da Mercede.

■ The pilgrim follows the track for another 2,500 metres, which comes to a local road which he crosses and turns off to the left onto another short path, barely 700 metres long, but of great beauty and tranquillity. It is a downhill section that leads to another road and a bridge, that of **A Pereira**.

■ For some reason, the modern bridge has been built next to a **medieval bridge** of

which an arch is preserved on the left. As it is not in sight, the pilgrim continues on; however if he were to go down to the river edge, from there he would be able to contemplate the work.

■ Fortunately, the stretch of gently ascending road, does not last long, because the walker is going to enter a dense **forest** when there are still 25.583 km to go to the finish line. A forest that at first is of pine trees and reforestation, and that is gradually transformed into an excellent riverside copse. This is the first of the two authentically medieval, untouchable stretches of the English Way, which will lead to a group of houses called **As Carrás**.

■ From As Carrás this medieval route continues uphill, and is a little wider. It is a typical *corredoira* flanked by natural walls on both sides, 450 metres that culminate in a small area up high. And there, right at the end, is the administrative limit of the municipalities of Ordes (which is the one that the pilgrim has passed through so far this day) and Oroso. A frame indicates 24.407 km to go.

■ What is left to travel is flat, after a short and not very steep descent. This Jacobean route will run parallel to the motorway, which may be uncomfortable at some point but certainly respects the historical route.

■ The **Fonte da Santiña** surprises with 5.5 km to go before the end of the stage. It is a construction with a certain monumentality that fulfils a dual purpose: it is covered, so that in case it rains this is appreciated; and also has some tables and benches suitable for resting before undertaking the final stretch.

■ Then on the left are left two **castros** whose walls are clearly visible (km 20.0 and km 18.7), prehistoric villages which the medieval road used to pass.

■ With Sigüeiro in sight, the pilgrim turns to the left and enters a native **forest**. This stretch is also medieval. The English Way thus arrives in this town, bordering the swimming pool and the health centre, near which a panel informs the newcomer of the location of the different available services.

