

## STAGE 1

A CORUÑA-SANTIAGO

# From A Coruña to Sergude

 DISTANCE **19,834** Km  DIFFICULTY **LOW**  TIME **5:30** h

Like all the stages that start from a town along any of the Pilgrims' Roads to Santiago, it has two clearly differentiated parts: the urban and the rural. In this case, the first one lasts for many kilometres, since A Coruña spreads out in streets and apartment buildings that belong to another town council -Culleredo- but that form a unit in the pilgrim's eyes; it therefore takes two long hours crossing roads and paying attention to the traffic lights. But once an industrial estate has been left behind, the pilgrim passes through small villages, equally small uninhabited areas, mountains and, always, going up and down, in a classic stage in which there is not a metre that is flat, although neither ascents nor descents present great difficulties: they are short in length and gently sloping.

*Don't miss out*



The bridge of O Burgo, which in any case the pilgrim that walks the English Way does not step on, although they reach the cruceiro that is built where it begins. It is a work that was blown up by the English in the War of Independence in January 1809; they were fleeing from the French troops, and the destruction had precisely that objective [and it achieved it]: to delay their advance on A Coruña. The bridge, in short, is of medieval origin, with several restorations throughout its history. The last one in 1992, to leave it looking as it did before it was blown up. It has 11 semi-circular arches, part of them [in the centre and on the other side], the original ones.

### THE HOSTEL. Check all accommodations at [www.caminoinglesgal](http://www.caminoinglesgal)



In A Coruña there is no public hostel but the building one has been approved recently. In addition, in the city the accommodation offer

is huge, with hotels, hostels and pensions of all categories.

Sergude. Building with a modern design in which straight lines predominate. It has hot water, central heating, kitchen without utensils, dining room, showers, internet / wifi in common areas, washing machine and dryer for a fee, microwave, living room and clothesline.

### AGENDA

**Civil protection:** 112

**Health emergencies:** 061

**Guardia Civil:** 065

**Weather forecast:**  
[www.meteogalicia.gal](http://www.meteogalicia.gal)

**Citizen Attention in A Coruña:** 010.

**A Coruña Tourist Office:** 661 687 878 (Whatsapp)  
Monday to Sunday from 10 to 14 and from 16 to 19h

**Tourist Office (A Coruña)**  
Praza de María Pita, 6. Tel.: 981 923 093  
Monday to Sunday from 10 to 14 and from 16 to 19h

**A Coruña Town Hall**  
Praza María Pita, 1. 15001 A Coruña  
[www.coruna.gal](http://www.coruna.gal). Tel.: 981 184 200

**Culleredo Town Hall**  
Rúa do Concello, 12. 15189 Tarrío  
[www.culleredo.es](http://www.culleredo.es). Tel.: 981 677 777

**Cambre Town Hall**  
Atrio, 1. 15660  
[www.cambre.es](http://www.cambre.es). Tel.: 981 613 128

**Carral Town Hall**  
Campo da Feira, s/n. 15175  
[www.carral.es](http://www.carral.es). Tel.: 981 670 002

Web:  
[www.caminoinglesgal](http://www.caminoinglesgal)  
Facebook Group:  
**Camino Inglés Oficial**  
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A Marina dock in A Coruña

■ **A Coruña** was the destination of thousands of pilgrims who in the Middle Ages departed mainly from the southern coast of England in search of the Galician coast. The winds did not always allow them dock in their desired port, and they were diverted to other nearby ports, but the overwhelming majority of those men and women left the ship setting foot on the soil of A Coruña.

■ The starting point from A Coruña is the **port of O Parrote**, nowadays it has been moved inland as metres have been gained from the sea. This was also the anchorage place for the Roman ships. But in any case, the custom of starting from the nearby Romanesque church of Santiago, a real treasure made from stone, is gaining ground. From there it is necessary to cross the city, even though not all streets are signposted. It is true that there are no disorienting turns to take, but in an abstract way it can be said that the pilgrim will always go straight ahead looking for the historical exit of the city, which is none other than the so-called **alto de Eiris**, which today is totally urbanized. At the beginning of the climb a frame

indicates that the pilgrim's legs have travelled four kilometres.

■ From Eiris the pilgrim will descend looking for the sea. What you have on the left is the estuary of **O Burgo** and the land filling on this shore is more than evident. No monuments or places worth mentioning will be found until five and a half kilometres further on, when one comes upon the Romanesque church of Santiago, a real work of art whose roof burnt down in the late 20th century and was rebuilt in a very short space of time.

■ Ascent, church of **Almeiras** half a kilometre after the bridge of O Burgo, descent and the humble and medieval bridge of Xira becomes the reference, the key point that if it could speak would say that this is where the rural area begins, and to prove it a few hundred metres further on is the 17th century pazo of A Igrexa or Casa de Atocha on the right, and in front of it a niche with a Saint Anthony and the legend "Si quieres milagro mira. (If you want a miracle, look.) Year 1815"

■ Both are the prelude to **Sigrás** 14 km from the start of the day. Here, the highlight is the church,

also Romanesque with a much later façade, placed under the patronage of Santiago el Mayor and neighbouring the rectory. And this in turn was a pilgrims' hostel in the past, built on the foundations of the medieval hospital where all those who disembarked in A Coruña and still had a few hours of daylight left stopped, thus making the next day's journey easier. A magnificent well and cruceiro complete the ensemble, and it is impossible to leave all this behind without admiring the 15th century Gothic door that looks south from the church.

■ The next stop must be the tiny **square of San Marcos** 2,500 metres from Sigrás. And this must be because it is in the middle of an ascent, the legs feel it and it offers not only another cruceiro but also a bench that must be the one that is in most demand by pilgrims in the whole English Way.

■ A recreational area a little more than two kilometres away is the last resting place, since the pilgrim only has to turn and leave behind **San Martiño de Tabeaio** and enter Sergude. It is here, in front of the 53.166 frame, where the public hostel opens its doors; this is the end of the stage.

