Recommendations

On foot

- Walk on the left-hand side of the road and on the shoulder if there is one.
- If you are part of a group, walk in single file on roads.
- Wear luminous or reflective garments or accessories at night or when visibility is poor.

By bike

- Wear a certified helmet.
- Ride on the right-hand side of the road and use the shoulder. If you are part of a group, ride maximum two abreast and always near the shoulder.
- Remember that you'll be alongside pilgrims on foot.

Sun protecction

- Avoid walking in the middle of hot days.
- Use sunscreen and keep your skin hydrated.
- Drink water and fruit juice.
- Wear lightweight, light-coloured clothing.
- Wear a baseball cap or sunhat and sunglasses.

Do not litter the way

Do not leave paper, wipes or tissues used for personal hygiene in the Way: keep them on you and dispose of them in a bin. Do not leave excrement in sight: bury it.

Further recommendations

- Protect the natural environment and leave no trace of your visit.
- Carry your personal documents (ID, passport) and valuables (money, credit cards) in a safe place.
- Be wary of strangers not working at the information points who recommend shortcuts or services.
- Activate your GPS system if you have one.
- Keep to the paths of the Camino and respect private property. Don't create short cuts: these spoil the surroundings and may invade private property.
- Do what the signs say. Don't paint graffiti, leave stickers, ar damage the signs.
- Enjoy the surroundings and heritage. Take a good image and an even better memory back home with you.
- Consume the natural, organic and locavore products produced in the market gardens and on the farms along the Way. Enjoy the local cuisine.
- Respect gender, ethnicity, culture and religious equality, and also the rest hours of other pilgrims.
- Help protect natural ecosystems by respecting the flora and fauna and not polluting them.

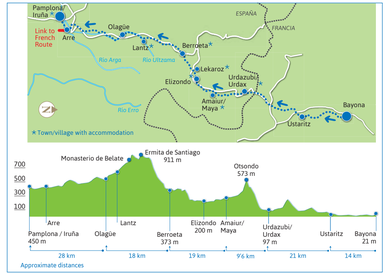
Perdón Peak

Baztan Route

From Urdazubi/Urdax to Arre

A different way to travel the Way of St James is to follow this old branch route, which is the path that the caravans from the port of Bayonne used to use to reach Pamplona. Beautiful places such as Urdazubi/Urdax, Amaiur/Maya or the Valley of Baztan as a whole lead walkers to the Belate mountain pass and Lantz before reaching Pamplona.

Highly recommended if you want to immerse yourelf in mystery and legends in a landscape peppered with pastures and forests, mansions and farmhouses.



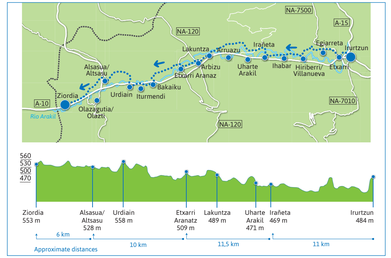
Urdazubi/Urdax, Ikaburu caves

Belate monastery

Sakana Route

From Irurtzun to Ziordia

This route starts in Irurtzun and runs amid meadows and woodlands that are interspersed with hermitages such as the Santiago de Itxasperri hermitage or the monastery of Zamartze. The route covers 46 kilometres, passing through 14 municipalities forming part of this valley of the same name, from Irurtzun to Ziordia, before entering Álava. On the Sakana Route, you will get a view of one of the most spectacular peaks in Navarre, namely Mount Beriain, on the summit of which stands the hermitage of San Donato, at an altitude of almost 1,500 metres.



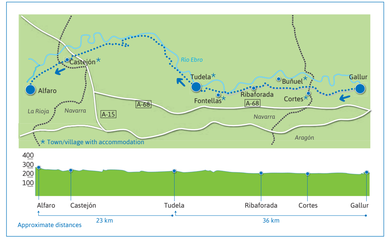
Hermitage of Santiago de Itxasperri

Monastery of Zamartze

Ebro Route

From Cortes to Castejón

Route along the Ebro river that pilgrims coming from the Ebro Delta used to follow before joining the French route in Logroño. The route enters Navarre in Cortes and passes through the monumental city of Tudela, with its outstanding, recently restored cathedral. Perfect if you want to see how Arabs, Jews and Christians lived side by side, and enjoy the contrast between the Las Bardenas desert and the fertile market gardens of the south of Navarre.



Tudela, Santa María cathedral

Cortes, castle

Tourism Offices in Navarre

FRENCH ROUTE (from Orreaga/Roncesvalles)
→ Orreaga / Roncesvalles
Antiguo Molino
948 760 301 ©690 090 483
oit.roncesvalles@navarra.es

→ Pamplona / Iruña
C/ San Saturnino, 2
948 420 700 ©639 780 937
oficinaturismo@pamplona.es

→ Puente la Reina / Gares
C/ Mayor, 105
948 341 301
turismo@puentelareina-gares.es

→ Estella-Lizarra
Plaza San Martín 4
948 556 301
oit.estella@navarra.es

→ Viana
Pza. de los Fueros, 1
948 466 302
turismoycultura@viana.es

FRENCH ROUTE (from Somport)
→ Sangüesa / Zangoza
C/ Mayor, 2
948 871 411
oit.sanguesa@navarra.es

BAZTAN ROUTE
→ Bertiz
Centro de Turismo Rural (Oieregi)
948 592 386
oit.bertiz@navarra.es

→ Urdazubi / Urdax
Monasterio de Urdax
Pza. San Salvador
948 599 070
turismo@urdax.es

→ Elizondo
Casa de Cultura Arizkunenea
948581517
baztangomuseoa@baztan.eus

EBRO ROUTE
→ Tudela
Plaza de los Fueros, 5-6
948 848 058
oit.tudela@navarra.es

SAKANA ROUTE
→ Lekunberri
Plazaola Kalea, 21
948 507 204
oit.lekunberri@navarra.es

We want to improve our services
turismo@navarra.es

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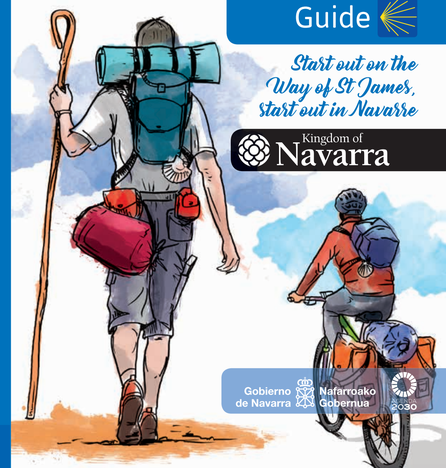
In the event of an emergency, dial **112**

Way of St. James Guide

Start out on the Way of St James, start out in Navarre

Kingdom of Navarra



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Design your own Way

Traversing the Way of St James is a seminal experience and there is no single way to go about it.

Some people choose to go by bike, others on horseback; some prefer the comfort of their car, while many still opt for the traditional method: to journey on foot.

The French Way of St James, declared a UNESCO World Heritage Site, is more than 800 km long and 200 of these pass through Navarre. You can choose where to begin and end each day according to how fit you are or the time available to you.

We suggest you undertake your Way of St James with all the calm needed to savour the essence of the towns and villages you come across on the way.

Choose your Way: French route, Baztan route, Ebro route, Sakana route. Buen Camino!

Important

From 1 November to 31 March, the Luzaide / Valcarlos route (route A) is the only option for the stage from Saint-Jean-Pied-de-Port to Orreaga / Roncesvalles. The Lepoeder or Napoleon route (route B) is strictly forbidden.

Tourist Information Offices

- **JACA** 974 360 098 www.jaca.es
- **BURGOS** 947 203 125 www.turismoburgos.org
- **LEÓN** 987 237 082 www.turismocastillayleon.com
- **SANTIAGO** 881 886 390 www.santiagoturismo.com
- **LOGROÑO** 941 291 260 www.lariojaturismo.com
- **PALENCIA** 979 706 523 www.turismocastillayleon.com
- **LUGO** 982 870 492 www.turgalicia.es

Accommodation

There are various options when it comes to finding accommodation in Navarre whilst following the Santiago Way. Pilgrims' hostels are the most common choice for pilgrims, but you can also choose to stay in hotels, youth hostels, boarding houses, campsites, apartments and rural holiday homes.

If you opt for pilgrims' hostels, you can choose from a very long and varied list along the Santiago Way. The only requisite for accessing and staying at a pilgrims' hostel is to have pilgrimage credentials.

Pilgrims can organise the stages however they like thanks to the wide range of accommodation available in the towns and villages along the Santiago Way, helping relieve the ends of the stages.

➔ **Find more information** about the different accommodation options in Navarre here.

Reuse and share
When you're done using this map, you can hand it in at a Tourist Information Office or where you're staying so other people can use it.

Tracks

➔ Check out the tracks for all the branches of the Way at **"Turismo Navarra Wikiloc"**.

www.visitnavarra.es

Pamplona, Gateway of France