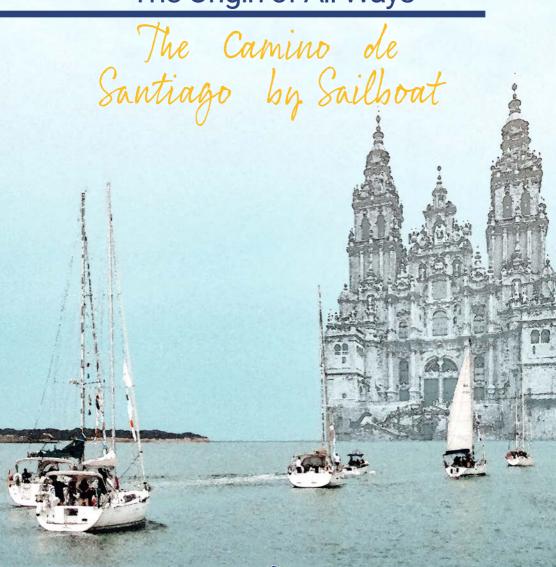
# Sail the Way

The Origin of All Ways







### **Contents**



SAIL from anywhere
in Europe to
Santiago de Compostela
and get the
Compostela

### What is Sail the Way?

Every journey has a start point, and the Camino de Santiago originates in the sea.

As well as foot, bicycle or horseback, the Camino de Santiago can be done by sailboat throughout the year.

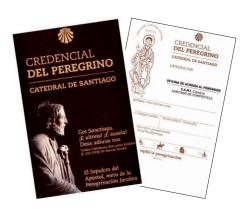
Every year, **NORTHMARINAS** organises a group crossing to show off this new nautical pilgrimage. This is the **Sail the Way** crossing, a cultural and sports event held every summer.

# **Pilgrimage by Sea**



Credentials forseafaring pilgrims can be obtained at any of the ports, institutions and organisations belonging to the "Sail The Way" convention from the nautical association **NORTHMARINAS**.

The essential requirements for **the Compostela** are that the pilgrim must be have the credential stamp confirming a minimum of 100 nautical miles sailed, and must walk the remaining kilometres of the Camino de Santiago.







### The Origin of all Ways

The final stages of this crossing run through the unique surroundings of Ría de Arousa, travelling the same route that the remains of the

Apostle Saint James took on his journey to Compostela.

The remains were transferred by his disciples, who, "guided by an angel and a star, arrived at the coast of Galicia and followed the course of the River Ulla, until reaching Iria Flavia (the modern-day town of Padrón).



This beautiful natural

environment is the only maritime-fluvial Via Crucis in the world. Here you'll find the 18 crosses that identify this Way of St James as the Translatio: the Origin of all Ways, and an unforgettable experience.



### Do you want to experience this journey?

## We are at the start of the Tacobean phenomenon

The Camino de Santiago by sea is recognised by the Cathedral, and it can be done officially.

Here begins a unique experience in which the crew members, under the command of an expert captain, learn how to do the tasks of a sailboat crew. It allows you to discover different ports, enjoy local landscapes and traditions, and sample unforgettable gastronomy.

### Who can participate?

**Anyone**, of any age, can enjoy this experience. All you need is the **desire** to experience the Camino de Santiago in a different way:

1

### You have your own **boat**

Or a friend or family member who has signed up for the crossing allows you to join as part of the crew.



### If you haven't got a boat

3

### You know a Sailing Club

Transmit the adventurous spirit of a nautical pilgrim and sign up for the journey.

You can join a boat doing the crossing that needs crew members, sharing the costs and the workload of the pilgrimage.





### Sail the Way Journey

The journey officially begins in **La Rochelle** in France, although you can join in at Hondarribia, or join the pilgrimage at any point before reaching Camariñas. A limit of 40 participating vessels has been established.

Some of the 18 ports in the north of Spain participating in the journey are: Euskadiko kirol Portuak, Laredo, Santander, Gijón, Cudillero, Burela, Viveiro, Ferrol, A Coruña, Muxía, Muros and, finally, the ports of **Ría de Arousa: A Pobra do Caramiñal and Vilagarcía de Arousa**.

The final stage, which is done on foot, goes through Padrón, until you reach the **Cathedral of Santiago**.

In order to get **the Compostela**, which certifies that you've done Camino de Santiago by sea, you must cover a minimum of **100 nautical miles** on a sail boat, and walk at least the last 10 kilometres to the Cathedral of Santiago.

Pilgrims' credentials can be obtained at the institutions, ports and organisations that have an agreement with the nautical association that organises **Sail the Way**. Furthermore, you can get your pilgrim's credential stamped at ports belonging to the **NORTHMARINAS** network.

How do I take my boat to the start point?

Participants who do not have their boats at the start point of their stage will have a courtesy day at the ports that are part of the journey, in order to transfer their boat.

Furthermore, if needed, **NORTHMARINAS** has a group of skippers who offer a boat transfer service.

# From La Rochelle to Santiago de Compostela in 16 Stages

### La Rochelle

Santiago de Compostela

Vilagarcía de Arousa







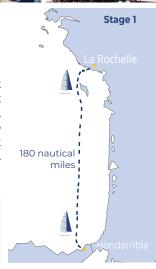




- Avenue de la Capitainerie La Rochelle cedex 1 © +33 546 444 120
- ☑ capitainerie@portlarochelle.com
- www.portlarochelle.com
- ① Latitude: 46° 09' 34" N Longitude: 01° 09 '05" O

One of the world's great ports, situated in the heart of a city with exceptional historical heritage. The art of living: a city ready to be discovered all year round. The area is exceptional, and is protected by three large islands, offering sailing in protected waters. It is also the idea place to hold nautical competitions. La Rochelle welcomes you!

The Rochelle-Hondarribia stage goes along the the Aquitaine coast in France, which is notable for its expansive sandy beaches. Around the halfway point, we come upon the famous Dune of Pilat in Arcachon, then we finally reach Hondarribia, a colourful fishing port in the heart of the Bay of Biscay.







A picturesque spot in the Bay of Txingudi.

- Kapitaintza Minatera z/g Hondarribia
- \$ +34 943 641 711
- ⊕www.ekpsa.eus
- ① Latitude: 43° 22' 34" N Longitude: 1° 47' 32" W



At Hondarribia, one of the first ports in Guipúzcoa, the 2<sup>nd</sup> stage begins. Hondarribia-Bermeo, a fantastic stretch of rugged coastline dotted with seaside towns such as Getaria, home of Basque explorer Juan Sebastián Elcano, Mutriku, Lekeitio, Elantxobe, Mundaka and finally Bermeo, the former capital of Biscay.

### Stage 3 Bermeo



- 🚨 Fraile Leku, 1 Bermeo
- \$ +34 946 880 232
- □ bermeo@ekpsa.eus
- www.ekpsa.eus/es/nuestros-puertos/
- ① Latitude: 43° 25' 8" N Longitude: 2° 43' 11" W



This is one of the most important fishing ports in the Basque Country. It has been operating as a commercial and fishing port since the middle ages. It has the most important inshore fleet of the whole Cantabrian. The fishermen's houses maintain their medieval layout and shape.

Bermeo-Bilbao. Sailing under the shelter of the Hermitage of San Juan de Gaztelugatxe, we pass by the Cape of Matxitxako. We continue discerning the beautiful Biscay coastline with countless seaside towns, such as Bakio, Arminza and Plencia. Likewise, we will have the privilege of seeing the beaches of Sopelana before entering the estuary of Bilbao.





### **W** Stage 4 Bilbao

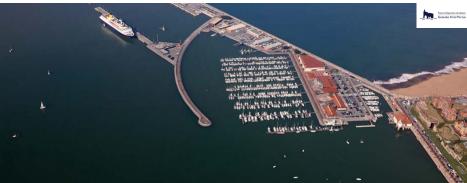


- 🚨 Av. Zugazarte 11 Las Arenas Bizkaia
- ☑ puerto@rcmarsc.es
- www.rcmarsc.es
- ① Latitude: 43° 19' 48" N Longitude: 03° 00' 57" W



We say goodbye to the great estuary of Bilbao as we depart on this stage towards Cantabria. This will be the fourth stage: Bilbao-Laredo, via Castro Urdiales, the Bay of Oriñón, to finally arrive at the beautiful village of Laredo, one of the "Four Coastal Towns", along with San Vicente de la Barquera. Castro Urdiales and Santander.

### Fl Abra Getxo



Welcome to Getxo, your Port. company (services. Management rentals and enquiries)

- Muelle de Arriluce, 1. 48990 Getxo, Bizkaia \$ +34 94 4912367
- ☑ getxokaia@getxokaia.com
- pdgetxo.eus

Latitude: 43° 20' 48" N Longitude: 03° 01' 42" W

### Santurtzi



Santurtzi offers you a free mooring service alongside the emblematic fishing port and the historical centre. You can visit our Museum of the Sea, dedicated to the maritime history of our beautiful village, and you can also sample the famous grilled sardines.

Paseo Lehendakari Aguirre, 48980 Santurtzi, Vizcaya

\$\ +34 94 483 94 94 \/ 607 52 65 35

□ turismo@santurtzi.eus

@www.turismo.santurtzi.net

① Latitude: 43° 19.45' 7" N Longitude: 03° 01.46' 7" W





### Moor in a good harbour.

- Edificio de admón. Portuaria, 2ª planta Laredo
- \$ +34 942 605 812
- A +34 687 148 227
- www.puertodeportivodelaredo.es
- ① Latitude: 43° 24.90" N Longitude: 03° 25.00" W



The fifth stage, which takes us from Laredo to Santander, begins. We leave behind Laredo, bordering Monte Buciero, at the feet of which the Faro del Caballo lighthouse is found. Then we glimpse the beaches of Berría, Noja and Isla, until we pass by the Cape of Ajo. From there, if the day is clear we will already be able to see part of the city of Santander, the lighthouse of Cabo Mayor and the Magdalena Peninsula.





### Stage 6 Santander



Situated on one of the most beautiful bays in the world, this is an obligatory stop for sailors seeking comfort and excellent, personalised service to make their journey an unforgettable experience.



- Avda. de Tornada s/n. Maliaño (Cantabria)
- \$ +34 942 369 298
- A +34 679 715 479
- mww.marinasantander.com
- ① Latitude: 43° 25' 8" N Longitude: 03° 48' 7" W

Upon leaving behind the bay of Santander, as in previous stages we'll sail west, passing by the Costa Quebrada, Suances and Oyambre. Before reaching Lastres, we can see towns and villages on the Asturian coast, such as Llanes and Ribadesella.

### Stage 7 Lastres





- Barrio Baiada al Puerto Colunga Asturias
- \$ +34 985 850 015
- A +34 627 162 007
- ① Latitude: 43° 31' N Longitude: 05° 16' W

We say goodbye to Lastres, with its unique seafaring character, its houses nestled into the cliff face, with large galleries, its neighbourhoods and its steep slopes, as the seventh stage begins: Lastres-Gijón, a journey along a green, rugged coastline, interspersed with sandy beaches. We finish this stage in Gijón, a seafaring town known for its maritime heritage and its fishing quarter, Cimadevilla.





We leave Gijón and soon leave behind the Cape of Peñas. We travel along the western coast of Asturias until we reach Galicia. The Gijón-Viveiro stage is characterised by its green cliffs. We reach the Viveiro estuary, where we can enjoy the town's hospitality.

Muelle de la Osa Gijón - Asturias \$ +34 984 157 171 www.marinayates.es

① Latitude: 43° 33' 00"N - Longitude 05° 41' 14" W



### Stage 9 Viveiro



- Av. Ramón Canosa, Viveiro Lugo \$ +34 690 604 452

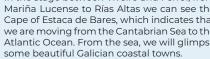
- \(\text{\text{www.northwestmarinas.com}}\)
- ①Latitude: 43° 40' 0.58" N Longitude 7° 35' 41.7" W

Viveiro Marina, just steps from the historical centre of Viveiro.



In the stage between Viveiro and Ferrol, from Mariña Lucense to Rías Altas we can see the Cape of Estaca de Bares, which indicates that we are moving from the Cantabrian Sea to the Atlantic Ocean. From the sea, we will glimpse





### Stage 10 **Ferrol**



2 Rúa Carmen Curuxeiras Ferrol - A Coruña © +34 649 814 485 ① Latitude: 43° 28' 35.76" N Longitude: 8° 14' 24.29" W

The Way starts at the sea.



The coast of this part of Galicia surprises us with its beaches, turquoise waters, small coves and long sandbanks where you can enjoy nature and water sports. 10th stage: Ferrol-A Coruña.

### Stage 11 A Coruña



- P.º Marítimo Alc. Fco. Vázguez s/n A Coruña \$ +34 881 920 482

- www.northwestmarinas.com
- ① Latitude: 43° 22' N Longitude: 08° 23' W

Coruña Marina, your marina in the heart of the city's historic centre.



In the A Coruña-Muxía stage, we travel the Costa da Morte (the Coast of Death), which received its name due to the many shipwrecks that occurred along its rugged shores. We can glimpse maritime landscapes and natural spaces inhabited by an abundance of sea birds.

**Stage 12** Muros



**2** C/ Porto Deportivo, s/n, Muros - A Coruña

\$ +34 981 827 660

A +34 608 174 395

☑info@muport.es ⊕www.muport.es

① Latitude: 42° 46' 30,04" N Longitude: 09° 03' 16,02" W

Two marinas, sailing between the sea and the mountains... All year round.



Muros-A Pobra do Caramiñal is the final stage that can be done by boat. It goes along the Atlantic Ocean and passes the Faro de Corrubedo lighthouse, with Sálvora Island at the starboard side, to head towards the famous Ría de Arousa and begin the Translatio Route or the Jacobean Mar de Arousa and Rio Ulla Route.





Two marinas, sailing between the sea and the mountains... All year round.

Chosen as one of the most beautiful towns in Galicia, it is situated on the south east of :tapa 14 the province of A Coruña. We can enjoy the magnificent estuary of Ría de Arousa through its marina, suitable for all types of vessels. We can ascend to the top of A Curotiña and the Sierra de Barbanza, or the Valle-Inclán viewpoint to enjoy the impressive vistas.

& C/ San Lázaro s/n A Pobra do Caramiñal

© +34 981 827 660

A +34 608 174 395

☑ info@muport.es

@www.muport.es

① Latitude: 42° 36,3" N - Longitude: 08° 56" W





### Stage 14 Vilagarcía de Arousa



Enjoy the sea 365 days a year, without losing sight of the land.



Rúa Peirao Pasaxeiros, s/n Vilagarcía de Arousa **%** +34 986 511 175 □ marinavilagarcia@marinavilagarcia.com ⊕www.marinavilagarcia.com ① Latitude: 42° 36' N Longitude: 08° 46' W

Vilagarcía is Arousa and Arousa is the sea. From its very beginnings, around the 7th century, the city has looked towards the sea, and it has been connected to the rest of the world through its port. Today, Vilagarcía is one of the most dynamic cities in Galicia. It boasts long stretches of Blue Flag beaches, nature and parks, hiking routes such as Sarmiento or Cortegada, and pazos (country estates) brimming with history.

### Stage 15 Padrón



This final stage is carried out on board a boat from the base port, up the River Ulla, to the port of Pontecesures.

Padrón is the first place to appear in the Jacobean legend. The name of the city may come from the word 'pedrón' (stone), referring to the stone where the boat transferring the body of the Apostle Saint James was moored during its journey to Compostela. Don't miss out on trying the famous Padrón peppers.



Final Stage: Padrón-Santiago de Compostela, we cross the valley of the River Sar and reach the top of Milladoiro, from where we can see the Cathedral. It's iust 8km to our destination.











### Ría de Arousa



According to the Codex Calixtinus, the remains of the Apostle James traversed the **Ría de Arousa** and the River Ulla until they reached Padrón. His remains were transferred by his disciples, continuing the journey on foot until Compostela, where the remains were deposited.

Mar de Arousa and River Ulla Jacobean Route. For more than 1200 years, the pilgrimage to Santiago de Compostela has been the most profound spiritual and cultural journey, experienced since the Middle Ages. It received recognition from the European Parliament, which designated it the first European Cultural Route, and from UNESCO, which declared it World Heritage.

**The Translatio Route** or the **Jacobean Route**, a maritime-fluvial route via the Sea of Arousa and the River Ulla, commemorate the arrival in Galicia, by sea, of the body of the Apostle James, following his martyrdom in Jerusalem.

The region of **Barbanza** is found in the **northern zone** of Ría de Arousa, province of A Coruña. It is made up of the municipalities of Rianxo, Boiro, A Pobra de Caramiñal and Ribeira.

The region of **O Salnés** is found in the **southern part** of Ría de Arousa, province of Pontevedra. It is made up of the municipalities of A Illa de Arousa, Cambados, Meaño, Meis, Ribadumia, O Grove, Sanxenxo, Vilagarcía de Arousa and Vilanova de Arousa.

# Tourism Experiences

### Nautical **Activities** and Active **Tourism**

In this region there are plenty of ways to experience **new sensations** and try out activities such as paddle surfing, rafting, kayaking, surfing, diving, canoeing, jet skiing, quad biking, cycling, horseback riding and much more. Furthermore, for those who prefer getting in touch with nature, there are hiking routes and viewpoints to enjoy.

### Atlantic **Islands**

The Atlantic Islands National Park is one of the top ten most visited in Spain and it is, without doubt, another of the great examples of the **natural wealth** and beautiful landscapes of Galicia. These islands are: the Cíes Islands archipelago, the Sálvora Island archipelago, the Cortegada Island archipelago and the Ons Island archipelago.

### **Gastronomy**

One of the leaders in gastronomy, both in Spain and the world. Galician gastronomy boasts great quality in terms of its **ingredients** both from the sea and the land. In this region, we can enjoy both traditional and innovative cuisine, characterised by authenticity, creativity, quality and freshness.

### Fishing **Activities**

We'll meet local shellfish gatherers who are passionate about **the sea** and their trade. We will be able to visit shellfish beds, fish markets where the seafood is sold, and see the traditional work of *redeiras*, or the process of cultivating mussels on rafts.





### La Camelia Route

Made up of different *pazos* and gardens, it's a great way to **discover** the region in a new way. They all have all received the Camelia Garden of International Excellence recognition.

### **Health** and **Well-Being**

For those seeking relaxation and tranquillity, this region stands out from the crowd thanks to its complete range of health and leisure options. It has a **wide** 

variety of thermal waters, health treatments, spas and thalassotherapy centres.

### **Museums**

Understand the character and the way of life of the local residents of the area through its museums. Museums

such as the canning museum, the wine museum and the homes of distinguished writers such as Valle-Inclán show the **history and culture** of this region.

### Wine **Routes**

**Albariño wine** is considered one of the best whites in the world. Under the denomination of origin "Rías Baixas" and the Protected Geographical Indication "Viños da Terra do Barbanza e Iria", there are countless wineries producing this excellent variety,

many located in *pazos* (country estates). Guided visits are held, which end with tastings where you can sample this extraordinary wine.

### Heritage

This region boasts centuries of history with its cultural heritage, both in religions and civil constructions. *Pazos*, granaries, churches, monasteries and historical centres with cobblestone streets and squares make this the perfect place to explore.



### Places to Stamp your Credential at the

NorthMarinas port network

www.sailtheway.es

La Rochelle La Rochelle Port

Hondarribia Hondarribia Port

San Sebastián San Sebastián Port

Orio Orio Port Getaria Getaria Port

Mutriku Mutriku Port

**Bermeo** Bermeo Port

Getxo El Abra Port **Getxo** RCMA - RSC

Santurtzi Santurtzi Port

Laredo Real Club Náutico de Laredo

Santander Santander Marina

Gijón Marina Yates del Principado

Viveiro Viveiro Marina

**Ferrol** Ferrol Port A Coruña Coruña Marina

Muxía Muxía Marina

Muros Muros Marina

A Pobra do Caramiñal Marina da Pobra

Vilanova de Arousa Arousa Marina

Vilagarcía de Arousa Vilagarcía Marina



### Logbook

Day	Month Year		Departure Port Tim		ime Arrival Port		

H. Nav. Sail	H.Nav.Engine	Av. vel.	Av. Consumption	Total gas (litres)	Watch1	Watch2

### Navigation and meteorological observations

Hours	Miles	Speed	Course	Latitude	Longitude	Direction	Speed	Direction	Altitude	Visibility
08:00										
10:00										
12:00										
14:00										
16:00										
18:00										
20:00										
22:00										



Respect the Camino ( Emergencies at sea VHF Channel 9 ( Emergencies on land 112



### **Checklist**

For optimal sailing and onboard safety, review these recommendations.

Meteo part	Boat documentation
Fuel (consumption, containers)	Status, bilges, toilets, sinks, hatchways, etc.)
Magnetic compass	Obligatory insurance
Engine cooling	Helm status
Handheld compass (reserve)	Drinking water
Diesel filters	Sea valve status
MAIN GPS	Food
Spark plug	Power socket status
RESERVE GPS	First aid kit
Waterproof torch	Battery status (level, charge, charger)
Nautical maps of the area	Warm clothing
Replacement batteries	Bilge system status
Electronic charts	Tools and spare parts
Phone charger	Propulsion equipment status (belts, levels, sockets, spark plug)
Probe	Waterproof clothing
Life jackets	Standing rigging status
Runner	Knife and fishing tackle
Safety harness	Running rigging status
Radar reflector	Sleeping bag
Flares	Underwater body cleaning status
Radar	Safety and onboard watch protocols
Smoke signals	Classification of the sail (spy, storm jib, etc.)
Navigation lights	Crank winch
Signal mirror	Alternative propulsion mechanism
Replacement navigation lights	Binoculars
Extinguisher or fixed firefighting SYSTEM	Defences
Radio beacon (recommended)	Mooring rope
Anchor and mooring ropes/chains	Boathook
MAIN VHF (channel 16)	Tell-tales
Navigation plan (captaincy should notify destination of ETA)	Oil level
RESERVE VHF	Fuel gauge
On board notebook (position, sea status, etc.)	Glenans map drawing material (ruler, compass, pencil)
Check watertightness	Flag





### **Beaufort wind scale**

The Beaufort scale measures the force of the wind, and is a measurement mainly based on the status of the sea, its waves and the force of the wind

1 75	the status of the sea, its waves and the force of the wind						
Beauf	Vel. Wind	Knots	Designation	Appearance of sea			
0	0 to 1	< 1	Calm	Clear			
1	2 to 5	1 to 3	Light air	Small ripples, no foam			
2	6 to 11	4 to 6	Light breeze	Small crests with a glassy appearance, but do not break			
3	12 to 19	7 to 10	Gentle breeze	Small waves, crests break			
4	20 to 28	11 to 16	Moderate breeze	Spray, growing waves			
5	29 to 38	17 to 21	Fresh breeze	Mid-sized and long waves, abundant spray			
6	39 to 49	22 to 27	Strong breeze	Large waves, breaking crests and foam begin to form			
7	50 to 61	28 to 33	High wind	Rough sea, with foam blown in the direction of the wind			
8	62 to 74	34 to 40	Gale	Large, breaking waves, bands of foam			
9	75 to 88	41 to 47	Strong gale	Very large waves, breaking. Impaired visibility.			
10	89 to 102	48 to 55	Storm	Large waves with rough crests. Sea surface white			
11	103 to 117	' 56 to 63	Violent storm	Exceptionally large waves, white sea, reduced zero			
12	+ 118	+64	Hurricane force	Exceptionally large waves, white sea, zero visibility			



### Who can I talk to?



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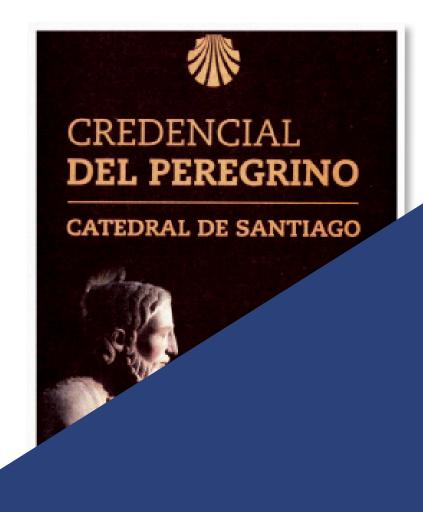
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