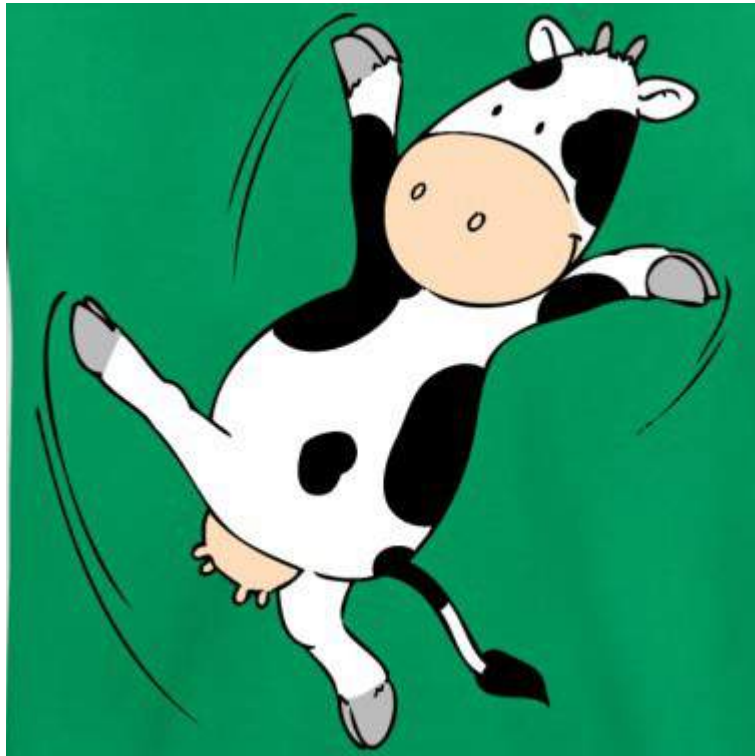


Vegetarian food along the camino Francés



**St Jean Pied de Port-
Santiago de Compostella**

March 2018

Vegetarian food along the Camino Francés

There are more and more possibilities for vegetarians on the camino. Quite a few restaurants are offering vegetarian pilgrim menu options and the number of albergues offering a vegetarian meal is increasing every year. However, meat is a big thing in the average Spanish menu and it is not always easy to maintain a vegetarian diet. Even vegetable soups and stews are often made with meat stock. Salads are common and quite good, though often include tuna, so you may need to request a vegetables-only salad. The Spanish tortilla, a potato and egg omelette, makes a good addition for those who eat eggs. If ordering a set menu, you can often substitute two starters (for example, a salad and soup, or salad and pasta) rather than a starter and a meat-laden main course. You have to be careful when ordering food in bars and restaurants. Stating that you are a vegetarian doesn't always get the message across. It may be hard to believe but fish/pescado, bacon /beicon and ham /jamón can be all considered as non meat options.

Spanish Phrases for Vegetarians:

- I am a vegetarian. *Soy vegetariano(a)*
- Without meat, please. *Sin carne, por favor.*
- Without fish please. *Sin pescado, por favor*
- Without tuna, please. *Sin atún, por favor.*
- Do you have any vegetarian meals? *Tiene algún menú para vegetarianos?*
- Does it have meat? *Lleva carne?*
- I do not eat meat, dairy, eggs or any animal products. *No como carne, lácteos, huevos o productos de origen animal*

This is the first edition. If you have any remarks or suggestions I'll be happy to hear them. Please send me a note by email atilburg1@chello.nl so I can use your information for a next edition.

Here is a list of food you can order from the menu card. (of course you can always ask if they can prepare some of the food on this list for you).

- **Ensalada de queso de cabra** Goats cheese salad
- **Pimientos del Padron.** Small green fried peppers
- **Tortilla Española.** Potato & Onion omelette.
- **Tortilla de Espinacas.** Spinach omelette.
- **Revoltillo de espárragos.** Eggs & asparagus.
- **Croquetas de boletus o queso** Croquettes filled with mushrooms or cheese.
- **Espárragos & Alcachofas.** Asparagus and Artichokes. Often used in Granada as it's locally produced
- **Ensalada mixta.** Mixed salad. Make sure they don't put tuna or bacon on it.
- **Pisto con huevo.** Ratatouille style vegetables with fried egg.
- **Arroz a la cubana.** Fried eggs with rice and tomato puree.
- **Berejenas a la miel.** Fried Aubergines and honey.
- **Garbanzos y espinacas.** Chick peas and spinach.
- **Tomate alinado.** Sliced Tomato with garlic and olive oil.
- **Paella de verduras** Rice with vegetables
- **Risotto de queso, Risotto de verduras & Risotto de champiñones** Risottos are seen on many menus. Cheese, mushroom and vegetable varieties are easily found.
- **Gazpacho & Salmorejo.** Cold tomato puree lovely in Summer. Salmorejo is slightly thicker as it has breadcrumbs
- **Queso y membrillo.** Cheese and quince jelly.
- **Patatas bravas & Patatas a lo pobre.** Thick cut fries with slightly spicy tomato sauce, a lo pobre is with green peppers.
- **Ensaladilla Rusa** (Remember to double check no prawns or tuna are in their version) This is a creamy Potato salad with mayonnaise, peas, hard boiled eggs....
- **Setas or Champiñones.** Mushrooms
- **Falafel, Hummus or Guacamole** Harder to find, but some places are now serving these dishes
- **Zanahorias Alinadas.** Marinated carrots. Vegetarian tapa.
- **Calamares del Campo.** Deep fried onions and peppers cut into circles. (nothing to do with calamares, the fish).
- **Espinacas con garbanzos.** Spinach and chick peas.
- **Fruta fresca.** Fresh fruit. (desert option)

Places where you can get vegetarian food on the different stages

 v v fully vegetarian
 v vegetarian options

1. St Jean Pied de Port – Roncesvalles 24 km



Veggie food on this stage

Saint Jean Pied de Port

Albergue Beilari	v v	40 rue de la Citadelle	tel. +33 559 37 25 68
Restaurant La Gourmande	v	1 Route D'Ameguy	tel. +33 981 99 27 21
Restaurant. Iratze Ostata	v	11 Ryue de la Citadelle	tel. +33 559 49 17 09
Restaurant Pizza Ona	v	6 Place du Trinquet	tel. +33 5 59 37 64 60

Orisson

Albergue Orisson	v	Carretera N-135	tel. +33 5 59 49 13 03
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Roncesvalles

Restaurant La Posada	v	Carretera N-135	tel. +34 948 79 03 22
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2. Roncesvalles – Larrasoaña 27,2 km



Veggie food on this stage

Burquete

Hostal Burquete	✓	Calle St Nicolas 71	tel. 948 760 005
Hotel-restaurant Rural Loizu	✓	Calle St. Nicolas 13	tel. 948 760 008

Zubiri

Alb. El Palo de Avellano	✓	Av. de Roncesvalles 16	tel. 666 499 175
Alb. Suseia	✓	Calle Murelu 12	tel. 948 304 353

Larrasoana

Alb. San Nicolas	✓	Calle Sorandi 5-7	tel. 619 559 225
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3. Larrasoña – Cizur Menor

20,2 km



Veggie food on this stage

Pamplona

Baratza Kafea	✓	Travesino Bernardino Tirapu 5 Bajo	tel. 948 046 625
Rest. Sarasate	✓ ✓	San Nicolas 19-21	tel. 948 225 727
Rest. Larraisko	✓	Calle Berrioplano 4	tel. 948 382 174
Rest. Meson de la Navarrerria	✓	Calle Navarrerria 15	tel. 948 22 50 36

4. Cizur Menor – Puente la Reina 19,4 km



Veggie options on this stage

Zariquegui

Alb. San Andres	v	Calle Camino de Santiago 1	tel. 948 353 876
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Alto del Perdon

La Kontxa	v	Food truck parked at the top	tel. 948 344 598
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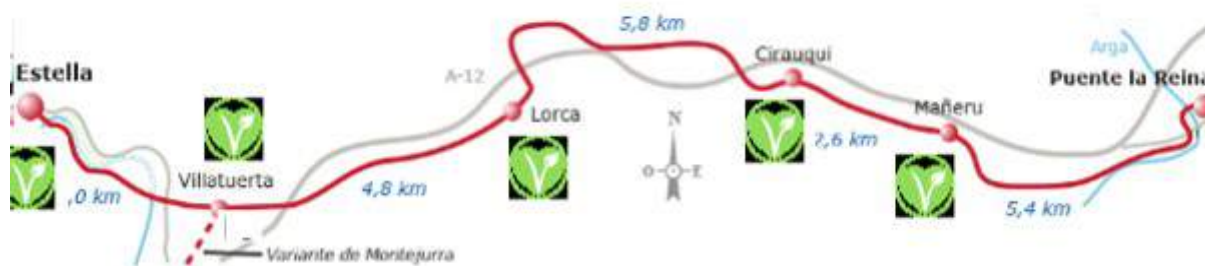
Uterga

Alb. Camino del Perdon	v	Calle Mayor 61	tel. 691 840 408
Alb. Casa Baztan	v	Calle Mayor 46	tel. 948 34 45 28

Puente la Reina

Alb. Estrella Guia	v	Paseo los Fueros 34	tel. 948 340 001
Bar Cerveceria Vey	v	Calle El Cerco 3	tel. 948 341 090

5. Puente la Reina – Estella 22,6 km



Veggie options on this stage

Maneru

Alb. El Cantero	v	Calle Esperanza 2	tel. 948 342 142
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Cirauqui

Alb. Maralotx	v v	Calle San Roman 30	tel. 678 635 208
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Lorca

Alb. La Bodega del Camino	v	Calle Placeta 8	tel. 948 541 162
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Villatuerta

Alb. La Casa Magica	v	Calle Rebote 5	tel. 948 536 095
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Estella

Bar restaurante Mundo	v	Calle Chapitel 17	tel. 948 55 45 38
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6. Estella – Torres del Rio 30,2 km



Veggie options on this stage

Azqueta

B&B La Perla Negra	v v	Calle Carera 18	tel. 627 114 797
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Villamayor Monjardin

Alb. Hojar Monjardin	v	Calle Mayor 1	tel. 948 537 136
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Sansol

Deshojando el Camino	v	Calle Barrio Nueve 4	tel. 948 648 473
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Torres del Rio

Alb. La Plata de Oca	v	Calle Mayor 5	tel. 948 378 457
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7. Torres del Rio – Logroño 20,6 km



Veggie options on this stage

Logroño

Camino Vegano	v	Plaza del Mercado 25 bajo	tel. 941 48 37 33
Rest. El Sol Veggie	v	C/ Menendez Pelayo 11	tel. 941 23 06 92
Catanatura (eco supermarket)	v	Av. de la Paz 68	tel. 941 584 870
Begin Vegan (vegan store)	v	Calle Somosierra 17	tel. 941 572 572

8. Logroño – Nájera 30,4 km



Veggie options on this stage

Navarrete

Bar Deportivo	v	Pl. Las Pilas 2	tel. 941 44 10 65
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Ventosa

Bar Virgen Blanca	v	Calle San Roque 27	tel. 625 89 63 55
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Nájera

Olimpo	v	Pl.aza la Cruz 2	tel. 941 36 08 49
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9. Nájera – Santa Domingo de la Calzada 21,2 km



Veggie options on this stage

Ciruena

Albergue Victoria	v	Calle San andres 10	tel. 628 98 33 51
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St Domingo de la Calzado

La Strada (pizzeria)	v	Avd Juan Carlos I 36	tel. 941 340 668
Rest. Los Caballeros	v	Calle Mayor 56 – 58	tel. 941 34 27 89
La Cancela	v	Calle mayor 51	tel. 941 34 32 38

10. Santa Domingo de la Calzada – Belorado 22,6 km



Veggie options on this stage

Grañón

Alb. Ave de Paso	✓	Calle el Gaño 18	tel. 666 801 051
Alb. San Juan Bautista	✓	Plaza de la Iglesia 8	tel. 941 420 684
Alb. La Casa de las Sonrisas	✓ ✓	Calle Mayor 16	tel. 687 877 891

Redecilla del Camino

Alb. Essentia	✓	Calle mayor 34	tel. 606 046 298
CR hotel Redecilla del Camino	✓	Calle mayor 12	tel. 617 14 33 29

Vitoria de la Rioja

Albergue Acacia y Orietta	✓	Calle Nueva 6	tel. 947 585 220
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Castildelgado

Albergue Bideluze	✓	Calle Mayor 6	tel. 616 647 115
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Belorado

Albergue A Santiago	✓	Camino de los Paules s/n	tel. 677 81 18 47
Albergue El Corro	✓	Calle Mayor 68	tel. 947 58 14 19
Alb. Cuatro Cantones	✓	10, Calle Hipólito López Bernal	tel. 947 580 591

11. Belorado – San Juan de Ortega 24,4 km



Veggie options on this stage

Tosantos

Alb. Las Arancones	v	Calle Las Iglesia s/n	tel. 947 58 14 85
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Villafranca Montes de Oca

Alb. San Anton Abad	v	Calle Hospital 4	tel. 947 582 150
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12. San Juan de Ortega – Burgos 26,3 km



Veggie options on this stage

Atapuerca

Rest. Comosapiens	✓	Calle Camino de Santiago 24	tel. 947 43 05 01
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Ages

Alb. El Pajar de Ages	✓	Calle Paralela del Medio 12	tel. 699 27 38 56
Alb. la Taberna de Ages	✓	Calle del Medio 21	tel. 947 40 06 97
Alb. San Rafael	✓	Calle de Camino de San Juan Ortega	tel. . 947 43 03 92

Cardeñuela Riopico

Alb. Santa Fe	✓	Calle Huertos 2	tel. 626 352 269
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Burgos

Restaurant Gaia	✓ ✓	Calle Fernan Gonzalez 37 bajo	tel. 947279720
Restaurant Gardamomo	✓ ✓	Calle Jesus Maria Ordonez 3	tel. 947052152
Restaurant Masalas Natural	✓	Plaza Francisco Sarmiento 1	tel. 947062101
Restaurant Viva la Pepa	✓	Paseo del Espolon (at plaza del Rey San Fernando)	tel. 947102771

13. Burgos – Hontanas 30,4 km



Veggie options on this stage

Rabe de las Calzado

Hostal la Fuente	✓	Calle Santa Marina 17	tel. 947 45 11 91
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Hornillos

Albergue El Alfar	✓	Calle Cantarranas 8	tel. 654 26 38 57
HR La Casa del Abuelo	✓	Calle Real 44	tel. 661 86 96 18

Hontanas

Albergue El Puntido	✓	Calle Iglesia 6	tel. 947 37 73 85
Albergue Juan de Yepes	✓	Calle Real 1	tel. 628 92 73 17
Albergue Santa Brigada	✓	Calle Real 19	tel. 628 92 73 17

14 Hontanas – Boadilla del Camino 29,4 km



Veggie options on this stage

San Anton

Hospital de Peregrinos de San Anton	✓	Convento de San Anton (3,5 km before Castrjeriz)	–
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Castrojeriz

Alb. Rosalia	✓	Calle Gordon 2	tel. 947 37 37 14
Alb. Ultreia	✓	Calle Real de Ote	tel. 947 37 37 14

Itero de Castillo

Alb. De San Nicolas	✓	entre Itero de Castillo and Itero de la Vega	tel. 947 377 359
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Itero de la Vega

Alb. La Mochila	✓	Santa Ana 3	tel. 979 15 17 81
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Boadilla del Camino

Alb. En el Camino	✓	Calle Francos 1	tel. 979 81 02 84
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15. Boadilla del Camino – Carrión de los Condes 25,4 km



Veggie options on this stage

Fromista

Restaurant El Jardin Meeting Point	✓	Calle francesa 31	tel. 630 22 43 69
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Poblacion de Campos

Albergue La Finca	✓	P-980 16	tel. 620 78 59 99
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Villarmentero de Campos

Albergue Amanecer	✓	Calle Francesa 1	tel. 629 17 85 43
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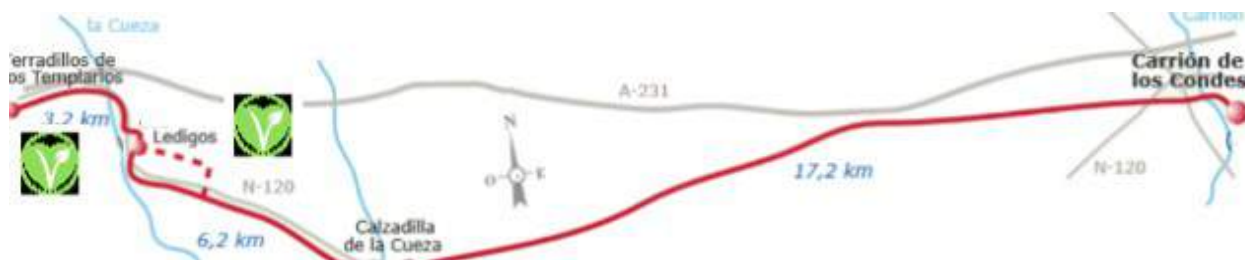
Villalcazar de Sirga

Casas Aurea y Federico	✓	Calle La Ronda 3	tel. 620 39 90 40
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Carrion de los Condes

Hotel Real Monasterio San Zollo	✓	Calle Obispo Souto Vizoso	tel. 979 88 00 50
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16 Carrión de los Condes – Terradillos de los Templarios 26,6 km



Veggie options on this stage

Ledigos

Albergue La Morena	v	Calle Carretera 3	tel. 655 877 305
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Terradillos de la Templarios

Albergue Jacques de Molay	v	Calle Iglesia 18	tel. 979 88 36 79
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17. Terradillos de los Templarios-Bercianos del Real Camino 23,4 km



Veggie options on this stage

Moratinos

Albergue San Bruno	✓	Calle Ontanon 9	tel. 979 06 14 65
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San Nicolas De Real Camino

Albergue Laganares	✓	San Nicolas del Real Camino	tel. 629 18 15 36
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Sahagun

Albergue El Labriego	✓	Av. Doctores Bermejo y Calderon 9	tel. 622 10 93 00
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Calzadilla de los Hermanillos

Albergue Via Trajana	✓	Calle Mayor 57	tel. 987 33 76 10
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Bercianos del Real Camino

Albergue Bercianos	✓	Calle Sta Rita 11	tel. 987 78 40 08
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18 Bercianos del Real Camino – Mansilla de las Mulas 26,2 km



Veggie options on this stage

Reliegos

Albergue de Ada	✓ ✓	Calle Real 42	tel. 691 15 30 10
Albergue Gil	✓	Calle Cantas 28	tel. 987 31 78 04

Mansilla de las Mulas

Eco Tienda (organic takeaway food)	✓	Plaza Pozo 3	–
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19 Mansilla de las Mulas – León 18,8 km



Veggie options on this stage

Leon

L'Union (call for opening hours)	✓ ✓	Calle Flores de Lemos 3	tel. 987 261 710
El Colibrin (call for opening hours)	✓	Fernando Gonzalez Regueral 2	tel. 678 181 696
Becook	✓	Calle Cantareros 2	tel. 987 01 68 08
Green Corner	✓	Calle Paloma 1	tel. 666 71 70 77
Bar y Rest. El Refugio	✓	Calle de Santiago 9	tel. 654 911 223
Kadabra Leon	✓	Calle regidores 5	tel. 987 397 550

20 León – San Martín del Camino 25,2 km



Veggie options on this stage

San Martín del Camino

Albergue Vieira	✓	Av. El Peregrino	tel. 987 378 565
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Vilar de Mazarife

Albergue San Antonio de Pádua	✓ ✓	Camino Leon 38	tel. 987 39 01 92
Alb. Casa de Jesus	✓	Calle Conujo 11	tel. 987 39 06 97
Albergue Tio Pepe	✓	Calle Teso de la Iglesia 2	tel. 987 39 05 17

21. San Martín del Camino – Astorga 24 km



veggie options on this stage

Hospital de Orbigo

Albergue Verde	v v	Av. Fueros de Leon 76	tel. .689 927 926
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Villares de Orbigo

Albergue Villares de Orbigo	v	Armal 21	tel. .987 132 235
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Astorga

Restaurante Serrano	v	Calle Porteria 2	tel. 987 61 78 66
Pizzeria La Traviata	v	Calle Manuel Luengo 4	tel. 987 61 85 58

22. Astorga – Rabanal del Camino 20,4 km



Veggie options on this stage

Murias de Rechivaldo

Casa Las Aguedas	v v	Camino Santiago 52	tel. . 636 067 840
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Santa Catalina de Somoza

Albergue El Caminante	v	Calle Real 2	tel. 987 69 10 98
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El Ganso

Albergue Gabino	v	Calle Camino Real 9a	tel. . 625 31 85 85
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Rabanal

Posada El Tesin	v	Calle Real s/n	tel. . 635 52 75 22
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23 Rabanal del Camino – Molinaseca 24,8 km



Veggie options on this stage

Foncebadon

Albergue Monte Irago	v	Calle Real	tel. 695 45 29 50
La Posada del Druida	v	Calle Real s/n	tel. 987 05 39 28

Manjarin

Albergue Thomas	v	Manjarin (the only place)	–
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El Acebo

Casa Rural la Trucha	v	Calle la Cruz 10	tel. 987 69 55 48
Meson El Acebo	v	Camino Real 16	tel. 987 69 50 74

Molinaseca

De Floriania Eventos	v	Av. Fraga Iribarre s/n	tel. 679 84 56 73
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25. Molinaseca – Cacabelos 23,6 km



Veggie options on this stage

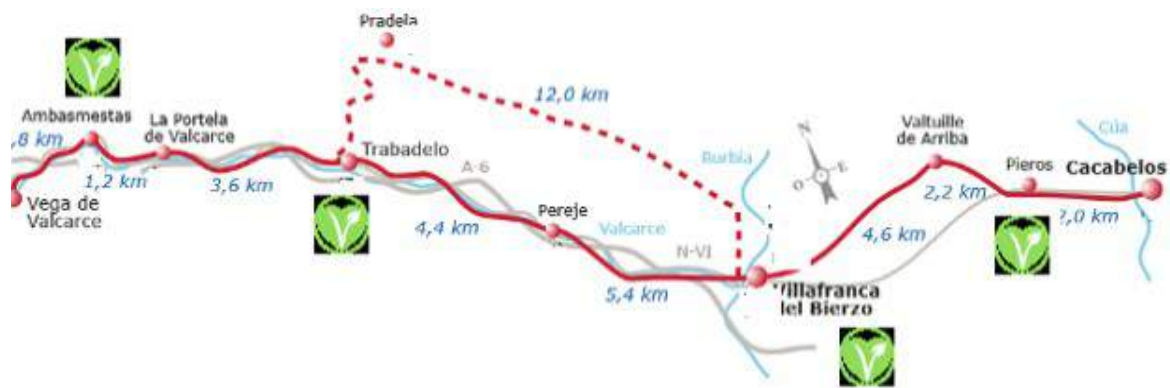
Ponferrada

Albergue Alea	v	Calle Teleno 33	tel. 987 404 133
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Cacabelos

Moncloa de San Lazaro	v	Cimadevilla 97	tel. 987 546 101
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26. Cacabelos – Vega de Valcarce 25,2 km



Veggie options on this stage

Pieros

Albergue El Serbal y la Luna	v v	Calle Pozo 13	tel. 639 888 924
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Villafranca del Bierzo

Albergue Ave Fenix	v	Calle Santiago 10	tel. 626 14 61 15
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Trabadelo

Albergue El Puente Peregrino	v	Calle Camino Santiago 153a	tel. 987 56 65 00
Albergue Casa Susi	v	Calle Camino Santiago 123	tel. 683 27 87 78

Ambasmestas

Albergue Camynos	v	Antigua carretera nacional VI	tel. 629 74 31 24
Albergue Das Animas	v	Calle Campo Bajo 3	tel. 987 54 30 77

26. Vega de Valcarce – Triacastela

33 km



Veggie options on this stage

Ruitelán

Albergue Pequeno Potala	✓	Carr. Nacional VI 19a	tel. 987 561 322
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Herrerias

Albergue Las Herrerias (Miriam)	✓ ✓	Calle Camino de Santiago 33a	tel. 654 35 39 40
Albergue Casa Lixa	✓	Calle Camino de Santiago 35a	tel. 987 134 915

La Faba

Albergue El Refugio	✓ ✓	Calle Camino de Santiago 9	tel. 654 911 223
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Fonfria

Albergue A Reboleira	✓	Lugar Fonfria 15	tel. 982 181 271
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Triacastela

Restaurant Esther	✓	Av. Castilla 15	tel. 982 54 84 55
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27. Triacastella – Sarria 18 km



Veggie options on this stage

A Balsa

Albergue Ecologico El Beso	v v	A Balsa	tel. 633 550 558
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San Mamede

Albergue Paloma Y Lena	v v	Prado Novo 4	tel. 982 533 248
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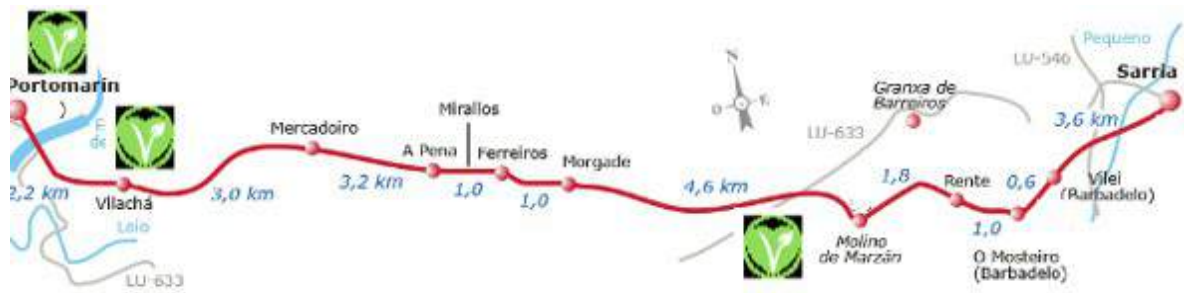
Samos

Hotel Rest. A Veige	v	Av. Compostele 61	tel. 982 54 60 52
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Sarria

Albergue A Pedra	v	Calle Vigo de Sarria 19	tel. 652 51 71 99
Ecoespazo Vitriol	v	Diego Pazos 18	tel. 982 88 66 16
Matias Locanda Italiana	v	Rua Maior 4	tel. 982 88 61 12

28. Sarria – Portomarin 22 km



Veggie options on this stage

Barbadelo

Albergue Molino de Marzan	v	Km 104,5	tel. 679 438 077
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Villacha

Rest. Los Andantes	v v	Km 94; lugar Villacha 18	tel. 681 61 17 61
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Portomarin

Rest. O Mirador	v	Rua Peregrino 27	tel. 982 54 53 23
Rest. El Italiano	v	Rua Fraga Iribarre	tel. 666 26 68 93

29. Portomarín – Palas de Rei

25 km



Veggie options on this stage

Gonzar

Albergue Casa Garcia	v	Lugar Gonzar 8	tel. 982 15 78 42
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Palas de Rei

Albergue A Casina de Marcello	v	Camiño da Aldea Abaixo, s/n	tel. 640 72 39 03
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30. Palas de Rei – Arzúa 29,2 km



Veggie options on this stage

Melide

Casa Alongos	v	Rua Camino Vella de Santiago s/n	tel. 686 31 28 51
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Arzua

Albergue Ultreia	v	Rua Lugo 126	tel. 981 500 471
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31. Arzúa – O Pedrouzo 19,4 km



Veggie options on this stage

O Pino

Restaurante O Pino	✓	A Rua 9 Arca	tel. 981 51 10 35
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O Pedrouzo

Rest. Santaia en Casal de Calma	✓	Lugar de la Iglesia 10	tel. 655 27 30 30
Rest. Taste the Way	✓	Avenida de Lugo 9	tel. 615 10 41 41

32. O Pedrouzo – Santiago de Compostella 19,8 km



Veggie options on this stage

Santiago

Rest. Malak Bistro	✓	Orfas 27	tel. 981 57 46 79
Garum Bistro	✓	Pracina das Penas 1	tel. 981 10 39 10
Entre Pedras	✓	Rua Hospitalino 18	tel. 981 56 40 97
A Tulla	✓	Callejon de Entrerruas 1	tel. 981 58 08 89
SCQ cafe	✓	Rua Orfas 2	tel. 981 56 15 79



Buen Camino!