

Sarria - Portomarín

The town of **Sarria**, in the province of Lugo, is for many the starting point of the **French Way** or **Camino Francés**, as this town marks the 100 kilometres needed to attain the Compostela certificate. To exit you have to cross the bridge of A Áspera and walk parallel to the railway tracks for 1 kilometre towards **Barbadelo**, up the most difficult hill of the day.

With over 4 kilometres now behind, the route continues towards an area with creeks and passes through the villages of Peruscallo and Lavandeira, and then ascends another, gentler hill at Ferreiros. You are now in the heart of the so-called Ribeira Sacra after some 13 kilometres. Once you are in the municipality of **Paradela**, there will be many ups and downs, but the surrounding landscape makes up for any difficulties. The scenic Belesar Dam especially stands out.

When the dam was built, the old village of **Portomarín** was flooded, so the church and other buildings were moved, stone by stone, to their present location. In times when the rainfall is low, you can still see the ruins of the old village and the bridge on the bottom of the reservoir.

You enter Portomarín by crossing the long bridge and climbing the stairway of As Neves, leading to the chapel of the same name. The chapel is located on an arch of the old medieval bridge. The staircase is a favourite place for pilgrims to take a picture when they arrive in the village to celebrate the end of the day's journey. One can spend a pleasant afternoon or evening in this village on the main square, by the church, where there are many lively establishments with a wonderful atmosphere where locals and pilgrims meet. There is also a leisure area by the dam.

El consejo del cartero

“Paradela is a good place to get your strength back by trying some of the delicacies prepared in their bakeries with traditional methods and recipes”. **Laura López, Correos of Sarria.** “In Portomarín, you cannot miss the village centre with its porticoes and the church with the numbers on the stones from its reconstruction in the current location still visible. You can also visit the Pousada de Portomarín, an old parador with great views, or go on a tour around the dam on a catamaran, organised by the Club Náutico. As for food, both eels (fried, stewed or in empanada) or the “Piedras de Portomarín”, a sweet with dark chocolate and whole almonds, are worth a try”. **Teresa López, Correos of Portomarín.**

Teléfonos de interés

Oficina de Correos de Portomarín Pl. Conde Fenosa, s/n (Casa do Concello) 27170 Portomarín, Lugo+34 982 545 035

Ayuntamiento de Portomarín Praza Conde Fenosa 27178 Portomarín, Lugo+34 982 545 507

Centro de Salud de Portomarín Rúa Lugo 52 27178 Portomarín, Lugo+34 982 536 833

Guardia Civil de Portomarín Praza Aviación Española s/n 27178 Portomarín, Lugo+34 982 545 500

**En el Camino cárgate de ilusión
que Correos carga con tu mochila.**

Con el **PAQ MOCHILA** te la llevamos
hasta la siguiente etapa **desde 4€**

