

CREDENCIAL DEL PEREGRINO

CATEDRAL DE SANTIAGO



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¡E utreia! ¡E suseia !

Dues adiuvanos

CREDENCIAL

DEL PEREGRINO

CATEDRAL DE SANTIAGO

OFICINA DE ACOGIDA AL PEREGRINO

SANTIAGO DE COMPOSTELLA

1. First and Last Name

2. Nationality

3. Date

Example: January 7, 2019

4. Please explain why you are walking the Camino Frances?

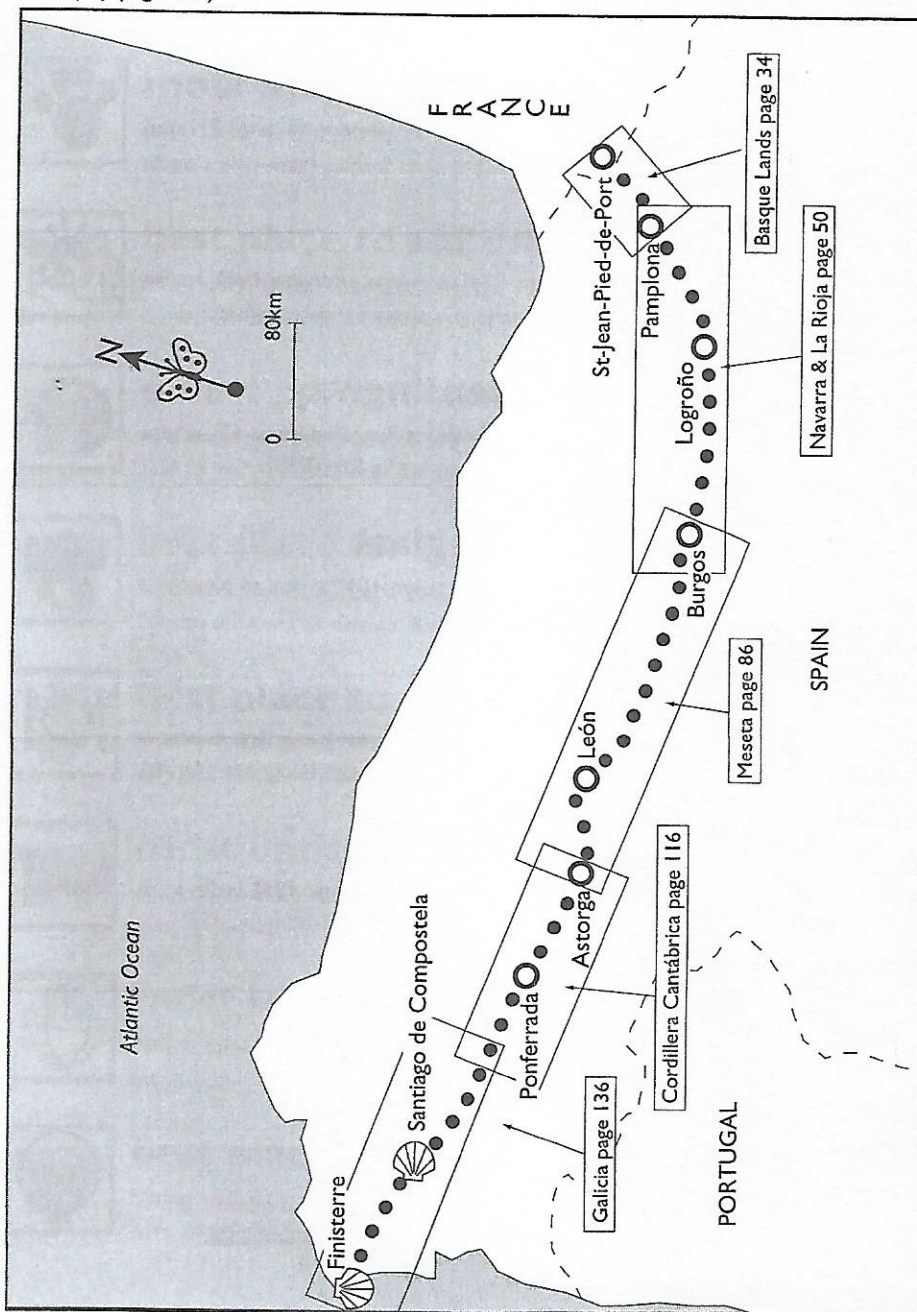
5. Please sign below:

10 Camino de Santiago Rituals Customs and Traditions Explained

1. If you want to stay in the Albergues you must have a Credencial (pilgrim's passport). It should be stamped at least once preferably twice a day. Stamps can be gotten in the Albergues, cafes, bars, and churches
2. Hang a scallop shell on your backpack. All painting and sculptures of St. James showed him with a scallop shell hanging around his neck. The lines on the scallop shell serve as a metaphor for the different paths that pilgrims travel from around the world with the trails ending in Santiago at the tomb of St. James.
3. Leave a cross made out of fallen branches to honor a deceased loved one along your path.
4. Place a stone upon the piles you see already mounded up while you are on your way to Galicia. Some say the piles of stone have appeared over the years to show pilgrims they are on the right path, but some also suggest that this custom symbolizes leaving pain, guilt and regret in the past.
5. Use your scallop shell to drink from the red wine fountain. The fountain is on stage 6 of Camino Frances in the town of Ayeguy. Put the wine in your shell, make a toast to happiness and vitality from the wine for the road ahead.
6. Say "Bien Camino" as fellow pilgrims pass or they pass you.
7. At Cruz de Ferro, the highest point on the Camino Frances, you place a memento. There is an iron cross atop a tall wooden pole. Leave a stone brought from home or brought from the start of the trail. This is said to be a symbol of freeing yourself from a burden. Leave your pain behind.
8. Once you get the Santiago de Compostela, you climb the steps to St. James shrine, hug the statue of the Apostle. This is thought to be a symbol of gratitude for the Apostle for helping you complete the pilgrimage.
9. Get your Compostela (the certificate of completion). You have to walk at least the last 100km of the path to get this.
10. Attend the Pilgrim's mass in the Cathedral at 7:30 am and midday everyday. You will get a mention and a blessing during the mass.

Map of the Camino

(key page 182)

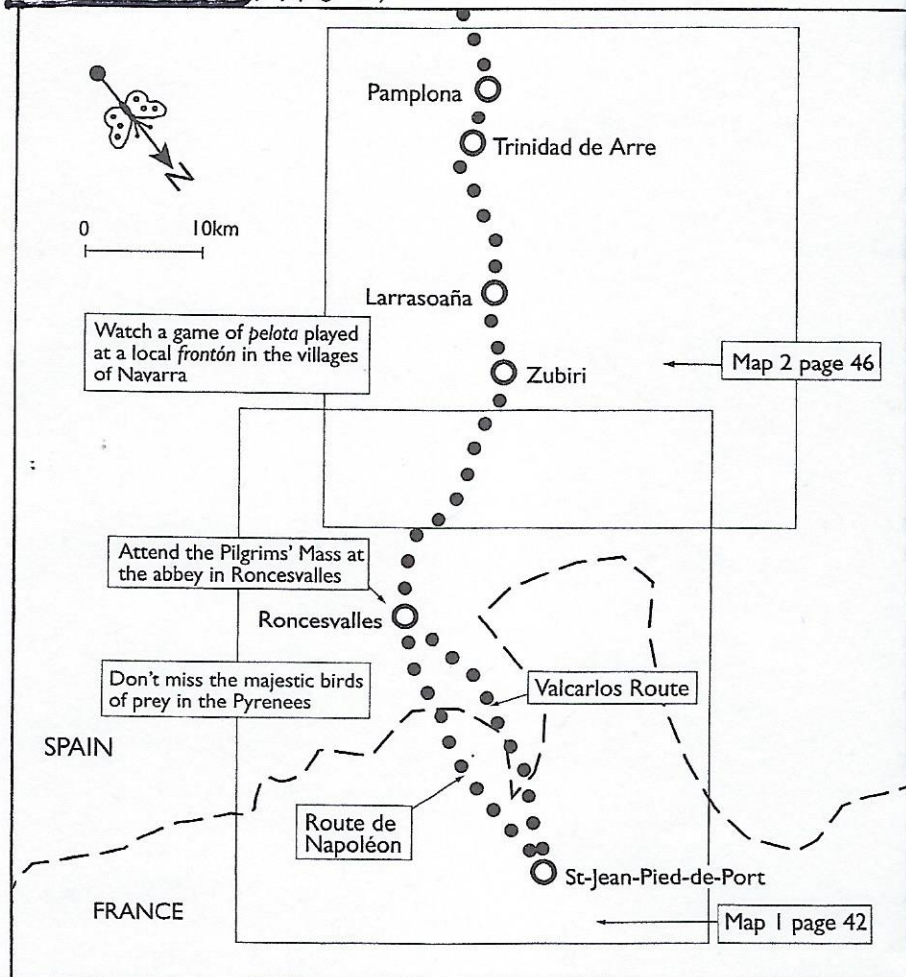


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The Camino de Santiago (the Way to Santiago) is a pilgrimage route in Spain, following an ancient path to the tomb of St James the Apostle in Santiago de Compostela. Tenth-century pilgrims brought the bones of St James, entombed in a shell, to this way too, heading west to Finis Terrae, the end of the earth. Today, pilgrims walk to Santiago as a pilgrimage to the Holy City is a break from daily routines or want to immerse themselves in Spanish life in Santiago, as the trails are well marked to follow, and the journey is made of *albergues* (pilgrim hostels).

This guide leads you step-by-step through the foothills of the French Pyrenees. On the way, you'll pass through a multi-lingual landscape decorated with grotesque gargoyles, tall spires and vast interiors, and you'll see the most beautiful of the Basque, towards colourful, riotous and crazy, traditional Basque sports. In Rioja, order a cheap and hearty asparagus to spicy octopus. The bears that roam northern Spain are great bustards and hoopoes. A list of accommodation options to use in Galicia and *Euskara* (Basque).

Regional Map (key page 182)

Basque Lands

St-Jean-Pied-de-Port to Pamplona

The Basques are thought to be Europeans, passed over by successive invaders and content to remain in this beautiful region. The Pyrenees from St-Jean to Pamplona is one of the most dramatic of mountain ranges, climbing steeply and soared over by eagles and kestrels. As the Pyrenees are crossed, you'll pass through traditional stone houses with crenellated roofs and walk alongside trout-filled streams with beech trees.



Walking

Geography

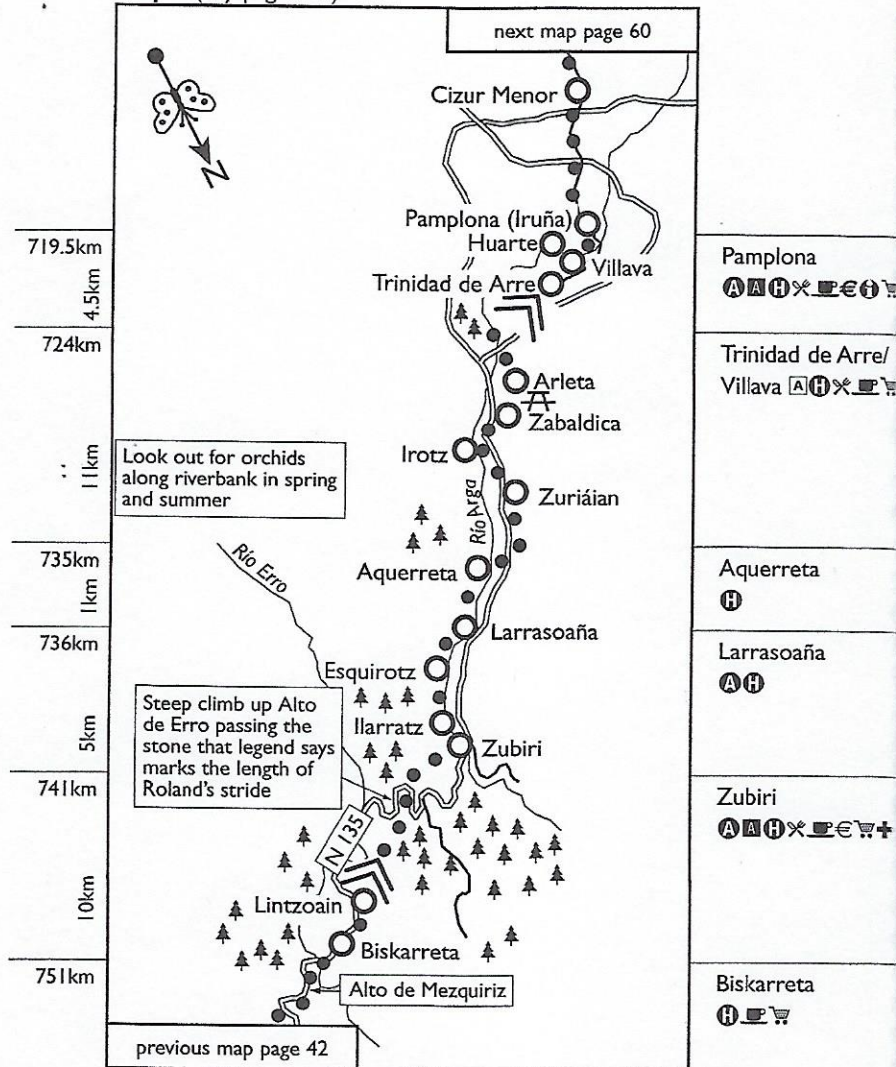
Although it may not feel like it, the Pyrenees are a young mountain range, still rising and puffing uphill, the Col de Lepoeder is on the long ridge of the Pyrenees as they stretch from the Atlantic Ocean. This chain of mountains stretches for 435km, marking the border between France and Spain; the highest peak is Pico de Aneto (3404m), located in the northeast of the pilgrim crossing. The Pyrenees were formed when the African plate collided with the

What's the weather like?

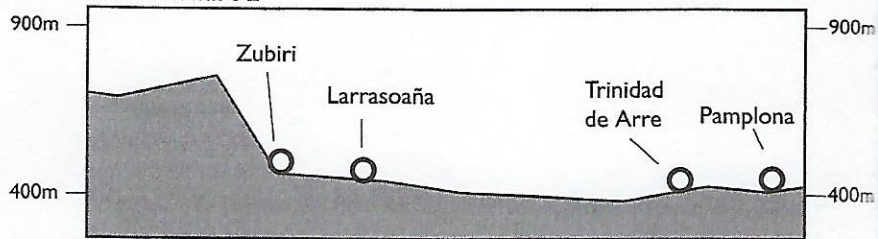
	Jan	April	July	Oct
Sun	3hrs	6hrs	10hrs	5hrs
Rainfall	15cm	10cm	5cm	12cm
Maximum Temp	8°C	15°C	28°C	19°C
Minimum Temp	1°C	5°C	14°C	8°C

Average hours of sun, total average rainfall in cm and average temperature in degrees Celsius

Map 2 (key page 182)



Profile Chart 2



the Basque sport of *pelota* is played. In these large concrete courts in every village you'll pass between here and Pamplona. You can stay at Casa La Iruña (€55, ☎ 948 760173), where you can get large meals.

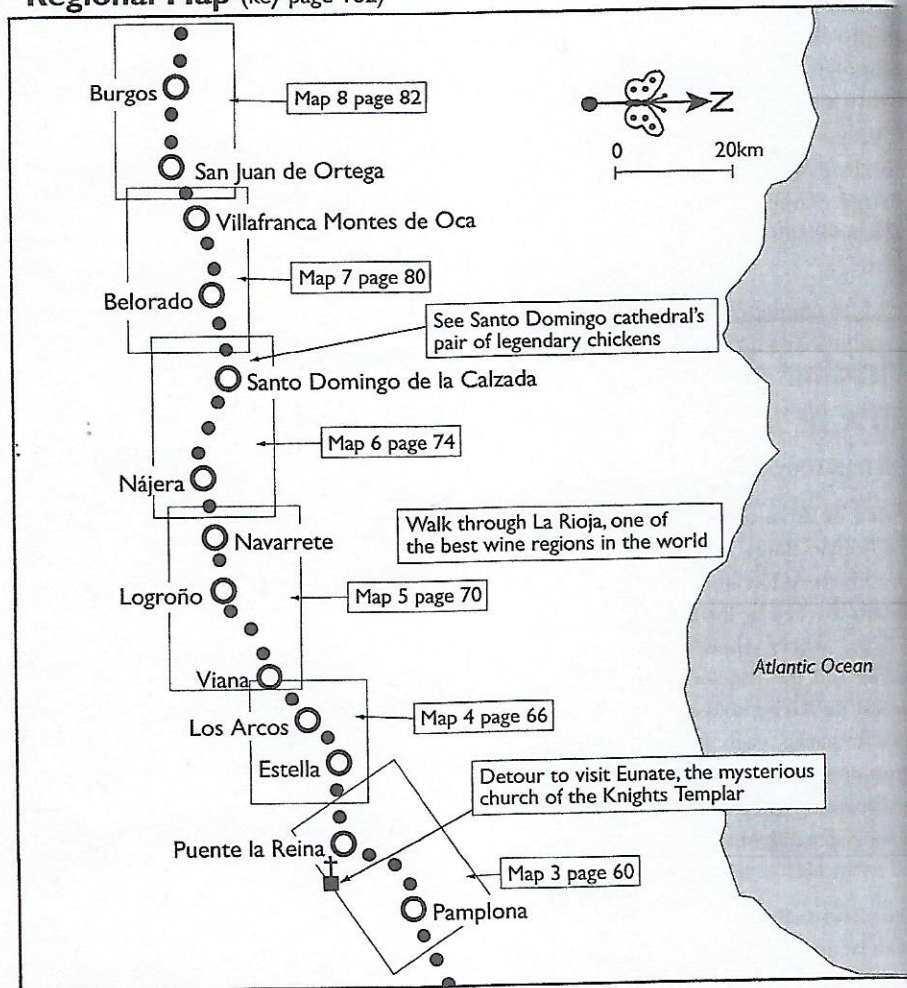
At the end of the village, turn left and ford a stream and pass a cemetery. You are at the centre of three narrow paths. The path to the right is shaded and a great place to see and hear birds. In 500m, cross the main road and follow a track into the quiet hamlet of Lintzoain. Walk past the roofed *fronte* and right to walk under a wooden bridge. The upper storey of one of the houses is made of stone houses with a high garden on the other side of the street.

The camino becomes a dirt track at the end of the village and begins to climb. It's a hot slog in summer, with shade initially. Cross a road about 100m after the village, then a kilometre later for a very low, yellow-painted rock on the right of the trail; this insignificant monument is said to mark the length of Roland's huge stride.

The trail undulates for a couple of kilometres before reaching the pass of Alto de Erro. Carefully cross the main road. Further on, pass the ruins of Villava, a pilgrims' inn now home to a cafe, where the nearby fields are good for a picnic. In autumn, there's a lot of mushrooms in the local woods; make sure you ask for local advice before eating anything you don't recognize. The splendid *lupinus* is a year-round resident, but easier to find in the winter months when it feeds on the ground.

From here onwards, it's downhill: after 2km away along a well-marked path, Zubiri comes into view, the path

Regional Map (key page 182)



What's the weather like?

	Jan	April	July	Oct
Sun	3hrs	6hrs	10hrs	6hrs
Rainfall	3cm	4cm	2cm	3cm
Maximum Temp	9°C	17°C	29°C	20°C
Minimum Temp	2°C	7°C	15°C	9°C

Average hours of sun, total average rainfall in cm and average temperature in degrees Celsius

Navarra La Rioja

Pamplona

The camino heads through Navarra & La Rioja through lovely towns & villages. The landscape is full of medieval times and stuff. You can see Romanesque churches. You can drink like royalty. Rioja wine is delicious and dirt cheap, and you can find peppers, white asparagus throughout the country.



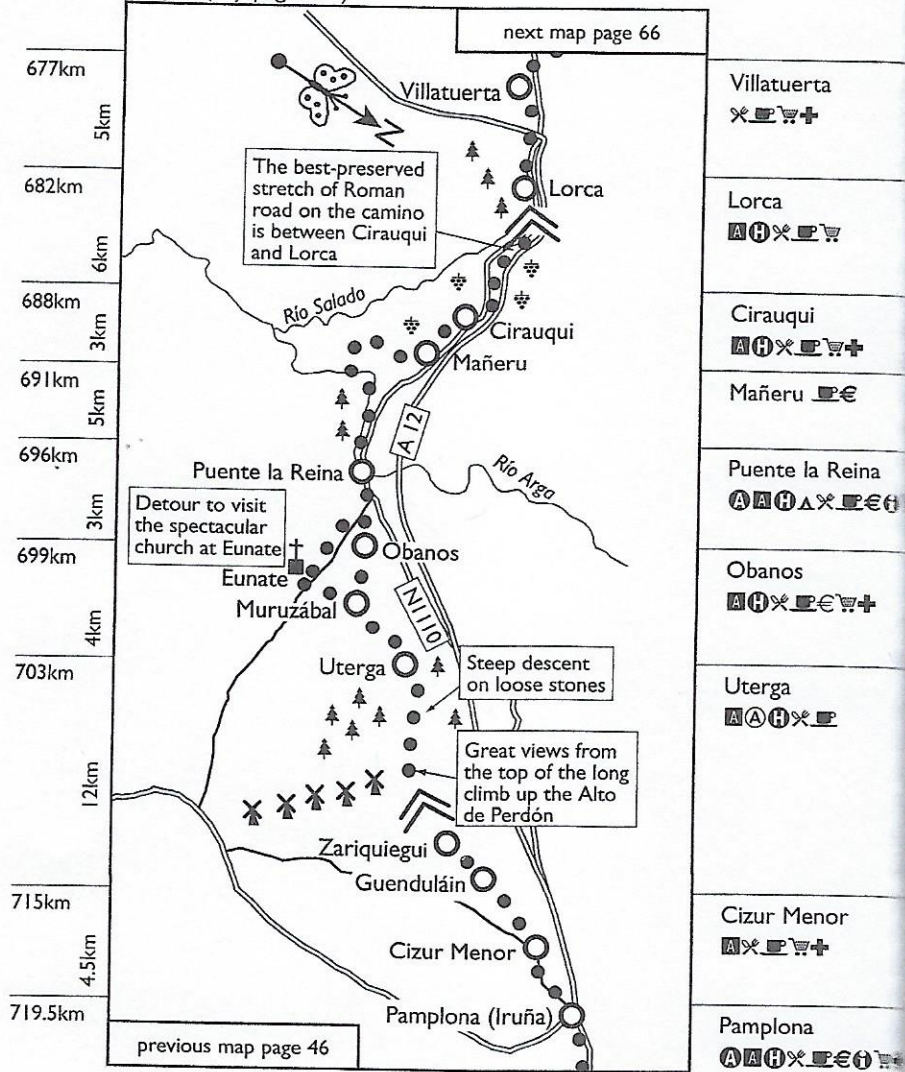
Walking

Geography

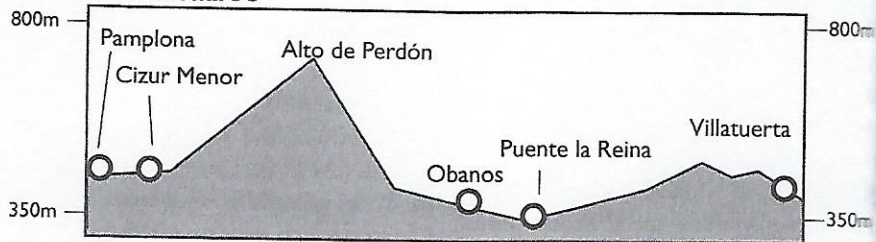
The rolling hills of Navarra so fertile Ebro valley. The Rio Ebro is the landscape, draining a total of 85,000 square kilometres. It is used as a source of water. There are 35 major dams along its course. The flow is reduced by a third that of a century ago.

Every inch of Rioja's blood is covered with vines. The vines are trained frequently, so that any rain will water the shallow-rooted vines. They run straight off the concrete drainage channels and don't give precious water to vines.

Map 3 (key page 182)



Profile Chart 3



...himself and, on his return, spend the rest of his life with his sister. Both siblings were beatified. In the village of San Ildefonso, the silver-covered skull of the saint is kept in the village's neo-Gothic church, where on Jueves Santo (Maundy Thursday) and Viernes Santo (Good Friday) the skull is ceremonially served to villagers. The village re-enacts the legend involving 800 locals.

Accommodation & Information

Call San Lorenzo 6 (36) APR-
waves only)

Osses San Guillermo 3 (☎ 948
54061)

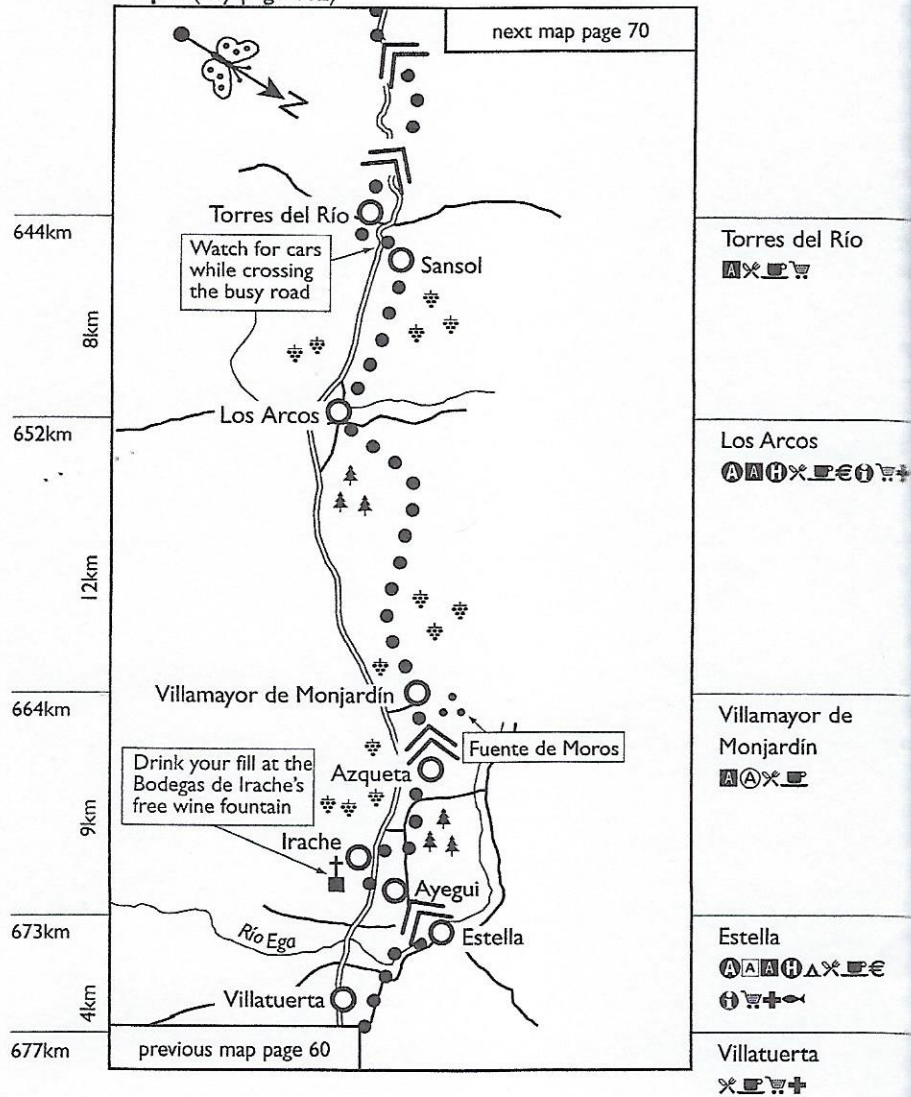
near the church, there's a grocery store and an excellent butcher.

Obanos, walk through the arch roundabout, pass the town from the mountain, then leave town along a path. Soon after passing the Ermita de San Andrés on the left, the road becomes a dirt track. Cross the main road, then travel about 1km after Obanos at the Hotel San Andrés which is both a hotel and an *albergue*. There is a modern statue of Santiago Patron of Navarre, marking the meeting point of the *camino francés* and the *camino aragonés*. Look for nesting storks on top of the brick chimney on your left, then in about 300m. turn right onto Carretera Pamplona just as you reach the *puerto de la Reina*. The town's main *albergue* is the first building on the left (on the right is the Iglesia del Crucifijo).

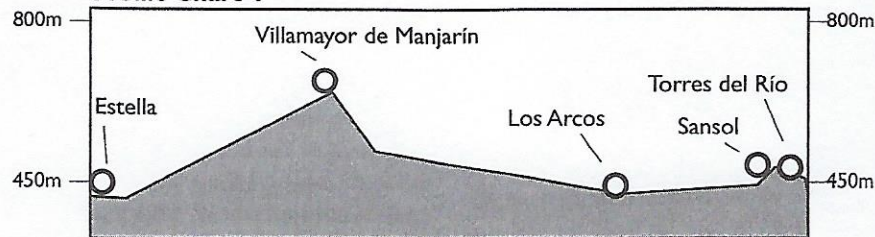
Fuente la Reina
(Gares)

35m, 350m, pop 2500)

Map 4 (key page 182)



Profile Chart 4



the castle was used in the Spanish control the valley below.

The exterior of the **Iglesia de San** is a solid, beautiful Romanesque and a seventeenth-century Baroque. Look inside to see the exquisite of the Romanesque processional

Accommodation & Information
Hogar de Monjardín (20 km)
 ☎ 948 537136
 at village entrance (26 km APR-)

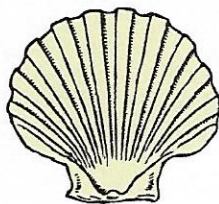
The camino to Los Arcos follows the valley along red-dirt farm tracks. Along this part of the camino, information signs (in Spanish) mark former pilgrim hospitals. Windmills circling high above you add, a disturbing sight when you get lost on a hot day.

As you near Los Arcos, there are views of the Basilica de San Juan, a few kilometres away to the right. Windmills on the distant hills stretch the horizon. Eventually, follow a gravel road over the hills. Los Arcos is in front of you. The town is at the edge of town for three days. Take the left-hand fork soon after the town. Follow Calle Mayor into Los Arcos.

Los Arcos

652km, 450m, pop 1300)

Los Arcos is a small town, dominated by a somewhat dour-looking **Iglesia de San**. **María de la Asunción**. Inside, the altarpiece is a riot of Baroque, and the walnut *retablo* is one of the finest in the area. On the camino; the Gothic



Blessing

“In the name of Our Lord Jesus Christ, accept the purse, this symbol of your pilgrimage, that you may be worthy to arrive chastened and cleansed at the threshold of St. James to Whom you wish to go; and with your journey completed, may you return safe to us with delight, with Him as a guarantee, Who lives and reigns as God forever and ever, Amen.

Accept this staff as a support for the journey and for the labour on the route of your pilgrimage, so that you may be able to overcome all the throngs of the enemy and arrive secure at the threshold of St. James; and having completed your passage, may you return to us with delight, with the agreement of Him Who lives and reigns as God. World without end.” - Codex Calixtinus, Sermon “Veneranda dies” LI, c17th

Pilgrim's Prayer

St. James, Apostle, chosen among the first, you were the first to drink the cup of the Master and you are the great protector of pilgrims. Make us strong in faith and happy in hope on our pilgrim journey, following the path of Christian life, and sustain us so that we may finally reach the glory of God the Father. Amen.

Inspiration for your challenges on your journey

Irish Blessing

May the road rise up to meet you. May the wind be always at your back. May the sun shine warm upon your face; the rain fall soft upon your fields, and until we meet again may God hold you in the palm of His hand. - Traditional Gaelic Blessing

“If we winter this one out, we can summer anywhere.” - Seamus Heaney

“Wheresoever you go, go with all your heart.” - Confucius

"If you can't fly, then run. If you can't run then walk. If you can't walk then crawl, but whatever you do you have to keep moving forward." - Martin Luther King, Jr.

"I think when the dust settles I think we'll realize how little we need, how much we actually have and the true value of human connection." - Charles Schultz

Pilgrimage is a symbol of life. It makes us think of life as walking, as a path. The person who does not walk, but instead stays still this is not useful, it accomplishes nothing. Think of water. When water is not in the river it does not course but instead it remains still and stagnates. A soul that does not walk in life doing good, doing many things that one must do for society to assist others, or who does not walk through life seeking God and inspiration from the holy spirit is a soul that finishes in mediocrity and in spiritual poverty. Please do not stand still in life. - Pope Francis

"Life is a long pilgrimage from fear to love." - Paulo Coelho

"Let your hopes, not your hurts shape your future."

"Three keys to more abundant living: Caring about others, daring for others and sharing with others." - William Arthur Ward

"May my conversation be significant, may my meetings be blessed. May my path cross the paths of others who love you. May my path cross the paths of others who don't know you. May my touch be your touch of infinite gentleness. May my words be your words of wisdom. May my eyes see your compassion." - Daily prayer

Your own words of inspiration: