

## STAGE 5

FERROL-SANTIAGO

# From Betanzos to Presedo

 **DISTANCE**  
12,009 Km  **DIFFICULTY**  
MEDIUM  **TIME**  
3:00 h

Many pilgrims dare to walk the 23.5 km between Betanzos and Bruma, but others prefer to take it slower and spend the night in Presedo. There are no steep slopes on any part of the English Way as happens on other Jacobean routes. So to say that this is its hardest stage also requires such a description to be clarified, as it is not so much due to the difficulty in this stage as for the fact that most of the route is uphill, with plenty of flat areas that, although short, serve as a place to rest. The pilgrim will cross the municipalities of Betanzos and Abegondo, with a uniform landscape characterised by the abundance of forests, predominantly pine, abundant eucalyptus and with the most emblematic tree of Galicia, the carballo [oak], making an appearance.



In Presedo, and next to the English Way, the private museum Xente no Camiño opens its doors, with an original collection of paintings with a medieval theme, which make up what is a unique set in the world. It is also an inn.

And before, at the exit of Betanzos, the bridge of As Cascas demands a photo. It is possible to go down to the river bank, which is the ideal place to capture this image. Almost next to it, a washing place that surprises us due to its large size.

### THE HOSTEL. Check all accommodations at [www.caminoingles.gal](http://www.caminoingles.gal)



Presedo. This is a municipal hostel located a couple of hundred metres from the English Way, next to the sanctuary of Nosa Señora da Saleta. It has 16 beds in its only bedroom. The phone number to call once you arrive is clearly displayed, so that they can open it up. Kitchen and shelter for bicycles.

Web:  
[www.caminoingles.gal](http://www.caminoingles.gal)  
Facebook Group:  
Camino Inglés Oficial  
Facebook Fan Page:  
Camino Inglés  
Instagram:  
@caminoinglesoficial



## AGENDA

**Civil protection:** 112

**Health emergencies:** 061

**Guardia Civil:** 065

**Weather forecast:**  
[www.meteogalicia.gal](http://www.meteogalicia.gal)

**Betanzos Tourist Office**  
Cantón San Roque, 4. Tel.: 981 776 666

**Betanzos Town Hall**  
Praza Galicia, 1. 15300  
[www.betanzos.es](http://www.betanzos.es)  
Tel.: 981 770 011

**Abegondo Town Hall**  
San Marcos, 1. 15318  
[www.abegondo.es](http://www.abegondo.es)  
Tel.: 981 647 996





As Cascas bridge

■ The pilgrim leaves behind the historic centre of Betanzos and descends to the river Mendo, which is crossed by a historic bridge: that of **As Cascas**, which was almost destroyed during the War of Independence, and neighbour of the ruins of the **convent of As Donas** which are still standing on the right, delimiting the roundabout. In fact, the bridge was already mentioned in a document that dates back to 1200. From this point the first ascent begins, short but undoubtedly the hardest, which will gradually introduce the pilgrim to the rural world.

■ This ascent, which is noticeable on the legs in its first 800 metres, leaves a curious figure of a **pilgrim** on the left. Further on, the well-kept houses of the small hamlet of Xan Rozo are also on the left, to cross the the

motorway then to continue into a comfortable, shady and very pleasant descent, which ends in a small valley where the greenery is everywhere. The track is wide and comfortable.

■ The valley, part of which is included in the Natura Network 2000 (58.181 km from Obradoiro square), runs along a comfortable track with a small final ascent, where it opens up to reveal first a simple stone cross and, to the left, the church of **Santo Estevo de Cos**.

■ The church of Cos is the first of the two temples that pilgrims will be able to admire during this stage. It has a rectangular floor plan with a single nave, with a section attached to the wall of the presbytery that serves as a sacristy. Walls and façade are made from masonry, with ashlar on the chamfered edges. It is preserved in very

good condition, the sides are covered and painted and the stonework is visible on the simple façade, with two pinnacles at the ends and a bell tower defining the upper part of the façade.

■ The departure is in a zigzag, sections of dirt and track, with a stretch of road. And on reaching the sign of Presedo and a little further on the signs inviting pilgrims to go to the left, they must continue along the road if they want to spend the night in the local hostel, which is practically next to the **sanctuary of Nosa Señora da Saleta**. It is of a respectable size, generous in granite and in perfect state of conservation. The temple has seen the arrival of people since time immemorial, who come from many different places in mid-September, loaded with *empanadas* (Galician pies), to celebrate a popular pilgrimage.

