

The Camino Frances is the most popular of all the Camino routes to Santiago de Compostela in Northwest Spain. This Camino starts in St Jean Pied de Port on the French side of the Pyrenees and finishes about 780km (975,000 steps) later in Santiago. It will take most people about a month to walk and about two weeks to cycle.

The walking guide is broken into 32 stages below. Why not walk the equivalent of some of the stages of the Camino as a team?



Camino Frances Stages and distance

Day	Starting City/Town/Village	Distance in Km	Equivalent in steps	Approx. time in days (to nearest ½ day) walking 5,000 steps per day	Approx. time in days (to nearest ½ day) Walking 10,000 steps per day
1	St Jean Pied de Port	24.0	30,000	6	3
2	Roncesvalles	27.4	34,250	7	3.5
3	Larrasoana	16.5	20,625	4	2
4	Pamplona	24.2	30,250	6	3

Day	Starting City/Town/Village	Distance in Km	Equivalent in steps	Approx. time in days walking 5,000 steps per day	Approx. time in days Walking 10,000 steps per day
5	Puente la Reina	21.7	27,125	5.5	3
6	Estella	22.5	28,125	6	3
7	Los Arcos	18.5	23,125	4.5	2
8	Viana	22.0	27,500	5.5	3
9	Navarrete	17.4	21,750	4.5	2
10	Najera	21.3	26,625	5.5	3
11	Santo Domingo de la Calzada	24.0	30,000	6	3
12	San Juan de Ortega	24.1	30,125	6	3
13	San Juan de Ortega	24.9	31,125	6.5	3.5
14	Burgos	30.5	38,125	8	4
15	Hontanas	34.9	43,625	9	4.5
16	<b>Fromista</b>	19.0	23,750	5	2.5
17	Carrion de los Condes	37.3	46,625	9.5	5
18	Sahagun	18.0	22,500	4.5	2.5
19	El Burgo	18.6	23,250	5	2.5
20	Mansilla	18.2	22,750	5	2.5
21	Leon	21.8	27,250	5.5	3

Day	Starting City/Town/Village	Distance in Km	Equivalent in steps	Approx. time in days walking 5,000 steps per day	Approx. time in days Walking 10,000 steps per day
22	Villar de Mazarife Villadangos del Paramo	28.9	36,125	7.5	4
23	Astorga	20.2	25,250	5	2.5
24	Rabanal del Camino	32.7	40,875	8.5	4
25	Ponferrada	23.3	29,125	6	3
26	Villafranca del Bierzo	30.3	37,875	7.5	4
27	O Cebreiro	20.3	25,375	5	2.5
28	Triacastela	25.0 via Samos	31,250	6.5	3.5
29	Sarria	23.1	28,875	6	3
30	Portomarin	24.7	30,875	6.5	3
31	Palas de Rei	28.5	35,625	7.5	3.5
32	Arzua to Santiago de Compostela	38.7	48,375	10	5