



## ADVICE AND RECOMMENDATIONS FOR THE ROUTE

You should prepare in advance before you set out on the **Way of St James**: go for walks during the previous weeks as a form of training, which should increase gradually in length and difficulty.

- **Plan** the stages and how you are going to complete them in a **personalized way**. Adapt the route to your own capabilities and objectives. Dose the efforts and follow your own pace. This is not a race. The road is as important as the goal.
- **Warming-up and muscle-stretching exercise** have to be constant throughout the way. Pay special attention to your calves.
- If you are **going by bike** try to divide the route into sections of between 60 and 100 km. Cycle in company, and be very careful with the road traffic and the pedestrian pilgrims. The best time to go is at the beginning of September, when the climate is mild and the days are still long.
  - Your **footwear** has to be already **used and adapted to your foot** rather than new. The best are trekking or mountain boots, preferably with a hard sole. Take also sandals or flip-flops for the moments of rest.
  - Your **backpack** should fully cover your back in order to ensure your correct body posture. The weight should be placed close to the center of your body. Take only the most basic and essential items, and never go over 10 kg.
  - **Knees, tendons and feet are the weak points**; sprains and tendinitis are the most common injuries, which you should attend from the very moment they appear (with painkillers, anti-inflammatory ointments and bandages or massages).
  - The **right socks are fundamental**: ideally made of cotton, and without seams. If you are wearing boots, take another pair made of wool. Keep them clean at all times.
  - Don't forget about a small **first aid kit** with the most essential care for your feet and skin (hypodermic needles, regular and gel band aids, bandages, small

scissors, solar protection cream and hydrating cream).

- Your **diet should be light**, providing very important carbohydrates. Good hydration is also essential: you should drink liquids before, during and after your walk, about 2 l every day.
- **Don't walk at night.** Neither before the sunrise nor after sunset. The trail and the indications are meant for walking in daylight.
- Galicia is a humid land, fertile and with heavy rains most of the year. They nourish and add to the splendor of the landscape, but it's also a factor we should take into account. The temperature is never extreme, and ranges from 25 and 30 centigrades in the summer months to 0 - 5 centigrades in winter, being the lowest temperature in some interior areas and mountains.
- In case of an **emergency** you can call **112**. It is free and works 24h all days of the year. It meant for any urgent cases and emergencies.

**The last indication for the road: don't drop anything on the way.** There are rubbish containers in every village, where you can leave your waste. Take care of this ancient route, which unravels before you and protect it.