



2026 edition

Camino Planning Starter Kit

A brochure-style planning guide built from Camino Maps trail data, locality content, accommodation listings, ratings, and the actual in-app packing workflow, brought to you by the Camino Maps app.

321

mapped localities

4531

mapped places

2766

stay-linked entries

Use it to choose the right trail, match your stay style to your energy and budget, keep your daily distance realistic, and make the first day feel simple.

Choosing your trail

The right Camino is not the most famous one. It is the route whose terrain, social energy, logistics, and fallback options match your real trip.



Most forgiving first Camino

Camino Frances

Choose it if you want the classic first-Camino runway, the densest service network, and the easiest logistics when something changes mid-trip.

761.7 km
from St Jean

183 mapped
localities

1,893 mapped
places

Starts: Full route: St Jean Pied de Port | Shorter classic start: Sarria (113.4 km remaining)

Typical first stages: St Jean -> Pyrenees climb -> Roncesvalles, with a Valcarlos variant available from day one.



Calmer cadence, lower friction

Camino Portuguese

Choose it if you want a steadier beginner-friendly rhythm, easier recovery from mistakes, and several practical ways to shorten the route without drama.

605.9 km
from Lisbon

234.0 km
from Porto

60 localities /
1,323 places

Starts: Full route: Lisbon | Most practical classic start: Porto | Last-100 km style start: Tui (112.8 km remaining)

Typical first stages: Porto -> coastal or central split -> northbound rhythm through Portugal into Galicia.



Big scenery, more planning load

Camino del Norte

Choose it if coastal scenery matters enough that you are happy to trade some beginner ease for hillier days and tighter accommodation decisions.

845.1 km
from Irún

697.5 km
from Bilbao

78 localities /
1,315 places

Starts: Full route: Irún | Popular shorter start: Bilbao | Late-route option: Ribadeo (193.9 km remaining)

Typical first stages: Irún -> San Sebastian -> Zarautz, with less room for lazy late-day planning than Frances or Portuguese.

Choosing your stay style and walking distance

Where you sleep and how far you walk each day shape the whole experience. Pick the combination you can repeat tomorrow, not just survive today.

Accommodation types

Albergues

Best if you want the most classic pilgrim rhythm, lower cost, and shared-energy nights.

Pensions

Best if you want a private room without jumping all the way to full hotel pricing.

B&Bs

Best if you want comfort, a calmer night, and a softer landing after a harder day.

Hotels

Best if you want privacy, real recovery, and the occasional reset night built into the walk.

Most first-timers do best with a mix: cheaper shared nights when energy is high, then the occasional private-room stop when sleep, weather, or morale starts to matter more.

Walking distance

15-20 km

Strong first-week range for many first-timers. Good when you want a calmer start and more room for mistakes.

20-25 km

A common steady rhythm once your legs settle, if recovery is going well and route logistics are straightforward.

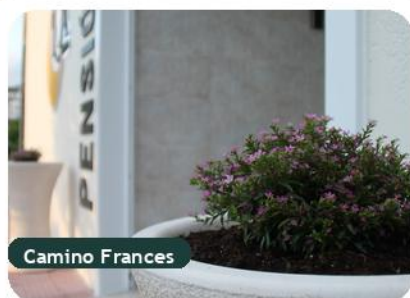
25 km+

Usually better for trained walkers, flatter days, or later in the trip. Not the best automatic day-one target.

- Do not copy someone else's stage distances without checking elevation, pack weight, and recovery.
- Week one should feel easier than your ambition.
- If the route or weather feels harder than expected, shorten the next day before you are forced to.

A few higher-rated stay examples

These are not the only good options. They are examples of the kind of comfort level and review signal you can look for inside the app when choosing where to sleep.



Camino Frances

BAIXO A LUA

Sarria | Guesthouse

Booking 9.7 / 1,568 reviews

A strong example of the private-room reset many pilgrims like near the final 100 km.



Camino Portuguese

Casa dos Ofícios

Tomar | Hotel

Booking 9.4 / 1,868 reviews

Useful as a model for the calmer hotel night some walkers want every few days.



Camino del Norte

Villa del Marques

Muros de Nalón | Boutique hotel

Google 5.0 / 330 reviews

Shows the kind of recovery-first stop that can really matter on Norte in rough weather.

Should you plan in advance?

Usually yes, but not every detail. Most pilgrims do best with a hybrid plan: enough structure to remove stress, enough flexibility to respond to the real trail.

Planning rhythm

Decide your trail, your first week rhythm, and your booking style before you start. That is enough structure for most first Caminos.

Book now

Your first 1-3 nights, obvious bottlenecks, weekends in busy season, and any stage where a late arrival would feel risky.

Keep flexible

Normal mid-route days with good fallback towns, especially when you are walking outside the busiest peaks.

Best default

Lock the next pressure point early, then reassess once per afternoon. That keeps you moving without over-scripting the whole walk.

Simple rule

If losing one bed would throw your day into chaos, plan it. If several reasonable fallback towns exist, you can stay looser.

Your first day

This is the part many people overthink. In practice, the first morning is usually the simplest part of the whole trip.

The day before

Get your pilgrim credencial the day before, sort your first night, eat, and go to bed early.

Morning

Wake up, pack calmly, eat something light, and set off in the morning while everything still feels fresh.

On the trail

Follow the arrows. It really is that simple. You do not need to solve the whole Camino before breakfast.

Evening

Check how your body actually feels. Then adjust tomorrow's distance, food, or sleep accordingly.

First-day reminder

Credencial ready the day before. Start in the morning. Follow the arrows. The first day is not a test. It is just the start of a walk.

Budget breakdown

The Camino can be done cheaply, but it helps to know where the money actually goes. These ranges are practical planning numbers, not fantasy best cases.

Accommodation

EUR10-EUR40 / night

- Municipal or donation albergues sit at the low end.
- Private albergues and simpler rooms often land in the middle.
- Private rooms commonly run EUR30-EUR80.
- Pensions and above can easily be EUR110+.

Food

EUR15-EUR30 / day

- Simple breakfast: coffee plus toast or pastry.
- Lunch can be a bocadillo, tortilla, salad, or menu del dia option.
- Dinner is often the pilgrim menu or a basic local set menu.

Extras

Small but real

- Coffee stops
- Snacks and water
- Laundry
- Pharmacy bits, blister care, and the occasional taxi or transfer

Budget pilgrim

EUR25-EUR40 / day

Think dorm-style albergues, simple breakfasts, a pilgrims menu, and keeping extras under control.

Comfortable

EUR50-EUR80 / day

Think more private rooms, more cafe stops, and more freedom to choose comfort over the cheapest available bed.

Typical meal pricing

Breakfast

EUR3-EUR8

Coffee plus toast, pastry, or a simple tortilla stop. Many pilgrims keep breakfast light and add a second coffee later.

Lunch

EUR6-EUR15

Bocadillo, tortilla, soup, salad, or menu del dia when you stop in a larger town.

Pilgrims menu

EUR10-EUR18

Usually a set dinner with starter, main, dessert, bread, and often wine or water.

Accommodation ladder

Municipal or donation albergues

often around EUR10-EUR20

Private albergues

often around EUR15-EUR30

Private rooms

commonly EUR30-EUR80

Pensions and above

can be EUR110+

The practical takeaway: your route and stay style matter more to budget than tiny savings on coffee. Sleep choice is usually the biggest lever.

Health and injury prevention

Keep this simple and calm. Most Camino aches are manageable, and a small issue handled early is usually much easier than a bigger one ignored for two days.

First principle

Blisters are normal, not failure

They happen to experienced pilgrims too. The goal is not to pretend your feet will stay perfect. The goal is to notice problems early and keep them small.

A calm response beats a heroic one: stop for five minutes, sort the issue, then keep moving if it settles.

Foot care basics

Dry feet whenever you get the chance.

Change socks if your feet are wet or gritty.

Treat hotspots early, before they become full blisters.

Loosen, tighten, or relace shoes if pressure points show up.

Stretching and rest days

You do not need a perfect sports-recovery routine. A few minutes of calf, hamstring, hip, and foot mobility most evenings is already useful.

- Sit down, air your feet, and reset before small pain becomes big pain.
- Take a rest day when fatigue is stacking up faster than you are recovering.
- Rest days are not wasted days. They are part of finishing well.

When to stop vs push

Usually okay to keep going

Mild soreness, normal fatigue, and a hotspot you can protect and monitor.

Pause and reassess

Pain that changes your stride, keeps getting worse, or starts making you compensate elsewhere.

Stop for the day

Sharp pain, swelling, or anything that makes normal walking mechanics feel unstable or unsafe.

A calm Camino rule

Do not wait for a problem to become dramatic before you respond to it. Dry feet, fresh socks, early blister care, easier mileage, and the occasional rest day solve a surprising amount.

Pushing through everything is not toughness. Good judgment is. The pilgrims who finish well are often the ones who adjust earlier.

Packing list from the app

This is based on the actual in-app list. The core idea is still the right one: pack for a few rotating days, not for the full length of your Camino.

Apparel

Pack for a few rotating days, not for the full length of your Camino. The in-app list treats laundry cadence as the real system.

Backpack: 25 - 35L

Total pack weight should stay under 20% of body weight.

☐ Backpack

☐ Socks

☐ Shoes

☐ Flip flops / sandals

☐ Hat

☐ Underwear

☐ Shorts / trousers

☐ T-shirt

☐ Light rain jacket / comfort wear

☐ Sunglasses

☐ Umbrella

☐ Cotton sleeping liner

Toiletries

Keep this section practical. Fast-drying, multi-use items usually beat a full bathroom kit.

Microfibre towel is the easiest default.

A simple multi-purpose soap bar is enough for many pilgrims.

☐ Suncream

☐ Toothbrush & toothpaste

☐ Soap

☐ Shampoo / conditioner

☐ Hairbrush

☐ Moisturiser

☐ Nail clippers

☐ Tampons and other care

☐ Towel

☐ Tissues / wipes

Packing list from the app

Medical and personal gear are where overpacking usually sneaks in. Carry what solves real trail problems and leave the just-in-case clutter behind.

Medical

Medical gear is highly personal, but the in-app list stays focused on the problems pilgrims actually meet first: feet, hydration, and pain.

Carry around 2L of water.

Think blister plan before you leave, not after the first hot spot.

☐ Compeeds

☐ Water bottle / bladder

☐ Painkillers

☐ Band-aids / plasters

☐ Arch support insert

☐ Allergy medicine

Personal

This is where little comfort or admin items can earn their place, but only if you truly use them.

Cash, cards, passport, and charger matter more than clever extras.

Earplugs and a sleep mask are small but high-value in shared rooms.

☐ Passport / identification card

☐ Phone & phone charger

☐ Rechargeable battery pack

☐ International SIM card

☐ EU plug converter

☐ Hiking poles

☐ Clothes pegs

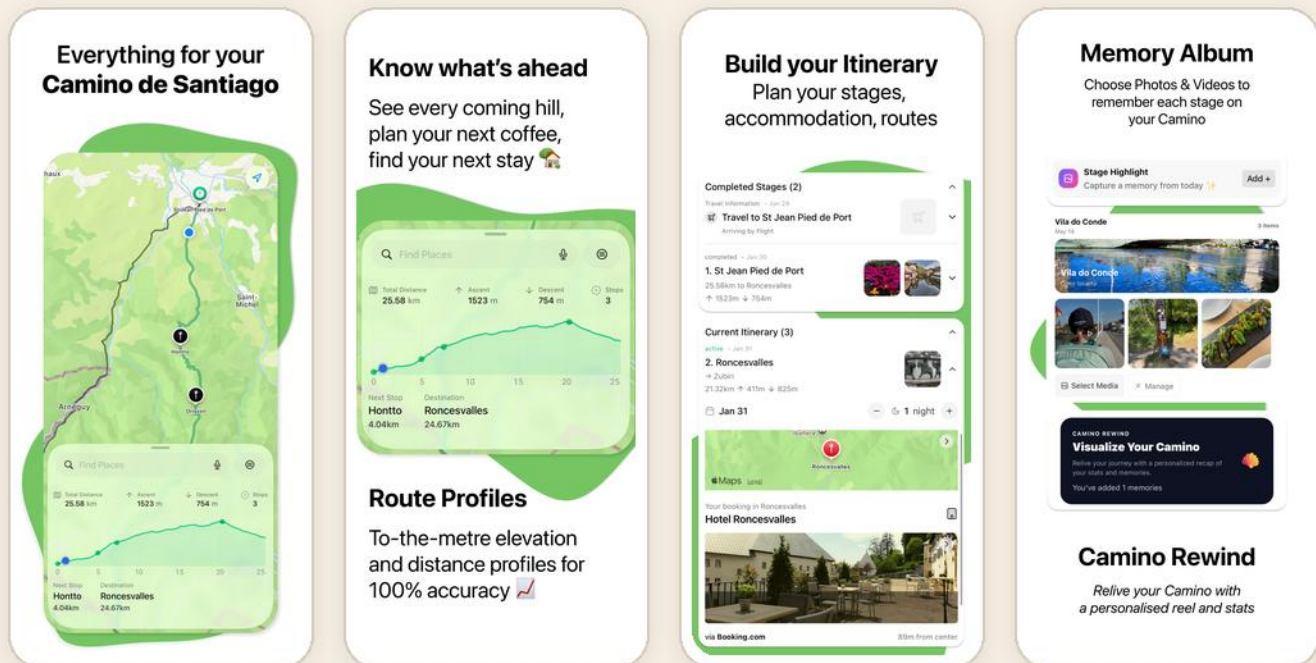
☐ Cash and cards

☐ Earplugs

☐ Sleep mask

Plan it all in Camino Maps

Route planning, accommodation search, stage building, packing, and on-trail context in one app.



Why finish in the app?

- Choose your trail and compare route styles in one place.
- See accommodation options with photos, reviews, and booking paths.
- Build an itinerary around real stages instead of vague ideas.
- Keep your packing list tied to the trip you are actually walking.
- Use route profiles and locality detail when plans change mid-walk.
- Save memories and turn them into a Camino Rewind at the end.

Camino Maps app

Use the app alongside this starter kit when you are ready to pick a route, lock in stays, and turn a plan into something you can actually walk.