

Camino Francés: Pamplona to Burgos

Overview and Planning Guide

The Pamplona-to-Burgos section of the Camino Francés is a renowned 215–220 km stretch of the Camino de Santiago. Typically taking 8 to 10 days to hike, this route traverses the rolling landscapes of Navarre, the famous wine region of La Rioja, and the historic fields of Castile-León.

Key Itinerary & Stages

- Day 1 | Pamplona to Puente la Reina: ~24 km. A challenging start featuring the famous climb up Alto del Perdón with its iconic pilgrim statues.
- Day 2 | Puente la Reina to Estella: ~22 km. An undulating walk through olive groves and historic medieval bridges.
- Day 3 | Estella to Los Arcos: ~21 km. Passes through vineyards and the famous Irache Wine Fountain, where you can drink free wine.
- Day 4 | Los Arcos to Logroño: ~28 km. Crosses the Odrón River, entering the La Rioja region into its lively, tapas-filled capital.
- Day 5 | Logroño to Nájera: ~29 km. Gentle walking through wine country and the foothills of the Sierra de Cantabria.
- Day 6 | Nájera to Santo Domingo de la Calzada: ~21 km. Passes through the monastery towns of Azofra and Cirueña.
- Day 7 | Santo Domingo de la Calzada to Belorado: ~23 km. Leaves La Rioja and crosses into the Castilla y León region.
- Day 8 | Belorado to San Juan de Ortega: ~24 km. A scenic, sometimes steep climb through the Montes de Oca.
- Day 9 | San Juan de Ortega to Burgos: ~26 km. A mix of forest paths and open plains (the start of the Meseta), culminating in the arrival at the magnificent Burgos Cathedral.

Terrain & Difficulty

Difficulty: Moderate. The climbs are relatively gradual, though the Alto del Perdón on Day 1 is the most notable physical challenge of this stretch.

Surrounding Scenery: Starts with the mountainous outskirts of Pamplona, softens into the vineyard-covered hills of La Rioja, and ends with the open, expansive plains of the Meseta.

Essential Planning Tools

Credencial (Pilgrim Passport): You can get stamped and stay in the network of pilgrim albergues (hostels). The municipal hostels generally do not take advance reservations, but many private albergues do.

Apps & Guides: Plan your daily stages using the Camino de Santiago Forum for community reviews on albergues, or consult mapping apps like Wise Pilgrim or Camino Ninja for elevation profiles and water stops.