



At night or in poor visibility, you must use bicycle lights (rear red light and front white light) and wear reflective clothing.



You cannot cycle while using your mobile phone or head- and earphones connected to sound playing devices.



You must wear your cycle helmet when riding on all interurban roads.



You must indicate well in advance the manoeuvres and signal them with your arms.



You must always ride in single file or two abreast.

CYCLING CAMINO DE SANTIAGO



PLAN YOUR TRIP



LOAD

You must place your cargo evenly within the saddle bags to facilitate the bicycle steering and balance.



SIGNALLING

1. The route

The routes are easily identified because they are specifically marked.

2. The manoeuvres

It is important that you indicate well in advance the manoeuvres you intend to conduct. Please bear in mind that if you ride in a group, it is only allowed to ride in single file or two abreast.



WEATHER

In wintertime, additional difficulties. Please take into account that the orography and heavy rains in Galicia make it more advisable to go on the pilgrimage from May to September.



ACCIDENT INSURANCE

It is recommended to take out accident insurance to have travel assistance cover.



KNOWING THE ROUTE: PLANNING THE STAGES

Before starting the Camino, you should plan the stages as their level of difficulty and length vary.



OPT FOR SAFETY, MAKE YOURSELF VISIBLE

At night or in poor visibility wear reflective clothing items because they make you be seen at 150 metres as a minimum.



BICYCLE MAINTENANCE

The bicycle must be in roadworthy condition to embark on the road. Please pay attention to:

1. Lighting and braking systems.

Remember: front white light and rear red light. Always enhance your visibility by wearing reflective clothing.

2. Kit to fix punctures

