

Service guide

Ruta teresiana

De la cuna al sepulcro



**CAMINOS
TERESIANOS**

Welcome, pilgrim

To this Teresian route that connects the cradle and tomb of Saint Teresa, passing through important places in her life, including Gotarrendura (where she lived as a child), Fontiveros (where Saint John of the Cross was born), Duruelo (where the reform of the Carmelite friars started) and Mancera de Abajo (where the foundation from Duruelo was moved).

Landscapes and monuments

We hope that you enjoy the landscapes and monuments of this Teresian route and, guided by Saint Teresa, you live a rewarding experience based on an encounter with yourself and, if you are a believer, with God.

The Route

You can walk from Ávila to Alba de Tormes or from Alba to Ávila. We have designed this guide in the Ávila – Alba de Tormes direction. If you start the path in Alba you will have to consult the guide from the end and you will start your path where Teresa's path ended, in the convent of the Annunciation in Alba de Tormes.

Pilgrim's guide

This guide has been created to quickly consult the services of the towns, especially thinking about the smallest ones:

- Credential (where to stamp it)
- Accommodation
- Food and drinks
- What to visit
- Other services (medical centres, pharmacies, etc.)

Along the route you may find areas where mobile coverage may fail. For this reason we have created this PDF guide that you can take downloaded to your phone or printed.

From the Association of the Teresian Route From the Cradle to the Grave, we try to keep the information updated to the maximum. We recommend you to always check the latest version in rutateresiana.com, since the services of each municipality may vary over time.



Practical information

Pilgrim's credential

What is it?

It's the document that identifies pilgrims who make the route by walking, bicycle, horse or carriage.

This credential doesn't give you any special rights. The credential has to be stamped along the route so at the end of it, you can ask for the "Andariega", a document that proves that you have completed the route.

Where to stamp it

This can be done in almost all towns: town halls, shops, bars or restaurants.

You don't need a stamp in every town. Just 2 or 3 for every stage.

Where to get it

- In the Visitor's Centre in Ávila, or the Tourist Office in Alba de Tormes (plus in almost all towns along the route).
- On our website: rutateresiana.com/peregrinos

La Andariega

This is the final document, which proves that the pilgrim has completed the route.

To obtain the Andariega, you must show the stamped credential in the Tourist Office in Alba de Tormes or in the Visitor's Centre in Ávila.

Ávila

Pilgrim's credential

You can obtain the credential and apply for the Andariega in the Visitor's Centre. (Avenida de Madrid 37. C.P.: 05001 Ávila).

Accommodation for pilgrims

- Centro Internacional Teresiano Sanjuanista (CITeS) and Centro de Acogida para Jóvenes (Youth welcome centre): www.mistica.es - 920 35 22 40.
- Compañía de Santa Teresa de Jesús House of spirituality and youth hostel. Check location and contact here. 920 21 25 70
- Santa Teresa's birth place: www.teresadejesus.com - 920 21 10 30

Other services

Ávila is the biggest town along the route, so you will find every type of services: Hospital, supermarkets, shops, police station, shopping centre, hotels, hostels, restaurants, etc.

Transport

BUS STATION: Avda. de Juan Carlos I / +34 920 220 154

Buy tickets on the official Avanzabus website or in the bus station

TRAIN STATION: Pº de la Estación, s/n. / www.renfe.com

TAXI: 920 35 35 45 / www.radiotaxiavila.com

Narrillos de San Leonardo

Pilgrim's credential

Your credential can be stamped in:

- Iglesia de San Leonardo Mártir
- Town Hall (657 03 16 23)
- Tahona Araujo (920 35 01 85)

Accommodation for pilgrims

There's no accommodation for pilgrims but there are some cottages

Food and drinks

"Tahona Araujo" – 920 35 01 85

Visit

- San Leonardo Mártir Church
- Verraco Vettón
- Ara Romana
- Church fountain
- Potro de Herrar
- Cantos responsos
- Ronchadera
- Ávila Panoramic view

Other services

Medical Centre

Cardenosa

Pilgrim's credential

Your credential can be stamped in the Town Hall (C/María Vela, 2)
Alcaldía – 920 26 00 01 / 658 89 01 55 cardenosa@diputacionavila.es
aulaarqueologicacardenosa@gmail.com

Accommodation for pilgrims

There's no accommodation for pilgrims but there are some cottages

Food and drinks

- “El Paso” Bar
- “La Cueva” Bar
- Taberna del Carpio (bar)
- Carnicería Garcinuño (butchery and supermarket).

Visit

- Las Cogotas Fort and Interpretation Centre
- Santa Cruz Church
- Berrocal Hermitage
- Madre de Dios Hermitage
- Arco de Conejeros
- Calvario
- Calzadilla romana (Roman path)
- Casa mortuoria
- El Cahorzo y El Carpio fountains

Other services

- Medical Centre (Monday, tuesday, thursday and friday. From 10 AM to 12 AM)
- Pharmacy – 920 26 00 50

Peñalba de Ávila

Pilgrim's credential

Your credential can be stamped in:

- Casa consistorial. Tuesdays from 10 AM – 2 PM
- Sonia Garcinuño Jimenez – 626 83 92 48
- Peñalba Bar

Accommodation for pilgrims

Municipal hall (Booking required, call Sonia 628 83 92 48)

- Toilets: Yes.
- Shower: No.
- Beds: No.
- Heating: No.

Food and drinks

Peñalba Bar (open at weekends).

Visit

- Church and y Cristo de Santa Teresa Hermitage.
- Despoblado de Garoza.

Mass timetables

Sundays 11 or 12 AM, (rotation).

Holidays 11 AM

Other services

Medical Centre

- Doctor check-ups: Tuesdays and Thursdays 12h.
- Nurse check-ups: Mondays and Fridays 12h.

Gotarrendura

Pilgrim's credential

Your credential can be stamped in the Town Hall.

615 65 80 68 // 920 26 90 38 aytogotarrendura@gmail.com

Accommodation for pilgrims

Pilgrim's hostel "Entre adobes"

4 guests / Bookings not allowed / Maximum stay 1 night / Price: voluntary payment

Tourist Hostel "Casa del Maestro"

12 guests / Bookings allowed / Price: 15€ per pax and night.

More information: 615 65 80 68 / 920 26 90 38

Food and drinks

- Bar – Restaurant «Los Nenes»

Visit

- Dovecote of Santa Teresa 665 09 09 08
- Museum of art and ethnography "López Berrón". Call 671 03 38 03 to visit it. Entry: 2€
- San Miguel Arcángel Church
- Virgen de las Nieves Hermitage
- Astronomical Centre (book your guided visit in advance calling the Town Hall – 615 65 80 68).
- Forge
- Shoeing colt

Other services

Medical Centre

El Oso

Pilgrim's credential

Your credential can be stamped in the Town Hall: 920 26 11 46 / 606 57 32 98 ayuntamientoeloso@gmail.com

Accommodation for pilgrims

There's no accommodation for pilgrims but there are some cottages

Food and drinks

Bar and bakery

Visit

- Lagunas de El Oso - Open air museum (call this number to arrange a visit 608 22 77 01)
- Lagunas de la Moraña Center (608 22 77 01)
- Zoomorphic figure El Oso

Other services

Medical Centre

Papatrigo

Pilgrim's credential

You can stamp the credential or in the Plaza Bar.

920 24 13 01 / 661 74 21 84 / papatrigo@diputacionavila.es

Plaza Bar – 920 24 13 21

Accommodation for pilgrims

The village offers a small house to pilgrims. Services:

- Toilets: Yes
- Shower: Yes (located in a different building)
- Beds: No
- Heating: No (in case of cold weather, the town hall will try to provide an alternative).

More information – 920 24 13 01 / 661 74 21 84

Food and drinks

Bar and shop in Plaza Mayor.

Visit

- Santo Tomás Apóstol Church
- Montalvo Hermitage
- La Dolorosa chapel

Other services

Medical Centre and pharmacy (C/Ávila, 3. 920 24 14 07).

Narros de Salduena

Pilgrim's credential

Your credential can be stamped in the shop.

Town hall contact:

920 24 10 61 / 605 79 86 37 / 619 13 27 97.

narrossalduena@diputacionavila.es

Accommodation for pilgrims

There' s no accommodation for pilgrims

Food and drinks

Bar and shop

Visit

- Duque de Montellano castle
- Church

Other services

Medical Centre (Open tuesday and thursday)

Collado de Contreras

Pilgrim's credential

Your credential can be stamped in Bar Plaza

C/ Carreteros 4. César Martín (Alcalde): 699 22 32 17.
cesarkollado@gmail.com

Accommodation for pilgrims

The town hall offers a place to sleep in case of need (call 699 22 32 17)

- Toilets: Yes
- Showers: No
- Heating: Yes
- Kitchen: yes
- Beds: No.

Food and drinks

Bar Plaza

Shop (open from Monday to Saturday).

Visit

- Ntra. Sñra. de los Dolores Church (XVI century). To visit, call 699 22 32 17
- Cuatro Calzadas Hermitage (next to the cemetery and the Teresian path)

Other services

Medical Center (call the center from Fontiveros (920 24 50 06).

Fontiveros

Pilgrim's credential

Your credential can be stamped in:

- Town Hall – 923 24 50 35, aytofontiveros@hotmail.es
- San Juan de la Cruz Birth Place
- San Cripriano Church
- Restaurant Juan de Yepes

Accommodation for pilgrims

- Pavilion: available for groups, upon request. Heating and hot water.
- Private accommodation

Food and drinks

- Mesón Juan de Yepes. They serve breakfast, lunch and dinner.
- Bars, shops and supermarkets.

Visit

- San Juan de la Cruz birth place.
- Convent Madres Carmelitas.
- San Cipriano Church
- San Juan de la Cruz monument.
- Dos Fountain and Santa Ana Hermitage
- Big Lagoon
- Marqués de Fontiveros Tower
- For guided visits, call the town hall (923 24 50 35) or Ana Velazquez (629 71 63 32)

Other services

- Medical Centre. Emergencies: 920 24 50 06
- Pharmacy
- Banks and ATMs.
- Hardware store.
- Swimming pool (reduced price for pilgrims).
- Service area for caravans.

Rivilla de Barajas

Pilgrim's credential

Your credential can be stamped in the Town Hall (+34 920 20 92 22).
ayto@rivilladebarajas.es / www.rivilladebarajas.es

Plaza Constitución, 1

Timetable: Tuesday and Thursday from 10 AM to 12 AM.

Out of schedule, call 636 98 18 27.

Accommodation for pilgrims

The Town Hall provides a place for pilgrims. You need to call in advance.

- Hot water and showers.
- Heating.
- To sleep: 2 thick mats

Food and drinks

- Bar – 651 93 53 46
- Open every day. Call in advance if you want to order food

Visit

- Santa Maria Magdalena Church
- Castronuevo Castle
- La Era viewpoint.

Mass timetables: Sunday at 14.00 h and Thursday 20.00 h

Other services

- Nursery: Tuesday from 11.15.
- Medical Centre: in Fontiveros.
- Pharmacy.

Narros del Castillo

Pilgrim's credential

Your credential can be stamped in the:

- Hostel
- Shop-bar Gallo Kiriko
- Bar «Nieto»

Accommodation for pilgrims

Hostel (619 38 48 89)

- 12 guest capacity. Local space for bigger groups.
- Price: 8€ per pax for groups, 10€ individual.

Otros alojamientos : Casa Rural

Food and drinks

- Several bars
- Bar Gallo Kiriko offers breakfast lunch and dinner (639 63 05 27)

Visit

- Mudejar Church
- Con Rollo de Justicia Square
- Singular Library
- CICMA (Interpretation Center Mudejar Carpentry of la Moraña)

Mass timetable: Sunday at 12h.

Other services

Medical Centre

More information: 619 38 48 89

Duruelo

Pilgrim's credential

It is not possible to get a stamp for the credential here. You can obtain the stamp at the next stop, Mancera de Abajo.

Accommodation for pilgrims

There is no accommodation for pilgrims. However, there are two towns nearby:

- **Mancera de Abajo**, next stop in the route. We recommend you to spend the night here if you want to complete the route in 4 stages. There is a hostel for pilgrims, restaurant and bakery.
- **Narros del Castillo**: This town can pick you up in the Convent of Duruelo, if you want to spend the night in Narros. The next day, they will leave you again in Duruelo to continue the route. Call this number in advance to arrange this: 619 38 48 89 .

Visit

- Convent of Duruelo (founded by Sta. Maravillas de Jesús 20th century)
- Old convent (17th century)
- Church of the convent (at the end of the road)
- Hermitage (next to the old convent). To visit it, ask for the key in the house next the church.
- San Juan de la Cruz Fountain: Located in the road to Blascomillán, you will find a fountain (potable water). It is a good spot to rest.

Mancera de Abajo

Pilgrim's credential

Your credential can be stamped in:

- Town Hall: Plaza La Paz, 1 (923 56 00 01 / 648 19 32 11)

www.manceradeabajo.es / ayto.manceradeabajo@hotmail.com

- Bar Cielito Lindo

Accommodation for pilgrims

- Town's hall hostel (923 56 00 01 o 648 19 32 11). Free, donations accepted.
 - Hot water and showers / Heating / Beds (16 pax)
- Private accommodation

Food and drinks

- Bar Cielito Lindo (618 00 75 25)
- Bakery Amparo Nieto (C/Doctor Eduardo Martínez 4 / 689 63 92 69).

Visit

- Carmelitas Descalzas Convent
- Marqueses de Mancera Palace
- Mill (15th century)
- Nuestra Señora del Rosario Church (15th century)
- Town Hall (15th century)
- Street art

Mass timetable:

- Convent: Monday, 10 AM, Tuesday, Thursday and Saturday, 9AM, Wednesday and Friday 5PM, Sunday, 10.30 AM
- Church: Sunday 11.30AM

Other services

Medical centre: Open Monday, Tuesday, Wednesday and Friday.

Macotera (south route)

Pilgrim's credential

Your credential can be stamped in: Town Hall: 923 55 50 03 / ayuntamiento@macotera.es

- Church
- Museum
- (All of them are located in Plaza Mayor).

Accommodation for pilgrims

There is no specific accommodation for pilgrims, but you can find some rural cottages

Food and drinks

- Several bars and restaurants
- Shop and supermarket

Visit

- Nuestra Señora del Castillo Church
- Ethnographic Museum llanuras y campiñas de Salamanca
- Viewpoint el cerro and Natural Space Las Cárcavas

Mass timetable:

From Tuesday to Saturday 7 PM

Sunday: 1:30 PM

Otros servicios

Medical Centre (923 55 51 75), from Monday to Friday from 11:00 to 14:00 h.

Pharmacies

Tordillos (south route)

Pilgrim's credential

Your credential can be stamped in Bar Moderno

To contact the Town Hall: 923 56 47 10 // 648 09 41 27

Accommodation for pilgrims

- There's no accommodation for pilgrims

Food and drinks

Bar Moderno, shop and supermarket

Visit

- Nuestra Sra. De la Asunción church
- Virgen del Carmen Hermitage
- La Purísima Chapel

Other services

Medical Centre

La Lurda (south route)

Pilgrim's credential

Your credential can be stamped in the church, you need to call Valentín in advance (605 89 19 97).

Accommodation for pilgrims

There's no accommodation for pilgrims

Food and drinks

Not available. You will find more options in the next town, Garcihernández.

Visit

San Nicolás de Bari Church (call Valentín).

Other services

This town offers to pilgrims toilets and water in the church. Feel free to contact Valentín if you need to use them.

Bóveda del Río Almar (north route)

Pilgrim's credential

Your credential can be stamped in:

- Town Hall on Monday, Tuesday, Wednesday and Friday, from 10 to 12.
- 923 56 00 18 / ayto.bovedarioalmar@hotmail.com

Accommodation for pilgrims

Accommodation for pilgrims opening soon

Food and drinks

Bar Cervantes:

- Winter (November to April): Open from Friday to Sunday.
- Summer (May to October): Open every day.

Visit

- Nuestra de las Angustias church

Mass timetable: Sunday at 12h.

- Street Art (located in the court wall).

Other services

Medical Centre, Monday, Tuesday, Wednesday and Friday, from 09:30 to 11:30.

Peñaranda de Bracamonte

(north route)

Pilgrim's credential

Your credential can be stamped in:

- Town Hall, from 9 AM to 2 PM, Monday to Friday. 923 54 00 01 info@bracamonte.org
- Tourist Office, from 10AM to 2 PM, Tuesday to Saturday. 605 94 21 42 turismo@bracamonte.org

Accommodation for pilgrims

- Albergue Juvenil* "Diego Torres y Villaroel" 923 54 09 88 * You need to have an specific ID that allows you to sleep in this type of accommodation

Food and drinks

Several bars, restaurants, shops and supermarkets

Visit

- Convent and Museum Madres Carmelitas (17th century)
- Hermitage of El Humilladero
- San Miguel Church
- Calderón Theatre
- House of Art

Mass timetable:

- Church: Daily at 8 PM, Sundays at 1 PM.
- Convent of Madres Carmelitas: Daily at 12 AM

Other services

Medical Centre, emergencies, pharmacies, train station and bus station.

Nava de Sotrobal (north route)

Pilgrim's credential

Your credential can be stamped in:

- Town Hall - 923 54 12 35

Accommodation for pilgrims

There's no accommodation for pilgrims

Food and drinks

Bar 'Centro Social'

Visit

- San Miguel Arcángel Church

Mass timetable:

- Mass on Sunday, taking turns between Tordillos, Nava de Sotrobal and Coca de Alba.

Other services

Pharmacy and Medical Centre

Coca de Alba (north route)

Pilgrim's credential

Your credential can be stamped in the

- Town Hall

Timetable: Monday to Friday (call in advance). 923 54 14 51. Antonio 620 23 40 84.

- Casa Rural Mudayyan

Accommodation for pilgrims

There's no specific accommodation for pilgrims, but there's a rural cottage:

- Casa Mudayyan: 635 49 97 71 (Dory) // 655 33 40 97 (Maribel).

Food and drinks

Not available

Visit

- Church
- San Juan ante Porta Latinam Church (13th century) popular Romanesque-Mudejar style.

Mass on Sunday, alternating between the towns of Tordillos, Nava de Sotrobal and Coca de Alba.

Other services

Medical Centre: Tuesday and Thursday from 12 PM.

Peñarandilla (north route)

Pilgrim's credential

Your credential can be stamped in the

- Town Hall
- Tuesday and Thursday from 9 AM to 1 PM.
- Bar "Pepe"
- "María Jesús" Shop

Accommodation for pilgrims

The Town Hall provides a local hostel (call 649 84 96 88 or 689 62 97 93)

- Hot water and showers.
- Heating.
- Kitchen: With microwave, basic cutlery and washing machine.
- Beds: 8 guests.

Food and drinks

- Bar
- Shop "María Jesús" (Monday to Saturday from 10 to 14). Outside these hours, contact Bienvenido Sánchez: 689 62 97 93.

Visit

- Asunción Church, Mudejar-Romanesque style (XII-XIII century).

Mass timetable: Saturday at 7PM or Sunday 10.45 (alternate weeks). Also Thursday at 4.30 PM.

Other services

- Medical Centre: Monday, Wednesday and Friday, from 12 to 1.30PM.
- Pharmacy: Monday, Wednesday and Friday from 1 to 2 PM.

Garciahernández

(union point north and south route)

Pilgrim's credential

Your credential can be stamped in the Town Hall. 923 37 15 16
aytogarciahernandez@gmail.com

Accommodation for pilgrims

There's no accommodation for pilgrims.

Food and drinks

- Bars
- Fruit shop and bakery
- Supermarket.

Visti

- Church
- Santa Teresa's fountain

Mass timetable:

- Saturday at 5 PM
- Sunday at 11:45 AM (Alternating each 15 days between La Lurda, Garciahernández and Peñarandilla).

Other services

- Medical Centre
- Pharmacy

Alba de Tormes

Pilgrim's credential

Your credential can be stamped in:

- Centro Teresiano – Sanjuanista (923 30 00 43)

Information:

- Town Hall: 923 30 00 24
- Tourist Office : 923 37 06 46/ 618 74 65 13

Accommodation for pilgrims

There is no specific accommodation for pilgrims, but you will find hotels, hostels or camping.

Food and drinks

Plenty of bars, restaurants, shops and supermarkets.

Visit

- Duques de Alba Castle.
- San Juan Apóstol Church.
- Anunciación Church and Saint Teresa's Tomb.
- Carmus Museum.
- San Juan de la Cruz Church.
- Santa Isabel Church.
- Archeological Museum Padre Belda.
- Benedictinas Convent.

Other services

- Medical centre, emergencies and pharmacy.
- Bus station, taxis.