

## **MONASTERY OF SANTA MARÍA DE SOBRADO DOS MONXES (Galicia-Spain)**

[www.monasteriodesobrado.org](http://www.monasteriodesobrado.org)

The Cistercian Monastery of Sta. María de Sobrado is located in Galicia (Spain) in the southeast of the province of A Coruña, near the border with the province of Lugo.

The monastery was founded in 952. In 1142 it passed to the Cistercian order when Saint Bernard of Clairvaux sent a community of monks from Clairvaux Abbey, in France, where he is abbot.

[Patrimonio de la Humanidad \(monasteriodesobrado.org\)](#)

It is located on the Camino de Santiago. The main pilgrimage route in Western Europe. In the year 2022 the holy jubilee year is celebrated. The Camino del Norte and the Camino Primitivo pass through Sobrado. The monastery offers a hostel to pilgrims throughout the year. If you plan to make a pilgrimage to Santiago de Compostela, these are good dates to do it. Once the path is finished, meet Andreas Muller and other friends.

[Start - Way of Saint James in Galicia: official web \(caminodesantiago.gal\)](#)

During the meeting, you will be able to enjoy its historical buildings, meditate in its cloisters or walk around the lake, approximately 1 km from the Monastery. The lagoon was built by the monks between the years 1500 and 1530, damming the waters of several streams that form the sources of the Tambre river. The purpose of the reservoir, apart from bringing running water to the kitchens of the monastery, was to irrigate its meadows and move its mill. Another reason, no less important, was to have fishing, especially trout.



The monks cultivate an organic garden that you can visit.

And, also, you can hear the Gregorian chant of the monks at different times of the day and night.

### **DATES AND COST OF MEETING:**

**The total price will be € 240.** It will be paid when arriving at the monastery before starting the talks. Includes: full board (accommodation, breakfast, lunch and dinner),

talks by Andreas Muller and simultaneous English-Spanish-Galician translation.

**Please, in case of not being able to come, you must notify 15 days in advance, since places are limited.**

It does not include visits or tours that can be organized spontaneously during the weekend.

The meeting begins on Friday, July 1, 2022 in the afternoon and ends on Sunday, July 3, after lunch. Sunday lunch will be held in the monastery or in the nearest town to celebrate the end of the meeting in a more festive way.

#### **ACCOMMODATION:**

Accommodation will be in double rooms inside the monastery. If you prefer a single room, ask the organizers to see if there is availability and the price that it would cost.

The food will be what the monks prepare in the monastery. If you have any food intolerances, you are vegetarian or you have a special diet, tell them when you make the reservation.



#### **HOW TO GET TO THE MONASTERY**

**The closest airports:** Labacolla (Santiago de Compostela) and Alvedro (A Coruña).

**By car (taxi):** the approximate distance is 55 kilometers from Santiago de Compostela (the capital of Galicia), 65 kilometers from A Coruña and 58 kilometers from Lugo.

**By bus:** From Santiago de Compostela (with the company "Freire") from Monday to Friday at 6:00 p.m., go through the airport. On Saturdays, Sundays and holidays there is no service.

From A Coruña (with the company "Arriva") from Monday to Friday at 12:30 and 17:00, Saturdays at 10:00, Sundays and holidays at 12:00

It is advisable to confirm the schedules in advance at the corresponding bus stations since they tend to change frequently.

As nearby towns of reference when coming by car are: Melide (20km) or Guitiriz (20km)

The closest railway stations: Teixeiro (12km), Curtis (20km) and Guitiriz (20km).

**Before planning your trip, ask Inma and Xoan what is the best option from your hometown.**