

## Post Offices along the Camino Frances

You may encounter situations along the Camino where it may be necessary for someone from home to mail you additional or replacement supplies. Here's how one would go about mailing something to you along the way.

### Mailing Instructions

The person sending you mail has to include the following on their envelope: your full name, exactly as it is on your passport, 'POSTE RESTANTE' or 'TO BE CALLED FOR', followed by 'POST OFFICE' and the full address of the branch. If it's only addressed to a town name, for example 'POST RESTANTE, LONDON', then it will go to the closest main Post Office branch. The sender should also include their return address.

If you're picking up mail abroad, your name has to appear exactly as it is on your passport, which you'll need to take with you. You may also need to take proof of identity with you in the UK. For someone else to pick up your mail, they'll need to take written permission from you, as well as proof of your identity and theirs.

In the UK, they hold mail posted from the UK for two weeks, and mail posted from abroad for one month, whereas if you're at sea, they'll hold your mail for two months. If it isn't picked up within that time, they'll post it back to the sender, or if there's no sender, they will treat it as undeliverable. If the person sending you mail would like it returned sooner than the two week period, they can say so on the envelope. This varies from country to country.

CITY	ADDRESS	TELEPHONE #
PAMPLONA	SANCHO EL FUERTE, 69 ESPAÑA	948171615
ESTELLA	PS. INMACULADA, 5 ESPAÑA	948551792
VIANA	PZ. COSO, 17 ESPAÑA	948645878
LOGROÑO	PEREZ GALDOS, 40 ESPAÑA	941286802
NÁJERA	PS. SAN JULIAN, 14 ESPAÑA	941360051
SANTO DOMINGO DE LA CALZADA	AV. BURGOS, 10 – 12 ESPAÑA	941341493
BELORADO	REDECILLA DEL CAMPO, 7 ESPAÑA	947580019
BURGOS	PZ. CONDE GUADALHORCE, S/N ESPAÑA	947203325

FRÓMISTA	PZ. TUY, 2 ESPAÑA	979810072
CARRIÓN DE LOS CONDES	JOSE ANTONIO GIRON, 18 ESPAÑA	979880345
SAHAGÚN	REGINA FRANCO, 20 BIS ESPAÑA	987780207
LEÓN	JARDIN DE SAN FRANCISCO, S/N ESPAÑA	987876081
ASTORGA	ALFEREZ PROVISIONAL, 3 ESPAÑA	987615442
PONFERRADA	GENERAL VVIVES, 1 ESPAÑA	987410928
CACABELOS	ANGEL GONZALEZ ALVAREZ, 4 ESPAÑA	987546228
VILLAFRANCA DEL BIERZO	RIBADEO, 43 ESPAÑA	987540378
SAMOS	GENERALISIMO, 24 ESPAÑA	982546055
SARRIA	CALVO SOTELO, 183 ESPAÑA	982530793
MELIDE	BISPO VARELA FONDEVILA, 20 ESPAÑA	981505866
ARZÚA	RAMON FRANCO, 38 ESPAÑA	981500486
SANTIAGO DE COMPOSTELA	TRAV. FONSECA, 2 S/N ESPAÑA	981581252