



FRÓMISTA

UNITING THE GREAT ROUTES

LOCATION



Frómista is a municipality that belongs to the province of Palencia and the region of Tierra de Campos, in the Autonomous Community of Castile and León. It is easily reachable from the Cantabria-Meseta Highway (A-67): only 10 minutes away from Carrión de los Condes and Osorno la Mayor and a 20-minute drive from Palencia.

INTRODUCTION

Frómista, is a place of the Great Routes.

The Canal of Castile, an Asset of Cultural Interest since 1991, is a spectacular work of hydraulic engineering from the 18th and 19th centuries. In **Frómista** it meets **The Way of Saint James** - one of the most important pilgrimage routes in the world, declared a World Heritage Site.

Cluniac Sites Network. This network has been declared a European Cultural Itinerary by the Council of Europe.

It is also important to mention Frómista's artistic historical heritage:

The church of San Martín, Romanesque style; The church of San Pedro, Gothic with its museum of sacred art; The church of Santa María del Castillo, late Gothic; with its multimedia exposition Vestigia, Leyenda del Camino; and other tourist attractions that are highlighted on the following pages.



HISTORY

Despite the fact that the first mentions of **Frómista** date back to the 10th century, the first settlements in our municipality appeared here quite earlier. Before the 11th century, it was, like many other places, designed with the intention to repopulate the entire Castilian territory, that was desolated after the reconquest of these lands. The significant rise of **Frómista** began in the eleventh century, especially as a result of the monastery of San Martín's construction, by order of the Queen Doña Mayor of Castilla.



It was at that time when the first pilgrimages to Santiago began. Sometime later Codex Calixtinus was written, in which **Frómista** will be marked in history as the end of the sixth segment of the path on the way to the apostle's tomb.

After the Middle Ages, this municipality had fallen into decline that ended when the works on the Canal of Castile began in the 18th century.

This great construction designed to export the surplus of cereal from Castile to the Cantabrian ports displays one of its main features – the locks – in **Frómista**.

Today, **Frómista** is a destination that draws attention of many tourists, thanks to a great variety of attractions that it offers.

Art, culture, nature, museums and active tourism are many of the options for thousands of tourists that come from the five continents, and pass through our village year round, enjoying what we have to offer, and the Great Routes that meet in our municipality.



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THE CHURCH OF SAN MARTÍN

Declared a National Monument in 1894. It was ordered to be built by Doña Mayor de Castilla around the year 1066, but the construction extended over the centuries with additional chambers subsequently added. During its restoration, the church recovered its original structure.

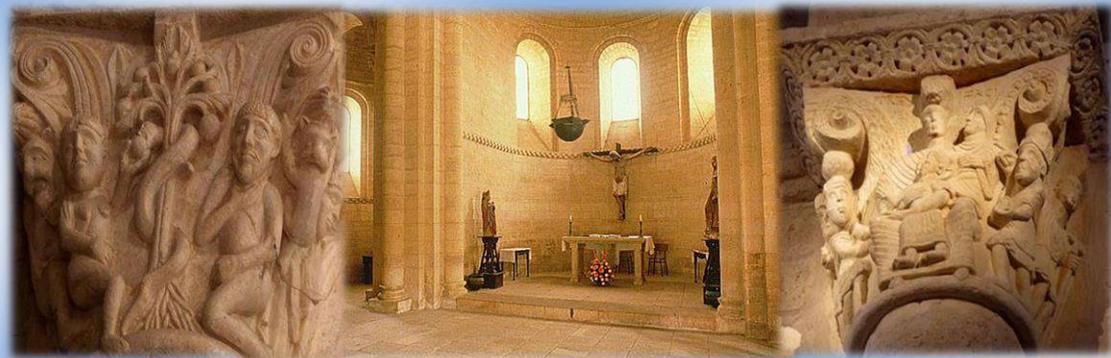


Being a paragon of Romanesque architecture, the decoration of this church is made up of jaque-cut imposts, capitals with vegetal, animal and historical iconography, and corbels - small figures that decorate the eaves of the roofs.



INTERIOR

Inside, San Martín has one of the best collections of capitals in Europe. We can find 50 of different themes, among which Adam and Eve and the Adoration of the Magi particularly stand out. Also noteworthy are the three sculptures that we can find in the central apse: Christ crucified (the end of the 13th century), San Martín (14th century) and James the Great of the 16th century.



EXTERIOR

The most remarkable detail of the exterior, in addition to the towers and the octagonal dome, are its more than 300 corbels that are located around the perimeter of the temple, surrounding the eaves of the roofs.



THE CHURCH OF SAN PEDRO

The construction of this gothic building had begun in the 15th century and continued over different centuries, as exemplified by the gradual complication of the vault's ribs. The construction concluded only in the Renaissance period. The incomplete facade of the second body of the building that was not finished belongs to the renaissance style.



The central altarpiece dedicated to Saint Peter and Saint Paul particularly stands out. Being presided over by San Telmo – the patron native to Frómista, whose relic is venerated in one of the arches of the church's wall. Descent, attributed to the Spanish sculpture's Juan de Valmaseda's circle also should be noted.



SAN PEDRO

MUSEUM OF SACRED ART



It is located in one of the side chapels of the church of San Pedro. Inside we can admire a collection of 29 pictorial panels in the Spanish-Flemish style dating from the 15th century, with different scenes from the life, passion and death of Christ, as well as various pieces of historical goldwork, some related to the Miracle of Frómista. Also, on display are printed books from different periods and a wide collection of chasubles of different styles.



THE CHURCH OF Sta. M^a DEL CASTILLO

Asset of Cultural Interest since 1944. The construction of this church in late Gothic style had begun at the end of the 15th century and continued until the middle of the 18th century. Located in the highest part of the town, it was built on the place where the old town castle was located, which also gives its name to the temple. Noteworthy are its star-shaped ribbed vaults and warped nerves, as well as the polyptychically shaped presbytery in which its main altarpiece had been located until its theft in 1980 by Erik "EI Belga".



Multimedia Museum

VESTIGIA, Leyenda del Camino

Vestigia is inside the church of Santa María del Castillo since 2008. This audiovisual museum tells the stories and miracles of The Way of St. James, making clear reference to the town of **Frómista**, offering a unique experience to the visitor. You will be able to meet San Telmo, listen to the painters who centuries ago created the main altarpiece of this church, showing the techniques used in its composition. The experience of visiting Vestigia, Leyenda del Camino leaves no one indifferent, causing unmatched sensations.



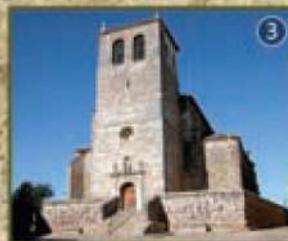
Frómista



Church of San Martín



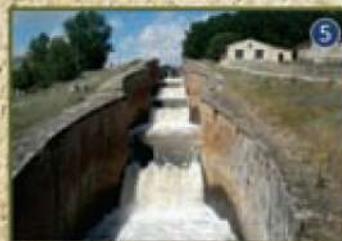
Church of San Pedro. Provincial Museum.



Church of Santa María del Castillo. Vestigia Museum



Ermita del Otero.



Castilla Canal

Town Council	Civil Guard	Medical Center	Pharmacy	Train Station Renfe	Bus stop
Tourist Office	Post office	Community ctr. Library	Fuel Station	Showroom	Rest Area
Motorhome Area	Hotel. Pension	Country House	Hostel	Camping	Pier
Playground	Sports Centre	Swimming Pool	ATM	Auto repair shop	Concert hall
Restaurant	Bar-Cafeteria	Wine Tourism	Souvenirs	Sports Hall	Parking
The Way of Saint James	Castilla Canal	Green Area	Cheese factory	Tourist Centre	





-100 0 100 200 300 400

Hostal El Apóstol
Restaurante El Apóstol

Pabellón
Polideportivo

Hotel Rural Casilbeth

Albergue Privado
Estrada del Camino

Albergue Privado
Batania

Auto repair shop
Arija
Casa Rural
Áurea

Hotel Doris Mayor
Restaurante
El Jardín

Albergue Luz de Frómista

Casa Rural
La Casilla
de Mila

Zona Tradicional
de Bodegas

→
Towards
Albergue
Juvenil

Asador Villa
de Frómista

Hostal San Pedro

Hostería Los Palmeros

Hotel Rural
San Telmo

→
Towards
Ermita del
Otero

→
Towards
Wetland

Ferry

→
Towards
Wetland

Castilla Canal

Cheese factory



QR Tourist

Visit Frómista on your mobile device
(no downloading required)
Scan this QR code to get started



Asociación de Municipios
del Camino de Santiago

THE CANAL OF CASTILE

Asset of Cultural Interest since 1991. It is a spectacular work of hydraulic engineering from the 18th and 19th centuries. A great dream of the enlightenment, which sought to unite Segovia with the port of Santander, it covers 207 kilometers in total, with a difference in altitude of 150 meters along its route and is divided into three branches.

In **Frómista** we find what is probably the most important point, since not only is it the place with the most locks - four - located consecutively, but also it is the place where The Canal of Castile and the Saint James Way intersect.

LEÓN



Medina de





Alar del Rey

Barrio de San Vicente
San Quince de Río Pisuegra

Herrera de Pisuegra

Ventosa de Pisuegra

Castillo de Riospisuegra

Olmos de Pisuegra
Neveros de Pisuegra

San Llorente de la Vega

Ozorno la Mayor

Melgar de Fernamental

Santillana de Campos

Las Cabañas de Castilla

Lantadilla

Requena de Campos

Frómista

Boadilla del Camino

Amayuelas de Arriba

Piña de Campos

Paredes de Nava

Amusco

Ribas de Campos

Auñillo de Campos

Fuentes

Becerril de Campos

Husillos

Sava

Villaumbrales

Grijota

Abarca

Gastrotocho

Capillos

Palencia

Villanuriel de Carratu

Hoste de Campos

Riosco

Dueñas

Cubillas de Santa Marta

Corcos

Tígueros del Valle

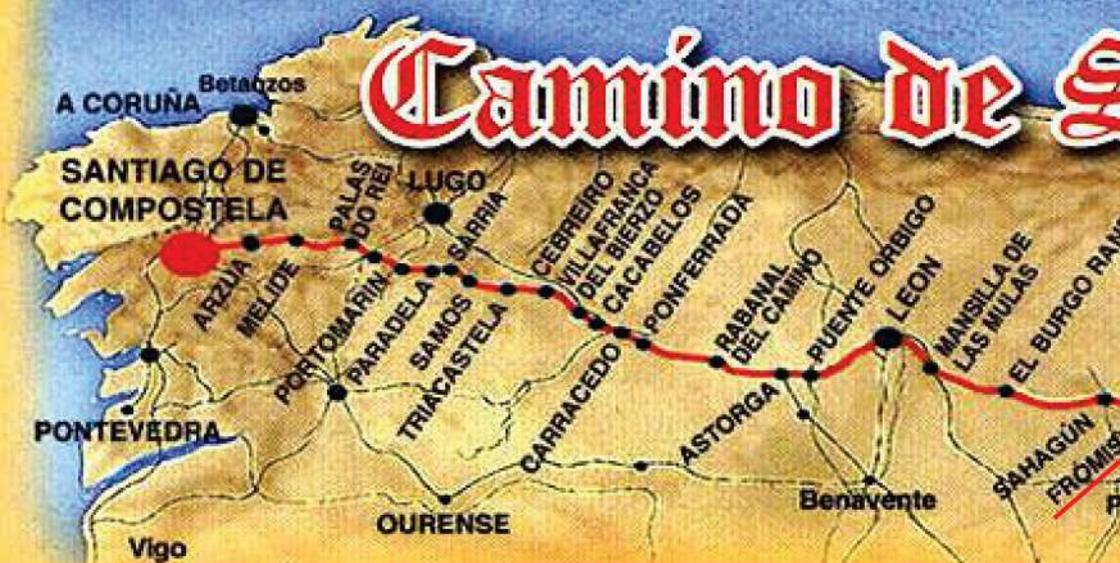
Cigales

Cobosón de Pisuegra

Fuensaldaña

Valladolid

VALLADOLID

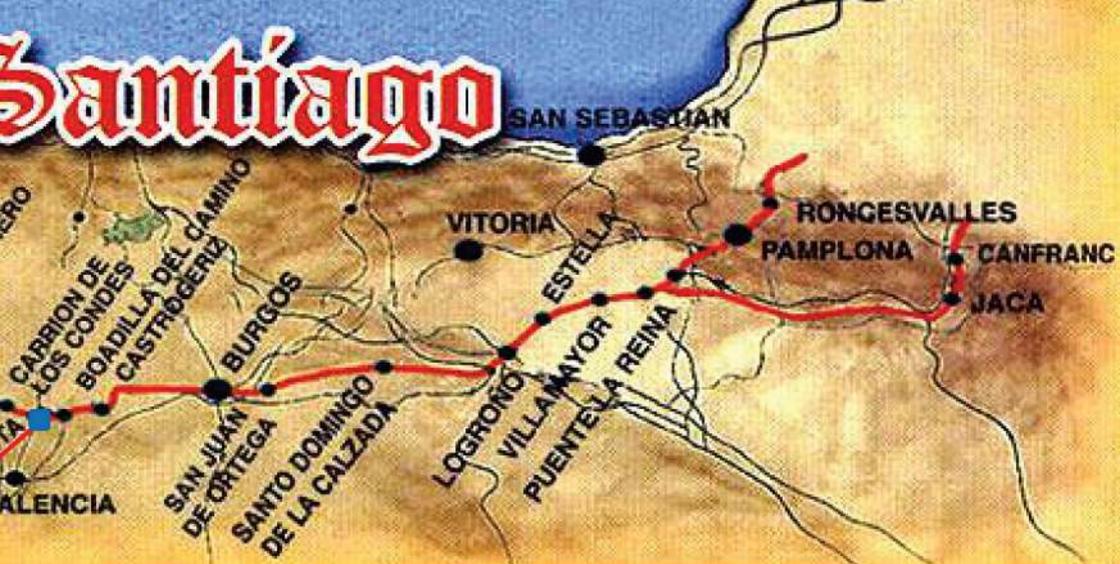


“The Path of the Stars”

Today, people from all over the world make a pilgrimage to the Cathedral of Santiago de Compostela, where the tomb of the apostle is located. From the writing of the mythical Codex Calixtinusa in the 12th century by the Frankish monk, to 1993, when it was declared a World Heritage Site, the Way of Saint James remains one of the most important routes in the world. The sixth stage of the French Way (a pilgrimage route) ends in **Frómista**.

Frómista is one of the main places that any self-respecting pilgrim must pass through. From the Middle Ages it has had numerous hospitals for anyone who were headed to Santiago and needed help.





The St. James Way in Palencia is an unforgettable experience. The abundant heritage is joined by the trail of villages that one can encounter on the route, the landscape of the Castilian fields that change color almost every day, and the surprises that amaze the wayfarer, such as the The Canal of Castile or the Roman Villas.



Important are, in addition to **Frómista**, the towns of **Carrión de los Condes** with its multiple religious buildings, several of them of Romanesque art, and **Villalcázar de Sirga**, with the church of Santa María la Blanca - a spiritual reference for thousands of pilgrims walking the St. James Way.



ERMITA DEL OTERO

The ermita of Santiago or Otero, located outside Frómista, consists of a single nave from a previous temple. It keeps inside the image of the Virgen del Otero, patron saint of the town, 13th century Romanesque style. What we can see today is a work from the 18th century, mainly referring to the transept of a previous church.



THE FERRY OF THE WAY JUAN DE HOMAR

A new addition to the tourist attractions of Frómista, is the option of being able to travel by ferry through the Canal of Castile, at the same time traveling along the Way of Saint James, where the Way and the Canal join. Hence, the name of the ferry "the ferry of the Way". Making a journey of almost four kilometers, where they run parallel to each other, while enjoying the silence and peace that surrounds these places.



FIESTAS PATRONALES

SAN TELMO

The festive theme of **Frómista** leads us to talk about the Ole civic procession. This procession, which takes place on the Sunday following the Resurrection Sunday, was created from the arrival in our town of the relics of San Telmo. Several centuries later, it is an immovable tradition for the



people of Frómista to wait at ten o'clock at night, the departure of the Vitor (wooden

cross with the figure of San Telmo), to dance through the streets of their village in procession around their patron.

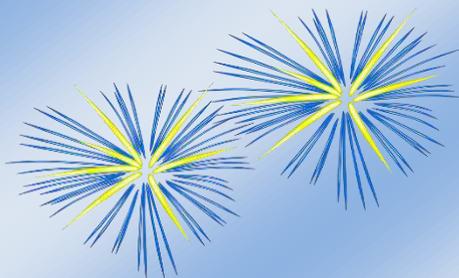


VIRGEN DEL OTERO

The most prominent act of the Virgen del Otero festivities is the procession that takes place on September 8, in which, having been kept for nine days in the local parish, the carving is returned to the ermita del Otero, where the next day the most important pilgrimage in the village is celebrated, known as "Las Merendillas".



FAIRS



The most famous fair in our municipality is the Cheese and Food Products Fair that is held on the Sunday closest to July 25 – Feast of St. James. This fair takes its roots in the animal fairs that were held around that festivity and that take place before the Cheese Fair. Manufacturers from all over Spain come to this fair to show their products, and it is one of the most relevant dates in the fair calendar of the province of Palencia.

The Harvest Festival is also important among the other fairs. It takes place in the first fortnight of October with the traditional treading of grapes.

During this festivity, local wines made throughout the year are given to taste to all the people who come, and the first prize is awarded to the best winemaker.



GASTRONOMY

Gastronomy in **Frómista** is dominated by suckling lamb roasted in a wood oven. There are several restaurants, including a grill, in our town that make this typical dish of the area, exposing it to the palates of visitors and tourists. Along with a good local wine it is almost an "obligation" to taste this delicacy.



Other products special to **Frómista** area are also cheeses and sausages. There are several points where one can taste and buy the best cheeses in the area. The local pastries are also well known, the donuts and sequillos offered in **Frómista's** bakeries are very typical, and an ideal gastronomic delight to take as a souvenir.



THE GREAT ROUTES

Frómista, is a place of the Great Routes. As we mentioned above, it is where **The Canal of Castile** and the **The Way of Saint James** join. This pilgrimage route is one of the most important in the world and is also declared a World Heritage Site. The road is traveled by thousands of pilgrims every year and these figures multiply each time the year is declared holy, which happens every time that July 25 falls on a Sunday.

The Castilla Canal and the Way of St. James are joined by another Great Route, the **Cluniac Site Network**. This network is declared by Europe as a European Cultural Itinerary, it brings together all the places that have had something to do with the great Abbey of Cluny in France. In Spain, along with Frómista, there are also Sahagún (León), the monastery of San Juan de la Peña near Jaca (Huesca), Dueñas, Nogal de las Huertas. Villalcázar de Sirga and Carrión de Los Condes (Palencia) on this itinerary. In the latter is where the headquarters of the Spanish sites are located, in **the monastery of San Zoilo**, having created an association called **Cluny Ibérica**.

One of the last routes to take hold and of which our municipality is a fundamental step, is the **Camino Lebaniego Castellano**, which leads to the Cathedral of Palencia with the holy site of **Santo Toribio de Liébana Cantabria**.



PLACES TO VISIT NEARBY

In **Frómista's** surroundings you can find real gems that will perfectly complement our monumental complex of attractions and delight visitors who come to enjoy it.



Palencia

A great reason to visit the capital is its Gothic cathedral, known as the "Unknown Beauty". You can also visit one of the largest statues of Christ in the world, called Cristo del Otero.

Route of the Cathedrals

Large temples can be found on this route that takes us to the towns such as Támara, Santoyo or Astudillo.



Roman Villas

Two large Roman villages a few kilometers from Frómista; highlighting La Olmeda, one of those that best conserves the mosaics in the entire country.



SERVICES



Civil Guard



Fire Department



Medical Center. 24 h Emergencies



Post Office



Pharmacy



Renfe Train Station



Petrol Station



ATM



Motorhome Area



Sport Complex



Library



Internet



Tourist Office



Tourist Centre



Auto Repair Shop



ACCOMMODATIONS

Hotel Doña Mayor ***

Hotel San Martín *

Hostel Camino de Santiago

Hostel San Pedro

Hostel El Apóstol

Hotel Rural San Telmo

Hotel Rural Oasibeth

Rural House Serviarias

Rural House El Milagro

Rural House Áurea

La Vía Láctea Guesthouse

Albergue Municipal de Peregrinos

Albergue Estrella del Camino

Albergue Luz de Frómista

Albergue Betania

Albergue Vicus Hostel



RESTAURANTS

Los Palmeros Inn

Restaurant Van Dos

Restaurant Villa de Frómista

Restaurant El Jardín

Restaurant El Apóstol

Restaurant – Bodega Zarzavilla

Restaurant Oasibeth

Restaurant El Chiringuito

Restaurant – Bar La Plaza



BARS & PUBS

Bar Garigolo

La Venta Bar

Bar Puzzles

Bar Paris

Bar La Gaspara

Bar Manchego

La Estación Pub

Bar Vulcán

OTHER BUSINESSES

Gifts/Souvenirs

El Peregrino Gift Shop

Supermarkets and Food Stores

Casa Ruiz tobacco shop

Supermarket DIA

Bravo stores

Huidobro Food store

Salazar Bakery

Pan y Más Bakery

Pichite Butcher's shop

Goyo fishmonger's

Other

Comercial González (Hardware store)

Arija auto repair shop



ADDITIONAL INFORMATION

Distances to major cities from Frómista

Palencia	30 km	Burgos	80 km
Valladolid	70 km	Madrid	270 km
León	110 km	Santander	170 km

Distances to main airports and high-speed train stations from Frómista

AVE Palencia	30 km
AVE Madrid	270 km
AVE Valladolid	70 km
Valladolid Airport	86 km
Madrid Airport	287 km
Santander Airport	168 km

Distances to the cities on the St. James Way from Frómista

Carrión de los Condes	19 km	Jaca	395 km
Sahagún	60 km	Roncesvalles	330 km
Astorga	173 km	Nájera	170 km
S. de Compostela	475 km	Castrojeriz	24 km

GUIDED VISITS

The City Council of **Frómista** offers all the visitors the service of guided tours that allow to know in more detail the three main temples of our village. This visit lasts around an hour and a half, and costs 5 euros per person. Although there are three predefined schedules to carry out these guided visits, the service is as flexible as the visitor needs and we adapt to any type of schedule and duration.



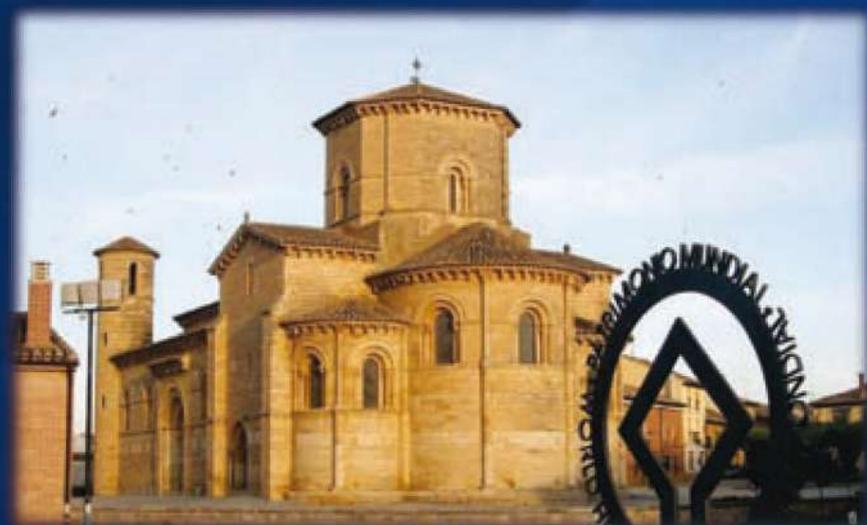
Taking a guided tour is a unique opportunity to discover and enjoy the infinity of secrets that this village hides.

Come and discover our treasures!

FRÓMISTA

The Way of Saint James.

UNESCO World Heritage Site



Tourist Office "La Casa del Esclusero"

979 810 128 - 672 146 994

www.fromista.com



Junta de
Castilla y León



Diputación
DE PALENCIA



SITIOS CLUNIENSES
CLUNY IBÉRICA



Excmo. Ayto.
de Frómista