

**Day 2 Astorga to Ponferrada** – today we cycled 5 hours and covered 56 km and climbed in total 889m and my legs know it!! Again the weather was brilliant and by the afternoon we were beginning to wilt. The views were spectacular too and in places quite breathtaking (and not just because I was cycling it!)

We met some lovely people and gave them all a wooden cross, which they were delighted about. We saw one man pulling a suitcase on wheels, another dressed as a Templar with a golden eagle (which I held), and a dear old man who gave us a scallop shell, as well as seeing some of those we met yesterday.

We placed our stones on the Cruz de Ferro, which is a large cross at the top of the mountain before enjoying a fabulous descent (1200m) to our final stop. A fabulous day but I am quite shattered.

