**Day 3 Ponferrada to O'Cebreiro** – today was a really difficult cycle so a big thank you to all who prayed for us as we climbed 1352m. We travelled 55.2km for 5 hours and 40mins. Luckily for us the weather was slightly cooler.

It seems like an eternity since we started this cycle today and we have traversed a variety of terrain with each bend in the road revealing another spectacular view. In fact our stops were not just to catch our breath, of which there were many, but to admire God's wonderful creation.

The last 12km was a huge climb and I did wonder whether I would actually make it but the Taize chant "The peace of the waters" was going through my head. We arrived at our destination and were greeted with the most amazing view and a spectacular sunset. Attended the church and received communion as well as a pilgrim's blessing – what a most awesome experience...and I now need my bed!







