

# Full Camino Portugues Coastal Route



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the  
Camino**

Your Camino Agent since 2007

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# YOUR CAMINO JOURNEY STARTS HERE

This travel plan provides a **day-by-day outline** of a sample trip, giving you a clear idea of what to expect. Keep in mind that this package can be fully **tailored** to your preferences. As a **2024 Traveler's Choice Award winner** on **TripAdvisor**, we're proud to be trusted by hundreds of travelers who praise our **seamless service**, expert **guidance**, and unforgettable **experiences**. Before you set off, take a moment to read some of their stories.



Follow The Camino



Reviews from millions of Tripadvisor travellers place this winner in the top 10% worldwide.



\*There is a Camino for everyone! Photos are for inspiration and may differ from your selected itinerary.

**LIZ F.**



**Walking the french camino is one of the best experiences of my life.**

*I was a bit anxious before starting my Camino walk but once I was into it , I had a brilliant time.*

*Follow the Camino planned my trip and everything went seamlessly , so all I had to do was concentrate on walking ! Il be back for sure.*

**LARA K.**



**Wonderful all round experience**

*Follow The Camino delivered on everything they promised with accomodation selection great and transfer of luggage seamless. The actual walk was wonderful and matched or exceeded my expectations. Wouldn't hesitate to use them again for my next Camino. Loved it!!!!*

**RANDY R.**



**Follow the Camino Frances**

*The Camino Frances was the best vacation experience I've ever had. Fitness, new friends, and fantastic country. Highly recommended.*

**GRETA O.**



**Follow the Camino with an eighty year old**

*Follow the Camino was excellent. Hotels included dinner and breakfast. Clean and good food. Luggage transfer seamless. Well done.*



# ITINERARY



Stage 1 of 2



297.4km



14 days



Comfort



Easy

Starting from

€1662

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec

Popular Time

Good Time

Off/Low Season

Not Possible

Overall

Distance:

14.3 min | 24.8km average | 46.6 max

Ascent:

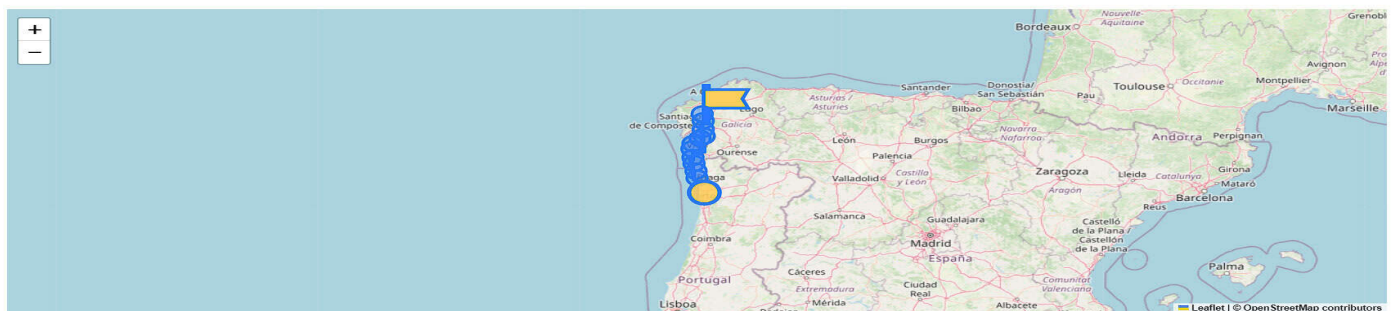
87.8 min | 297.6m average | 495.4 max

Cardio:

2 2.8 4

This walking route is an alternative to the traditional Camino Portuguese which traverses an inland path to Santiago de Compostela. The Camino Portuguese Coastal Route, as its name suggests, takes you up the coastline of northwest Portugal. It crosses the border into the coastal region of Galicia, before moving back inland to join the traditional Camino Portuguese to Santiago de Compostela.

## Map



## Services

### Included in this package

- ✓ Bed & Breakfast
- ✓ Specially Hand-Picked Accommodation
- ✓ Our Holiday or Pilgrim Pack
- ✓ 24/7 On-Call Support
- ✓ Virtual Face-to-Face Pre-Departure Briefing

### Add-On

- ⊕ Premium Accommodation
- ⊕ Airport Pick-Up
- ⊕ Additional Nights
- ⊕ Dinners
- ⊕ Luggage Transfers from Hotel to Hotel
- ⊕ Day Tours to Local Sites of Interest

Not included: Flights/trains, Insurance, Drinks/Lunch

Day

1

km

## **PORTO**

The entire old city of Porto became a UNESCO World Heritage Site in 1996 and there's plenty going on here to warrant that title. Set on the bank of the Douro River near the Atlantic Ocean, the city is perhaps best known globally for its famous Port wine, wine that goes down very well on the countless terraces and restaurants in Porto!

Day

2

37 km

## **PORTO -> POVOA DE VARZIM**

Leaving central Porto, you'll head west along the Douro River to reach the Atlantic coast, then follow the shoreline north through peaceful beach resorts and seaside promenades. You can shorten the day by taking the metro to the coast, reducing the walk to about 27 km; otherwise, walking the full way from the city centre adds 10 km, though it's a mostly pleasant route. Along the way, you may be tempted to pause and dip your toes in the ocean. By the end of the stage, you'll arrive in the charming coastal villages of Vila do Conde and Póvoa de Varzim.

Day

3

19.6 km

## **POVOA DE VARZIM -> ESPOSENDE**

Continuing to follow the coastline, you will pass glorious beaches and coastal towns. The second part of the day will see you move slightly inland; however, there is also an option to go back along the coast rather than through the Parque Natural do Litoral Norte. Crossing the Cavado River you will arrive into the city of Esposende.

Day

4

25 km

## **ESPOSENDE -> VIANA DO CASTELO**

Passing by lighthouses whilst leaving Esposende you will continue along an inland route that has some gentle climbs. Today will see you on a combination of dirt paths, forest tracks and some tarmac roads as you weave your way through hills past beautiful churches to the River Lima. Crossing the main bridge over the river you will arrive into Viano do Castelo and your stop for the night.

Day

5

18.2 km

## **VIANA DO CASTELO -> VILA PRAIA DE ANCORA**

A gentle walk along the coast today will take you to Villa Praia de Ancora. Here you can relax and, if you haven't already been tempted, dip your toes in the cool Atlantic Ocean and sample some fresh seafood. The crab and mackerel are particularly notable here.

Day  
6

27.4 km

### **VILA PRAIA DE ANCORA -> OIA (Spain)**

Continuing onto the beach at Praia de Moledo, then walking through a forest, you will come back to a boardwalk before arriving into Caminha. This is the last town before crossing the border to Spain via a ferry to A Guardia. On your arrival you can walk around the peninsula and then stop for a coffee or lunch with magnificent beach scenery before heading to the small village of Oia. The walk along the coastline is easy.

Day  
7

17.7 km

### **OIA (Spain) -> BAIONA**

From Oia, you will walk along a coastal footpath away from the main road. After 10km, you will continue along gorgeous coastline on boardwalk with stunning views of the Atlantic Ocean and the Cies Islands.

Day  
8

27.6 km

### **BAIONA -> VIGO**

The way out of the stunning town of Baiona will have you alongside a sandy beach for most of the day. You will have regular opportunities to stop in cafes along the beach. You will then enter the very active city of Vigo, which will reach after a 3km walk through the harbour.

Day  
9

14.3 km

### **VIGO -> REDONDELA**

This relatively short day mostly an uphill walk going out of Vigo, for which you are rewarded with wonderful views of the city and harbour. As this is not a very long day walking you may want to spend some time in Vigo and explore the bay area which is one of the settings for Jules Verne's novel Twenty Thousand Leagues Under the Sea. It is here that Captain Nemo pilfered his wealth to fund his submarine Nautilus from the galleons sunk by the British during the Battle of Vigo Bay in 1702.

Day  
10

19.5 km

### **REDONDELA -> PONTEVEDRA**

Leaving Redondela, which is known as the Village of Viaducts due to the two 19th Century railroad viaducts in the town, you will proceed to the village of Arcade. From here you cross a Romanesque bridge where Napoleon was defeated by the Spanish during the War of Independence. Arriving into Pontevedra you will head through the narrow streets before reaching the 13th Century Church of Santa Maria. Of interest to pilgrims is the Capela da Peregrina which, although it appears round, is actually in the shape of a scallop shell.

Day

11

20.9 km

### **PONTEVEDRA -> CALDAS DE REIS**

Passing chestnut groves, the Camino leaves Pontevedra and runs parallel to the railway for a while. After passing through the hamlet of Ponte Cabras, we encounter the rectory of Santa Maria de Alba, tucked away among pine and eucalyptus trees. Emerging from the dense woods of Lombo da Maceira, you'll see a statue of St James, his staff pointing the way to proceed. Passing the lovely village of Tibo, with its fountain, public washing place and stone cross, brings us to Caldas de Reis.

Day

12

18.5 km

### **CALDAS DE REIS -> PADRON**

Exiting the town, we take a bridge over the River Umia that leads us to a fountain of hot spring water that has lent the town its name since Roman times. Entering the woods once more, the Camino makes its way gently uphill to the hamlet of Santa Marina. Going downhill, we cross the river Fontenlo. Finally, we catch up again with the river as we arrive in Padron. Padron is famous for being the first land sighted by the ship bearing the body of St James.

Day

13

24.7 km

### **PADRON -> SANTIAGO DE COMPOSTELA**

The Camino passes through many small hamlets before arriving at the Baroque sanctuary of A Esclavitude. On a hilltop to the left stands the mysterious ruins of the hillfort Castro Lupario. A few kilometres later, we come to the oldest wayside crossing in Galicia. As we near Agro dos Monteiros, it's now possible to see the spires of the cathedral in Santiago. Finally, the Camino passes by the ruins of a castle known as A Rocha Vella, before entering the city of the Apostle.

Day

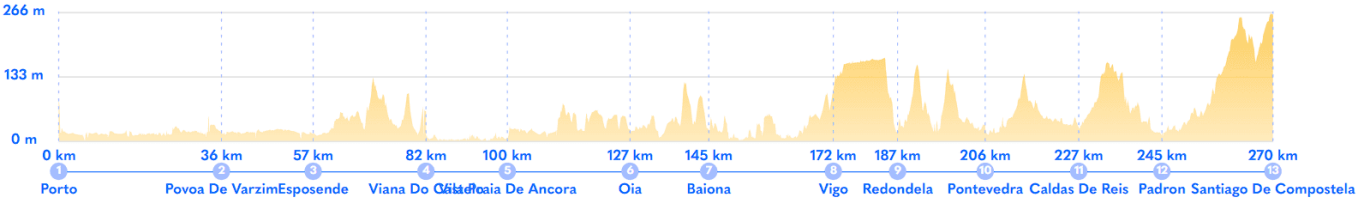
14

km

### **SANTIAGO DE COMPOSTELA**

After breakfast, we bid you farewell. If you wish to stay in the area, we recommend that you: - Take your time and visit the magnificent historic centre of Santiago. - Continue with us along the wild Camino Fisterra (Finisterre Way), and stay overnight at the hotel in the lighthouse! - Or take a bus to Fisterra to visit the unspoilt sandy coves and beaches of the west coast. With very few tourists, you are guaranteed a very special experience. Buses depart from Santiago Bus Station at 9am and 10am. Buses return to Santiago at 4:45pm and 7pm. The journey takes 3 hours.

## **Elevation Chart**



# NOTES & QUESTIONS FOR MY CAMINO PLANNER

We know that planning your Camino is a personal journey, and we want to make sure everything is just right for you. Use this space to **jot down your thoughts, questions, and preferences**. Here are some ideas to discuss with your Camino planner:

- Are the daily distances suitable for me, or should I split them into shorter walking days?
- Where would you recommend taking a rest day?
- Would I like to add a tour or special experience along the way?
- Do I need transfers to and from the airport?
- Are there any accommodations I would like to upgrade?
- Would I like luggage transfers for lighter walking days?
- Are there any dietary preferences or special requests I should mention?

Feel free to write down any other thoughts or questions below:

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Your Camino planner is here to help make your journey as smooth and enjoyable as possible!

## ABOUT US

At Follow the Camino, we are not just a tour operator; we are **passionate Camino enthusiasts** who have been guiding pilgrims **since 2007**. As the first tour operator in Ireland to coordinate walks on the Camino de Santiago, we offer unrivaled expertise in designing **life-changing adventures**.

Don't hesitate to contact us at [info@followthecamino.com](mailto:info@followthecamino.com) to request your **personalized itinerary**. We can add rest days or split days to suit your pace, as well as include special day tours or unique activities to **enhance your Camino experience**. Let us help you create the perfect journey tailored to your needs!



# Follow the Camino

**START PLANING NOW**

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