

# Self-Guided Cycling: Portuguese Coastal Camino

Trip Code: SGPB

Version: SGPB Self-Guided Cycling: Portuguese Coastal Camino



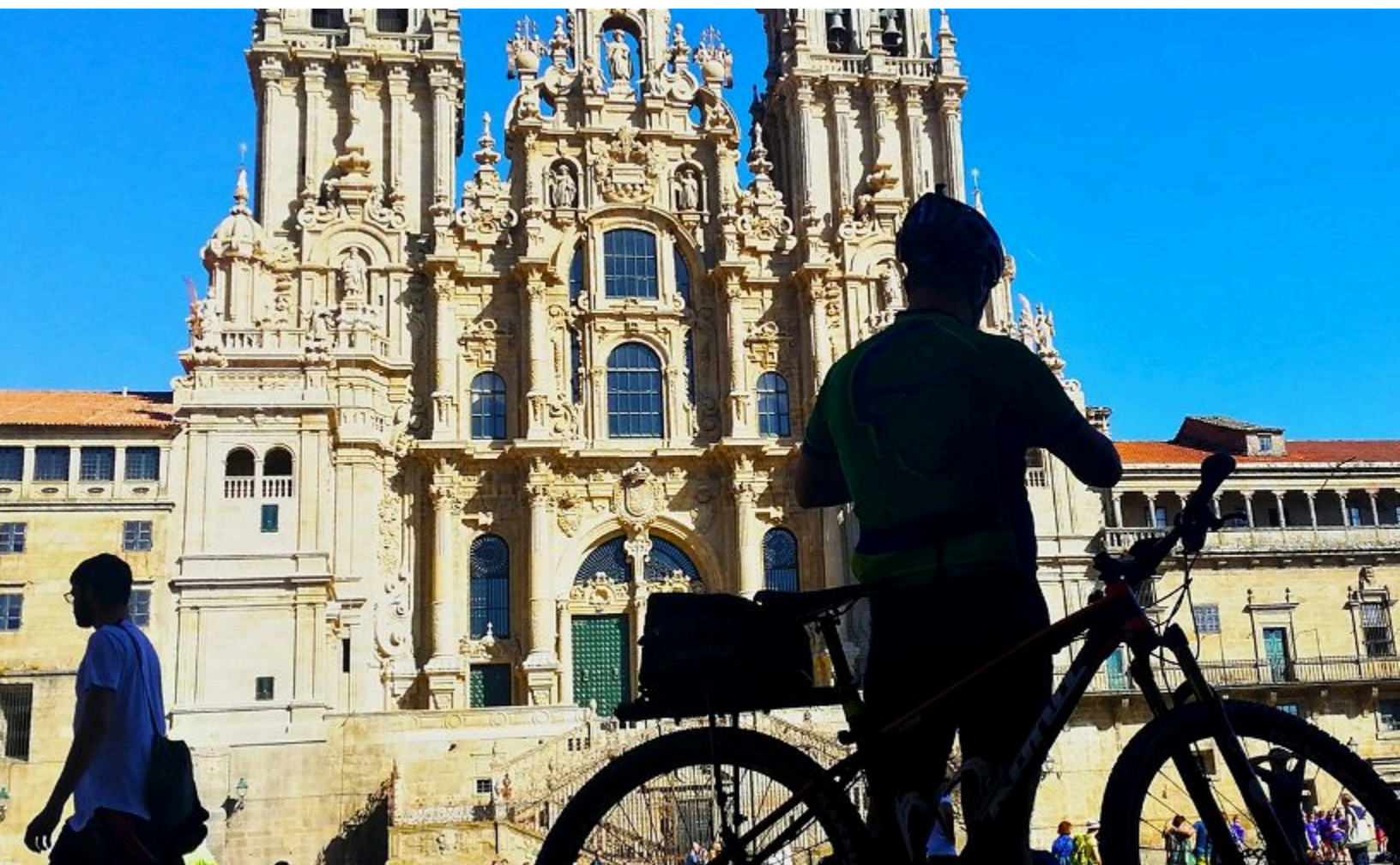
CYCLE



SELF-GUIDED



LEISURELY



## HIGHLIGHTS

- Complete the Camino on two wheels from Porto to Santiago de Compostela
- Discover under the radar beach resorts and relax on their beautiful beaches
- Explore historic Porto, home of Port wine and opulent buildings dressed in azulejo decoration

- Ride the funicular in Vianna do Castelo for breath-taking views and bathe in the hot springs of Caldas de Reis

#### AT A GLANCE

- Self-Guided
- 7 days cycling
- 259km of the Portuguese Coastal Camino
- Daily departures available
- Bike hire included
- Suitable for 2+ travellers
- Join at Porto / End in Santiago de Compostela

#### ACCOMMODATIONS & MEALS

- 8 Breakfasts
- 8 nights Hotel

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

## Introduction

The Portuguese Coastal Camino is a Camino for those wanting to explore Northern Portugal and Galicia on two wheels, whilst enjoying the benefits of the coastal location and having the satisfaction of completing a pilgrimage from Porto to Cathedral de Santiago in just 9 days. Starting in the UNESCO city of Porto this self-guided cycling holiday will take you on a journey through quaint traditional villages to inviting blue flag beaches and to the hot springs of Caldas de Reis. All perfectly blended with the history and heritage of the Camino as you follow the route of countless pilgrims before you.

Cycling on quiet back roads, boardwalks and cycle paths for up to 50 km per day you can look forward to a warm welcome at the end of each ride at our fantastic selection of small hotels and guesthouses. Staying on a B&B basis you can enjoy the ultimate flexibility and feast on fresh seafood with a glass of Vino Verde wherever you desire.

### Is this holiday for you?

This Camino is perfect for those looking to take on a spiritual challenge, your first self-guided cycling holiday, or those who simply desire to see the quieter side of Portugal. Get away from the busy beaches of the south, and discover Galicia with all its splendid traditions. Guided by the traditional scallop shells and your route notes, you will be cycling an average of 50 km a day on easy cycle paths or quiet roads. The Portuguese Coastal Route is relatively flat, taking you along Portugal's beautiful coast and into Galicia. Staying in a great selection of hotels and guesthouses, we will transport your luggage for you so all you need to do is relax and enjoy the journey.

# Itinerary

Version: SGPB Self-Guided Cycling: Portuguese Coastal Camino

## DAY 1

### Arrive in Porto and explore the city.

Arrive in Porto, home of Port wine, merchant history and stately bridges connecting the city over the River Douro. Depending on your arrival time you may wish to explore this beautiful coastal city, we recommend paying a visit to Igreja de Sao Francisco for views over the river and walking through the Ribeira district where the medieval streets house many welcoming cafes and photogenic corners. In the evening, a representative will meet you at your hotel with your bikes and will be on hand to answer any questions you may have.



**Accommodation**  
Hotel

## DAY 2

### Begin your pilgrimage as you cycle along the coast to Vila do Conde.

Today you begin your Camino journey. Hopping on to your bike, your route first takes you through the city to the Douro River, the river responsible for feeding the grapes to produce the regions famous Port. Following the river as it flows to its mouth you can enjoy your first taste of the coast. From here, you begin your pilgrimage north, along the coastline passing wide sandy beaches, cycling on wooden boardwalks and along quiet back roads. Your journey will take you through nature reserves and fishing villages, perfect for pausing for refreshments as you make your way to Vila do Conde, your final goal of today.

Crossing the old bridge into Vila do Conde you cannot help but notice Convento de Santa Clara, dominating the riverbank. Just beyond the convent is an attractive Gothic church and winding cobbled streets waiting to be explored. We recommend heading to the attractive riverside square of Praca da Republica where you can raise a toast to completing the first stage of your Camino overlooking the gardens and river.

Meals: **B**



**Accommodation**  
Hotel



**Ascent**  
180M



**Descent**  
235M



**Distance**  
35KM

### DAY 3





## Cycle through contrasting landscapes and discover Viana do Castelo with all its grandeur.

Feeling refreshed, today your journey will take you through a series of contrasting landscapes as you ride along the coast and inland through rural agricultural land, forests and small villages. Crossing the River Cavado you soon arrive in the quiet beach resort of Esposende. This lovely town is the perfect stop for a morning coffee with its inviting esplanade, working harbour and traditional Portuguese architecture. Leaving the esplanade behind you pedal inland beneath hillside and along backroads to the jewel of the Costa Verde, Viana do Castelo, your final goal for today.

Arriving in this beautiful town, we recommend taking the restored funicular up to Monte de Santa Luzia, crowned with the neo-Byzantine Templo do Sagrado Coracao de Jesus. Reaching the top you can enjoy spectacular far-reaching views over the town and estuary and you will soon appreciate its significance during the Age of Discovery. The town is rich in palaces, Manueline architecture and grandeur waiting for you to explore.

Meals: **B**

---

	<b>Accommodation</b> Hotel		<b>Ascent</b> 480M		<b>Descent</b> 480M		<b>Distance</b> 50KM
---	-------------------------------	---	-----------------------	---	------------------------	---	-------------------------

---

### DAY 4





## Cross the border into Galicia.

Having stamped your pilgrim passport, you say farewell to Viana do Castelo and begin your journey towards Oia. Riding beneath the Miradouro Florestal de Afife your route first undulates towards the beachside town of Vila Praia de Ancora before joining a cycle path taking you to historic Caminha, the last stop on the Coastal Camino before crossing the border into Spain. Caminha's pretty town square accented with a clock tower and ornamental fountain make for a relaxing lunch stop.

From Caminha you take the ferry across the River Minho to cross into Galicia, a significant journey as you reach ever closer to your final goal of completing the Camino. Hopping back on your bike you continue through the fishing town of A Guarda and along the scenic coast to the lovely village of Oia and your hotel for the evening.

Meals: **B**

---

	<b>Accommodation</b> Hotel		<b>Ascent</b> 680M		<b>Descent</b> 680M		<b>Distance</b> 45KM
---	-------------------------------	---	-----------------------	---	------------------------	---	-------------------------

---

### DAY 5





## Enjoy peaceful coastal cycling, take a swim in the bay of Baiona and discover the bustling city of Vigo.

Today's ride is one of peace as you cycle through farmlands along the coast, punctuated with sleepy villages as you make your way, first to the pretty town of Baiona and on to Vigo. Be sure to pack your swimsuit so you can relax on the lovely beaches of Baiona. The historic trading town of Baiona stands guard at the estuary of the Vigo with its pretty bay and towering fortifications perfect for a midday stop. It is here the La Pinta moored in 1493, after the voyage of discovery to the New World, the first caravel to reach the port; an achievement the town celebrates each year with the Fiesta da Arribada. Continuing on your way you soon reach Vigo with strong its maritime flavour, bustling marina and wide tree lined avenues. Settle into your home for the night and in the evening enjoy a typical Galician delicacy such as Caldo Gallego (a hearty stew with chorizo) with a glass of local wine.

**FIESTA DA ARRIBADA:** Takes place on 1st March each year to celebrate the arrival of La Pinta, recreating the Renaissance atmosphere throughout the Baiona.

Meals: **B**

---

	<b>Accommodation</b> Hotel		<b>Ascent</b> 600M		<b>Descent</b> 540M		<b>Distance</b> 45KM
---	-------------------------------	---	-----------------------	---	------------------------	---	-------------------------

---





### DAY 6

## Cycle along the Ria de Vigo estuary, feast on oysters in Redondela and discover Pontevedra.

This section of the Camino will take you along the Ria de Vigo estuary, one of the most sublime natural harbours in the world. Accompanied by views of fishermen busy farming mussels and the Cies islands as you cycle from village to village making your way towards Redondela, where the Portuguese Camino and the Coastal Camino merge. You soon arrive in Arcade at the head of the estuary and renowned for having the best oysters in Galicia. From here, you follow a stone path, uphill to the forest, where you can pause for breath before making a final descent to Pontevedra. Once Galicia's largest city, Pontevedra has a fantastic old town to discover. It was here where Columbus' flagship, the Santa Maria, was constructed. Local legend says that Columbus was in fact a Pontevedra nobleman named Pedro Madruga who took on a new identity. We recommend taking time to explore San Francisco Convent, an impressive convent which is said to have been founded by Saint Francis himself back in the 13 century.

Meals: **B**

---

	<b>Accommodation</b> Hotel		<b>Ascent</b> 700M		<b>Descent</b> 750M		<b>Distance</b> 35KM
---	-------------------------------	---	-----------------------	---	------------------------	---	-------------------------

---

### DAY 7



## Enjoy the hot springs of Caldas de Reis, discover St James leading your way and stay in historic Pedron.

Before heading on your bike this morning, we recommend paying a visit to the Pontevedra food market, Mercado de Abastos. Split over 2 floors the market is bustling with locals, tourists and pilgrims in search of the fantastic fresh produce of Rias Baixas; seafood, Albarino wine and fantastic cheeses. The perfect place to pick up snacks for your journey. Your ride begins through peaceful countryside cycling past Santa Maria de Alba, and through woodlands. Just before arriving at your first goal of the day, the spa town of Caldas de Reis you will see St James' statue, leading your way. A reminder that you are reaching ever closer to completing your Camino. Take time to bathe your feet in the hot springs at the centre of Caldas de Reis before pedalling on your way, soon crossing the Ulla River to reach your accommodation in Padron, an important stop along the way for pilgrims. It is said that the granite block which was tied to the boat carrying Saint James is located under the altar of Santiago de Padron.

Meals: **B**



**Accommodation**  
Hotel



**Ascent**  
485M



**Descent**  
505M



**Distance**  
40KM

### DAY 8

## Stand proud at the foot of the cathedral of Santiago de Compostela.

Today is the day you will complete the Camino de Portuguese from Porto! Leaving Padron you will cycling through small Galician villages to reach the magnificent sanctuary of Nossa Senhora da Escravitudes before heading onto forest trails where you begin to be rewarded with your first glimpses of Santiago and the cathedral towers. An emotional moment for many pilgrims. Pedalling further into the city you will soon arrive at the Faxeira Gate, the entrance of the Portuguese Way to join fellow pilgrims from around the world in reaching the resting place of Saint James in the spectacular cathedral. This is a proud moment and you will have time to absorb it before making your way to your final hotel for a well-earned rest.

PLEASE NOTE: The Cathedral has undergone extensive restorations in recent years and is once again fully open in time for the 2021 Holy Year. A Holy Year which by decree of the Pope has been extended into 2022 to allow the celebrations to continue.

OBTAINING THE COMPOSTELA: To cope with large numbers of pilgrims during the busiest part of the summer months, the pilgrim office has installed a numbered ticketing system for processing your pilgrim's passport. Please be aware that you may have to return to collect your certificate the morning after presenting your passport.

Meals: **B**



**Accommodation**  
Hotel



**Ascent**  
490M



**Descent**  
240M



**Distance**  
25KM

---

**DAY 9****Departure Day.**

Enjoy a relaxed breakfast and absorb the accomplishment of completing the Camino Portuguese before making your onward journey.

Meals: **B**

---

## Holiday Information

---

**What's Included**

- All accommodation as described
- Meals as described in the Meal Plan
- Bike hire
- City taxes
- Self-guided information pack containing your map and route notes
- Pilgrim kit including a pilgrim passport and shell
- Luggage transfers

**What's not Included**

- Travel insurance
- Travel to Porto
- Travel from Santiago
- City taxes (payable locally) usually under 5 Euros per person per night
- Public buses and taxis
- Visas (if applicable)
- Some meals as described in the Meal Plan
- Personal equipment
- Any additional activities/excursions indicated as optional

## Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit, about the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook and all your relevant documents no later than 3 weeks before your holiday start date. We will send your documents using signed for courier so that you can track your package and know that they are safely on their way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our sales team. Your pack will be sent to the lead booker so please remind them to pack it before you set off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start date, please do inform our sales team so that we can make alternative delivery arrangements.

## Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking holiday for your family, a centre based trip is a fantastic option as it allows you to easily opt out of a days walking if a day of building sand castles, swimming in the pool or visiting museums is calling.

Please discuss this further with our sales team who will be happy to assist in picking the best trip for your family.



## Joining Arrangements & Transfers

This trip starts at your hotel in Porto. All of our self-guided holidays are sold on a land only basis allowing you the flexibility to choose the travel method which best suits you. The nearest airport for this trip is Porto Airport with many departures from regional UK airports.

The public transport network from Porto is extremely good. If you are flying into Porto Airport it is possible to take the Metro to Porto city for approximately €3. The journey takes approximately 30 minutes and the metro runs every 20 minutes. For more information please visit [www.metrodoporto.pt](http://www.metrodoporto.pt)

Alternatively, we offer a private transfer from Porto Airport to your accommodation. Please ask our sales team for a quotation.

The trip ends in Santiago de Compostela. It is possible to return to Porto via Flixbus or train. The journey takes approximately 6 - 7 hours for more information visit [www.rome2rio.com](http://www.rome2rio.com) Alternatively, it is possible to fly direct to London from Santiago de Compostela Airport or we can offer a private transfer from Santiago de Compostela to Porto Airport. Please ask our sales team for a quotation.

## Meal Plan

This trip is on a bed and breakfast basis to allow you the most flexibility during your trip.

## Food & Water

Water is drinkable from the taps on this holiday. Please fill your personal bottles for your day in the morning. We do not encourage the purchasing of single use plastic bottles.

The Portuguese are passionate about food. It is a reason for celebration, time with family and socialising with friends, and as is typical on the Med, evening meals are enjoyed late into the evenings with a glass of wine. Portugal's national obsession is Bacalhau, a dried salted cod which will feature heavily on menus alongside other delicious seafood. After all Portugal has almost 1800km of coastline. But it is not all just seafood as Portuguese cuisine is all about simple, fresh cooking with many meaty stews such as Cozido a Portuguesa which includes beef, pork and chicken served with fresh vegetables and usually accompanied by one of the countries fantastic wines.

Crossing the border into Galicia and you can see that this too is a region passionate about food. Galicia's cuisine is less about paella and more about delicious Pulpo a la Gallega, a traditional dish of the region that comprises of succulent boiled octopus on top of a bed of thinly sliced potatoes and topped with oil and paprika. And let's not forget the tasty treat of Santiago, the Tarta de Santiago made from ground almonds and covered in icing sugar and the cross of Santiago. Yummy!

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

## Accommodation

On this trip you will stay in a selection of comfortable 2\* or 3\* hotels each offering warm hospitality and close proximity to your route. Each hotel brings its own charm whether it's offering beautiful gardens in which to relax, an inviting communal lounge area or a swimming pool to cool down after a day on your bike.

All our accommodations are booked on bed and breakfast basis in a twin or double room and have wifi available too. Many accommodations have restaurants and some offer a set 'pilgrims menu', a tradition along the Camino and offer a hearty 3 course meal for approx. 15 euros payable locally. Please ask your host for more information.

It is possible to arrange additional nights accommodation if you would like to extend your time in Porto or Santiago. Please speak to our sales team for more information.

## Bike Hire

Bikes on this trip are 16 speed Trek mountain bikes with 29" wheels and all come equipped with 2 panniers for your daily essentials. We include a helmet with your bike on this trip but we strongly recommend you bring your own helmet for the best comfort.

We also recommend packing a gel seat for extra comfort, or a pair of padded cycling shorts, whilst there are plenty of opportunities to stop and explore it is always nice to have some padding for a comfortable ride.

E-bikes are also available at an additional supplement of £195. Please ask our sales team for details.

## Baggage Allowance

Your main luggage will be transferred between each of your hotels while you are out on your pilgrimage. We ask that you please ensure your luggage is under 15kg and that your luggage is ready for collection each morning. You will also need a daypack to carry your daily essentials with you.

# General Information

---

## Passport & Visas

### Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

## Health & Vaccinations

### VACCINATIONS

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid. A good online resource is [Travel Health Pro](#).

### Severe Allergies

Please inform our KE Sales and support team of any severe allergies you may have before travel. We will always do our best to help but we are unable to guarantee an allergy free environment on our KE trips. We advise that you always carry your own treatment for the allergy with you such as 'adrenaline auto-injectors' if required. We also recommend that you discuss this with your accommodation on arrival so that they can better assist you.

### Currency

The currency for part or all of this holiday is the Euro.

## Preparing for your Holiday

The advantage of a self-guided cycling holiday is that you decide the pace. Having said this it is always sensible to get some additional exercise before going on an active holiday. After all, the fitter you are the more enjoyable your cycling will be. You should be comfortable with cycling an average of 50 km a day on a mix of terrains from rural paths (asphalt, cobbled and dirt), forest trails and roads. We advise you to dust off your bike and head out on a few rides before your holiday to help make your pilgrimage more enjoyable. We also offer e-bike upgrades for those seeking to make the journey more leisurely.

## Climate

The climate in this part of Portugal and Galicia is mild with wet winter months and warm pleasant summers for cycling with the cooling breeze of the Atlantic. The hottest months are July and August with temperatures reaching up to 25-30 degrees.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Books

The Portuguese: The Land and its People, Marion Kaplan

Pocket Porto, Lonely Planet

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Please note that a paper copy of your travel insurance is required if you are travelling to Huaraz and the Huayhuash region.

# Equipment Information

## SelfGuided Cycling Equipment List

- Cycling shorts
- Cycle helmet
- Functional base layer
- T-shirts
- Scarf
- Hat
- Windproof jacket
- Fleece / extra layer
- Rain protection
- Rucksack (approx. 20 l)
- Small first aid kit for your rucksack

- Sunscreen
- Water bottle or hydration pack
- Camera (batteries/memory card)
- Mobile Phone (ensure your data package covers your destination)
- Handlebar mount that is compatible with your smartphone
- Power bank
- Waterproof phone cover
- Sun glasses
- Personal wash kit
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Tupperware for picnics

## Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers. [>> Find out more](#)



## Land Only Information

Please note our 'from price' listed is based on 4 persons on twin or double occupancy, however this trip is suitable for groups of 2 or more travellers, contact our sales team for a quote.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights accommodation before or after your self-guided trip, ask our sales team to find out more about this.

Our sales team will be happy to provide you a quote for scheduled flights or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

We offer some transfers to your hotel from the nearest airports, please refer to the 'joining arrangements and transfers' for further details for this trip.

# Why Choose KE

## why KE?

Experience the accomplishment of completing your Camino on two wheels whilst still having plenty of time to enjoy the fantastic beaches and rugged coast along the way. Plus we have included your hire bike in the cost of this trip and e-bikes are available too.

**Please Note** This document was downloaded on 21/05/2024 and the trip is subject to change