# Cycling The Portuguese Coastal Camino

Trip Code: SGPB

Version:

| CYCLE | SELF-GUIDED | LEISURELY |
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## HIGHLIGHTS

- Complete the Camino on two wheels from Porto to Santiago de Compostela
- Ride historical and spiritual trails through forests, farmland, and chronicled towns and cities
- Discover under-the-radar beach resorts and relax on their beautiful beaches
- Explore historic Porto, home of Port wine and opulent buildings dressed in striking *azulejo* ceramic tiles

- Visit the Roman baths and soothe your body in the hot springs at Caldas de Reis

### AT A GLANCE

- 7 days cycling and sightseeing
- 259km of the Portuguese Coastal Camino
- Standard bike hire included
- Daily departures
- Join at Porto / End in Santiago

### ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

# Introduction

The Portuguese Coastal Camino is a Camino for those wanting to explore Northern Portugal and Spain's Galicia on two wheels, whilst enjoying the benefits of the coastal location and having the satisfaction of completing a pilgrimage from Porto to Santiago de Compostela in just 7 days of cycling. 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 50km 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 bed and breakfast basis, you can enjoy the ultimate flexibility and feast on fresh seafood with a glass of Vinho Verde at one of the many excellent local restaurants.

## 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 40km a day on easy cycle paths or quiet roads. The route of the Portuguese Coastal Camino is relatively flat, taking you along Portugal’s beautiful coast and into Spain's Galicia. Staying in a great selection of comfortable, simple hotels and guesthouses, we will transport your luggage for you so all you need to do is relax into the saddle and enjoy your journey.

# Itinerary

Version:

# Holiday Information

## What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Self-guided information pack containing your route notes
- Portuguese phrase book
- Luggage transfers
- Mountain bike hire (29" wheels) with helmet,
- Bike accessories hire (panniers, bike lock, pump, repair kit, inner tube, chain links, chain lube)
- Welcome briefing
- Pilgrim kit including pilgrim passport and shell
- Navigation App and GPX tracks available

## What's not Included

- Travel insurance
- Travel to Porto
- Travel from Santiago
- Visas (if applicable)
- Tourist taxes may apply and are usually under 5 Euros per person per night
- Some meals as described in the Meal Plan
- Public buses and taxis
- Personal equipment
- Any e-bike upgrades
- 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 and 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 a signed-for courier so that you can track your package and know that it is safely on its 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 setting 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 inform our Sales Team so that we can make alternative delivery arrangements.

## GPS Travel App

This holiday includes a GPS navigation app, which contains the routes for you to follow each day, as well as attractions, coffee stops and points of interest along the way. The app does not need to have Wi-Fi connection to work, you simply follow the instructions we provide you to download the app to your personal smartphone device before you leave home and you are ready to go.

While the travel app is running, your phone battery charge can be consumed faster than normal, so we strongly recommend that you pack a power bank with you just in case you require it.

## 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 most of 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, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking or cycling holiday for your family, a centre-based trip is a fantastic option as it allows you to easily opt out of a day's walking if a day of building sand castles, swimming in the pool, or visiting museums is calling instead.

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

Your 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 that best suits you. The nearest airport for this trip is Porto Airport, which is well-served with many departures from UK regional airports.

If you are flying into Porto Airport it is possible to take the metro (Line E - Violet Line) from there to Campanha station in 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 where you can also buy tickets online in advance or on the day.

If you have booked a private transfer with us you will make your way to the arrivals hall where you will find your driver holding a sign showing your name.

The trip ends in Santiago de Compostela. It is possible to return to Porto by Flixbus or by train. It takes between around 3 hours and 5-7 hours to reach Porto by Flixbus depending on when you travel (www.flixbus.co.uk), or around 4-5 hours by train. For more information visit www.rome2rio.com.

Alternatively, we can offer a private transfer from Santiago de Compostela to Porto Airport that takes approximately 2.5 hours - please ask our Sales Team for details.

Another option is to fly back from Santiago de Compostela Airport – for example it is possible to fly direct to London, or indirect to other UK airports, from Santiago de Compostela.

## Meal Plan

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

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for 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 meals 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.

## Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase 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 evening meals are typically enjoyed late into the evening with a glass of wine. One of Portugal's national obsessions is *Bacalhau*, a dried salted cod which features heavily on menus alongside other delicious seafood as, after all, Portugal has almost 1,800km of coastline. It is not all about amazing local seafood though, as Portuguese cuisine is centred on simple, fresh, flavourful cooking and includes many meaty stews such as *Cozido a Portuguesa*, which contains a variety of cooked meats, sausages, and vegetables cooked together slowly in a rich broth and usually served with rice and accompanied by one of the country's fantastic wines.

Crossing the border into Galicia, you can see that this is a region of Spain where people are passionate about their food too. Galicia's cuisine is less about paella and more about delicious Pulpo a la Gallega, a traditional dish of the region that comprises succulent boiled octopus on top of a bed of thinly sliced potatoes, topped with olive oil and paprika. Let's not forget the tasty treat of Santiago, the Tarta de Santiago (literally 'Cake of Saint James'), made from ground almonds and decorated with powdered sugar stencilled with the Cross of Saint James. Yummy!

## Accommodation

On this trip you will stay in a great selection of comfortable, simple 2-star or 3-star hotels and guesthouses, each offering its own charm, warm hospitality, and close proximity to your route. Some hotels even have pools.

All our accommodations are booked on a twin or double room basis and have free WiFi. Many accommodations have restaurants and some offer a set 'pilgrim menu' - a tradition along the Camino - offering a hearty 3-course meal for approximately 15 Euros per person, payable locally. Please ask your hosts for more information.

Please note that during busy periods we may need to use alternative accommodation and this is not always in the town listed in the itinerary. For Pontevedra in particular this is more likely to happen around the time of the World Triathlon Championship events held there each year. For 2026 the triathlon is due to take place 23rd - 27th September, so accommodation in the area is likely to be in very high demand during and around those dates.

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, plus a bike lock, pump, repair kit, spare inner tube, chain links, and chain lube. 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, as whilst there are plenty of opportunities to stop and explore, it is always nice to have some padding for a more comfortable ride.

## Upgrade to an E-bike

If you are looking for an extra boost whilst in the saddle, you can upgrade to an e-bike to make your ride more leisurely. Equipped with a battery and motor, these electric bikes give you a helping hand whilst you are pedalling, making it easier to climb hills and travel further with less effort and more comfort.

E-bikes are available on this holiday at a supplement of £195 - please request this upgrade option from our Sales Team at the time of booking.

## Baggage Allowance

Your main luggage will be transferred between each of your hotels while you are out on your ride. We ask that you please ensure your main luggage is limited to one piece under 20kg per person and that your luggage is ready for collection each morning. Any additional pieces will incur an additional cost. You will also need a daypack to carry your daily essentials with you whilst you are out cycling.

# 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.

For other nationalities, please refer to your own Government website for the latest information.

**It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates** *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

## Health & Vaccinations

**Vaccinations:**

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

**It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.**

**Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.**

**Severe Allergies:**

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

## 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 added bonus of a lovely cooling breeze coming in off the Atlantic. The hottest months are July and August, when temperatures can reach around 25 - 30 degrees centigrade.

## 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 before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

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 directly 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 Camino Portugués - Kat Davis (Cicerone)
- Camino Portugués : Lisbon - Porto - Santiago / Camino Central, Camino de la Costa, Variente Espiritual and Senda Litoral - John Brierley
- Walking the Camino de Santiago: A Guide for Women - Lotus Eater Travels & Emma George
- Buen Camino! - Peter Murtagh
- The Portuguese: The Land and its People - Marion Kaplan
- Lonely Planet Pocket Porto

## 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.

# 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

## Land Only Information

Please note that our 'from' price listed is based on 4 persons on twin or double occupancy, however we can quote for any number of travellers including solo travellers - contact our Sales Team for a quote.

When considering your travel dates, you might like to investigate any seasonal opening times of attractions and points of interest.

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 - please ask our Sales Team to find out more about this.

Our Sales Team will be happy to provide you with 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 accommodation from the nearest airports - please refer to the 'Joining Arrangements & Transfers' section for further details for this trip.

## Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

# Why Choose KE

## Why KE?

Complete your Camino de Santiago adventure on two wheels whilst still having plenty of time to enjoy the fantastic beaches, rugged coastlines, and fascinating towns and cities along the way.Standard mountain bike hire is included in the cost of your holiday, and e-bike upgrades are available too.

**Please Note** This document was downloaded on 16/11/2026 and the trip is subject to change