

Cycling The Portuguese Coastal Camino

Trip Code: SGPB

Version: SGPB Cycling The Portuguese Coastal Camino



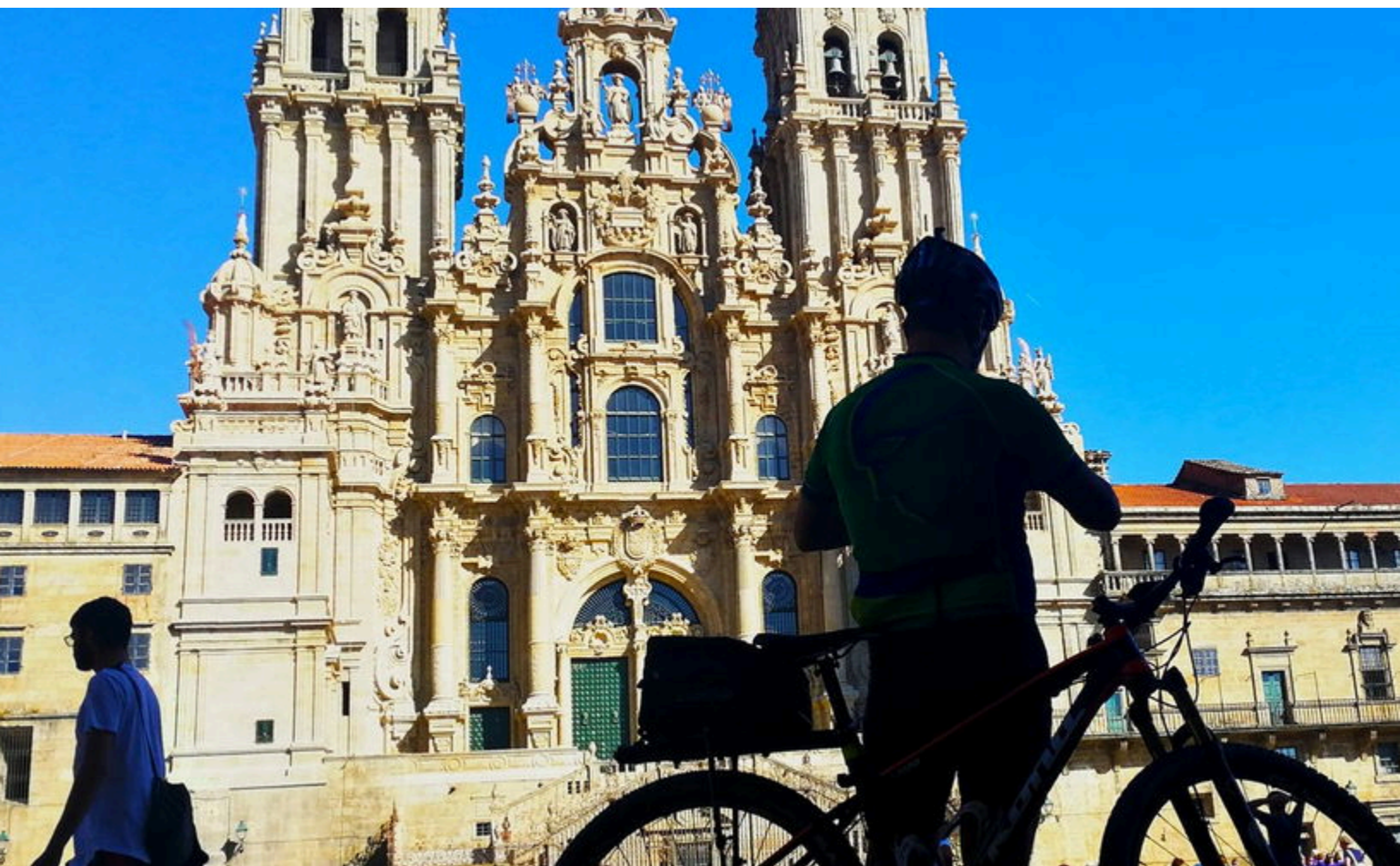
CYCLE



SELF-GUIDED



LEISURELY



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

- Self-Guided
- 7 days cycling and sightseeing
- 259km of the Portuguese Coastal Camino
- Luggage transfer
- Bike hire included
- E-bike upgrade available
- Daily departures
- Suitable for 2+ travellers
- Join at Porto / End in Santiago

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 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 selection of great 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. This trip is suitable for 2 or more travellers.

Itinerary

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DAY 1

Arrive in Porto and explore this picturesque city.

Arrive in Porto, home of Port wine, merchant history, and stately bridges over the Douro River connecting the city's neighbourhoods. Depending on the time of your arrival, you may wish to explore this beautiful coastal city. We recommend a visit to the impressive Gothic church, Igreja de Sao Francisco, from where you can also enjoy far-reaching views over the river, and a walk through the medieval streets of the Ribeira district where you will find many welcoming cafes and photogenic corners. In the evening, a representative will meet you at your hotel to get you fitted with your bikes, and will be on hand to answer any questions you may have. If you would like to spend more time in Porto ahead of commencing your ride, we can arrange additional nights' accommodation for you - please ask our Sales Team for details.



Accommodation
Hotel

DAY 2

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

Today you begin your Camino journey. Hopping onto your bike, you set off from Porto Cathedral and cycle a short distance through the city to reach the famous Douro River, the river that is responsible for feeding the grapes used to produce the region's famous Port wine. 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, and 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 goal for today. Crossing the old bridge into Vila do Conde you cannot help but notice Convento de Santa Clara dominating the riverbank, just beyond which there are winding cobbled streets waiting to be explored. We recommend heading to the attractive Praca da Republica nearby, where you can take a seat at one of the lovely cafes overlooking the gardens and river and raise a toast to completing the first stage of your Camino.

Meals: **B**



Accommodation
Hotel



Ascent
80M



Descent
150M







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 Cavado River, you soon arrive at the quiet beach resort of Esposende. This lovely town makes the perfect stop for a morning coffee with its inviting esplanade, working harbour, and traditional Portuguese architecture. Leaving the esplanade behind, you pedal inland along backroads with the hillside alongside you until you reach Viana do Castelo, the jewel of the Costa Verde and your goal for today. Having arrived in this beautiful town, we recommend taking the restored funicular up the eucalyptus-clad hillside of Monte de Santa Luzia, crowned with the sublime neo-Byzantine Templo do Sagrado Coracao de Jesus. Reaching the top you can enjoy spectacular sweeping views over the town and estuary, and out along the Minho coastline - you will easily appreciate the port's significance as one of the busiest during the Age of Discovery. The town is rich in palaces, Manueline architecture, and majesty just waiting for you to explore.

Meals: **B**





	Accommodation Hotel		Ascent 300M		Descent 280M		Distance 49KM
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DAY 4

Cross the border into Galicia on your way to Oia.

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 as you head towards the beachside town of Vila Praia de Ancora. After this you will join a cycle path taking you to historic Caminha, which for hundreds of years played an important military role in defending Portugal's northern borders, and is the last stop on the Coastal Camino before crossing the border into Spain. Caminha's pretty little town square, accented with a clock tower and ornamental fountain and filled with cafes and restaurants, makes a relaxing lunch stop. From Caminha you will take the ferry across the Minho River to cross into Galicia, a significant journey as you reach ever closer to your goal of completing the Camino. Hopping back on your bike, you continue through the fishing town of A Guarda and along the scenic coast with views of the dramatic coastline below until you reach the lovely little fishing village of Oia and your hotel for the night. Oia is often overlooked by visitors to the area however it has a certain bit of magic about it and we think it is a fantastic place to spend the night. Perhaps you will wander around the maze of cobbled streets that is its old town, explore the interesting Santa María la Real monastery, and be lucky enough to enjoy one of its beautiful sunsets. There are some great little restaurants tucked away here and there, many of which have amazing views as well as excellent freshly cooked dishes.





Meals: **B**

	Accommodation Hotel		Ascent 230M		Descent 240M		Distance 46KM
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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 then 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 Vigo's estuary with its pretty bay and towering fortifications - perfect for a midday stop. It is here that 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 de la Arribada. Continuing on your way, you soon reach Vigo with its strong 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 traditional hearty soup made with greens, potatoes, white beans, and ham or chorizo) with a glass of local wine. FIESTA DE LA ARRIBADA: Takes place on 1st March each year to celebrate the arrival of La Pinta, recreating the Renaissance atmosphere throughout the Baiona.





Meals: **B**

	Accommodation Hotel		Ascent 300M		Descent 175M		Distance 43KM
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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 the Cies Islands and fishermen busy farming mussels as you cycle from village to village, you will make your way towards Redondela where the Portuguese Way Camino and the Portuguese 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 that 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 said to have been founded by Saint Francis himself back in the 13th century.

Meals: **B**





	Accommodation Hotel		Ascent 430M		Descent 485M		Distance 34KM
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DAY 7

Enjoy the hot springs of Caldas de Reis, discover Saint James leading your way, and stay in historic Padron.

Before heading off on your bike this morning, we recommend paying a visit to the Pontevedra food market, Mercado de Abastos, the perfect place to pick up snacks for your journey. Split over two 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. 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 Saint 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 onwards and 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 that was tied to the boat carrying Saint James is located under the altar of Santiago de Padron.

Meals: **B**

	Accommodation Hotel		Ascent 310M		Descent 330M		Distance 41KM
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DAY 8

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

Today is the day you complete the Portuguese Coastal Camino from Porto! Leaving Padron you will cycle through small Galician villages to reach the magnificent sanctuary of Nossa Senhora da Escravitude before heading onto forest trails where you are 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. **OBTAINING THE COMPOSTELA:** To cope with large numbers of pilgrims during the busiest summer months, the pilgrim office has installed a numbered ticketing system for processing your pilgrim passport. Please be aware that you may have to return to collect your certificate the next morning and that you will need to present your pilgrim passport.

Meals: **B**



Accommodation
Hotel



Ascent
370M



Descent
130M



Distance
25KM

DAY 9

Departure Day.

Enjoy a relaxed breakfast and savour the accomplishment of completing the Portuguese Coastal Camino by bike, before making your onward journey.

Meals: **B**

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)
- 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

What's not Included

- Travel insurance
- Bike helmet
- Travel to Porto
- Travel from Santiago
- Public buses and taxis
- 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
- 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 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.

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 around 2.5 hours to reach Porto by Flixbus (www.flixbus.co.uk), or around 4.5 - 6 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.

We can also arrange additional nights' accommodation before or after your self-guided trip, or you may even wish to make this trip part of a bigger trip of your own, or pair it with one of our other holidays - just ask our Sales Team for details.

Meal Plan

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

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!

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.

Accommodation

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

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.

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, 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 a bit of extra support whilst in the saddle, you can upgrade to an e-bike to make your ride even 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 an additional 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 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 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. North Americans can also check out the U.S. Department of State website: 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 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 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.

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, and that 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 - 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. We have included standard bike hire in the cost of your trip so you can relax knowing that this is all taken care of for you. E-bike upgrades are available.

Please Note This document was downloaded on 30/06/2025 and the trip is subject to change