



## *Pilgrimage Camino Portugues*

### *Porto - Santiago de Compostela*

**When:** September 25 – Oktober 8, 2020

**Duration:** 14 days; 11 days of walking

**Distance:** total: 195 km / 121 mi; average a day: 16–25 km / 9 –16 mi

**Guide:** Gerard Beltman

**Price:** € 945

Organized and guided by WandelNaarJezelf, self-discovery hiking tours.

WandelNaarJezelf offers pilgrimages, mindful walks and yoga retreats in the Netherlands and Europe.

#### **General information**

The pilgrimage starts in Porto, a UNESCO world heritage city in Portugal. The old city centre is a maze of small streets where you can wander at will, with small rococo churches in squares where the walls are decorated with traditional blue Portuguese tiles.

Departing from Porto we walk north. The first day along the Atlantic Ocean, from the second stage we take the old inland camino through green hills covered with eucalyptus trees and vineyards. Barcelos has a beautiful Roman church and a fortress. Ponte de Lima is one of the jewels of Portugal where we take the world-famous Romanesque bridge across the river Lima. Here the old "Camino Portugues" follows a Roman road, the Via Romana XIX, towards the Spanish border and Santiago de Compostela.



that seem to rise straight from the sea.

Over the bridge that connects the two old fortified towns of Valença and Tui we cross the river Minho and walk into Spain. The Ribeira hills in this area are full of small vineyards. The Camino now approaches the coast, with wonderful views of the Spanish Rias (inlets) with their blue water and hills

We soon reach Pontevedra which was one of the main trading harbours of Spain in the late middle Ages. Vineyards give way to the green chestnut forests that cover the hills of this part of Galicia.

Caldas de Reis with its hot springs has been a spa since Roman times. Padron, the second-last stop before Santiago, is where it is reputed that the body of the Apostle St James was brought ashore. For that reason, this town has been an important pilgrimage site for centuries. After a last climb, we see the towers of Santiago de Compostela from Monte Agro.

## **Program**

### **Day 1 and day 2**

Friday September 25 and Saturday September 26

Start of the program Friday at 5 PM at our hotel with a drink. The hotel is close to the centre of the town.

Saturday you will have the opportunity to take a guided tour with Gerard around the city centre. You will receive your 'credential', pilgrim passport, in the Cathedral.



### **Day 3**

Stage 1: 24 km; 14 miles. After a short bus ride, we start our camino along the coast to Vila do Conde. We walk over boulevards, beaches, platform-paths and through the dunes. This is an alternative track to avoid the busy urban area of Porto.

### **Day 4**

Stage 2: 20 km; 13 miles

We continue the historic camino central. We start in the village of São Pedro de Rates where we have breakfast. Our camino leads in a hilly area to Barcelos. We will have time for discovering this old little town on the river Rio Cávado

### **Day 5**

Stage 3: 20 km; 12,5 miles

After we climbed the Alto de Portela we walk through small-scaled agricultural landscapes and through woods to Vitorino dos Piães. We stay in an atmospheric pilgrimhostal, a very special experience.

### **Day 6**

Stage 4: 16 km; 9 miles

Today we have a short stage to Ponte de Lima, an old Roman fortified town on the river Lima. We stay in a Youth Hostel and have our dinner in town. We have time to visit the old city with its Medieval stone bridge, built on Roman foundations

### **Day 7**

Stage 5: 20 km; 12 miles

We continue our way to the village of Rubiaes. Before we get there, we have a climb of 400 meters (stiffest of the trip) through a beautiful natural area. In Rubiaes we have a nice pension to stay.

### **Day 8**

Stage 6: 22 km; 13 miles

From Rubiaes to Valença (Portugal) and Tui in Spain. We pass several villages on our way to Valença, a picturesque fortified town. From the walls of this town we have a delightful view across the river Minho to the Spanish countryside on the other side. After this we take the bridge and cross the Portuguese/Spanish border. We sleep in a hostel in Tui and have our dinner in a local restaurant.

### **Day 9**

Stage 7: 21 km; 14 miles

After breakfast we take the train from Tui to Redondela, from where we walk to the beautiful harbour city of Pontevedra. In Pontevedra we spend the night in a Pilgrims hostel.

### **Day 10**

Stage 8: 25 km; 16 miles

From Pontevedra we walk to Caldas de Reis. We pass the roman church of Santa Maria de Alba and the fountain of Tibo. In Caldas de Reis we can rest our feet in the famous hot springs! After this we will have dinner in a local restaurant and sleep in a hotel (special rooms for pilgrims)

### **Day 11**

Stage 9: 21 km; 14 miles

From Caldas de Reis to Padrón. A pleasant walk with varied scenery via Pontecesures to the point where the Apostle St James landed in Spain. In Padrón there are several Jacobean sites to visit. In Padrón we sleep in a nice hotel close to the village.

### **Day 12**

Stage 10: 22 km; 13 miles

We are approaching Santiago. We pass several little villages and arrive in O Milladoiro, a little suburb of Santiago.

### **Day 13**

Stage 11; 9 km; 5 miles

The short final stage leads us in the morning to the Plaza Obradoiro, in front of the cathedral of Santiago de Compostela. At 12 we will join a mess for pilgrims. In the afternoon you can take your Pilgrim's Passport (Credential) to the Pilgrim's office and get your certificate for accomplishing the journey. You can also take your time to discover the city of Santiago. In the evening we have our final dinner and overnight stay in a special accommodation close to the cathedral.

### **Day 14**

Thursday Oktober 8

After breakfast the official program ends. If you want to travel back to Porto / airport Porto, you can catch a bus at 10.00 a.m./ 12.00 a.m. / 5.30 p.m. for a 2,5-hour drive. We will support you finding the bus to Porto.

### **Stages**

Daily walks of 16 to 25 km (9 to 16 miles). Three times we take public transport for a short distance over a less interesting stretch. The walk consists of moderate to vigorous hill walks of 5 to 6 hours a day. During the day you can stay with the guide or walk in your own pace, alone or with a segment of the group. The path is clearly indicated by yellow arrows. In case of emergency or physical inconveniences its always possible we call a taxi to bring you to the next stop.

### **Luggage**

If you carry your own backpack, a max. weight of 8 to 9 kg is recommended. Light sleeping bag, light quick drying towels, minimum of clothing/nightwear, toilet requisites, water and some food for the day. You can ask for a checklist.

It is possible to have daily transport of backpacks for an extra fee of € 8 a day. The max weight of your luggage is 10 kg. In that case you need an extra bag/small backpack to carry your extra clothing, lunch and water during the day.

### **Accommodation**

All 13 overnight-stays are reserved. We stay in simple, good hotels, pensions and hostels, which in most of the cases do not serve food. We have our meals in local restaurants. We try to make the reservations for rooms with 2 or max 4 beds; depending on what's available. Mostly there are sheets, sometimes not. In these cases, we need our liner (cloth-bag) to sleep in. Blankets are provided.

## Meals

Breakfast is included. Lunch and dinner, you pay yourself. We take our lunches in villages we pass. It's important that you walk at your own speed. So, it's possible that there will be some small groups during the day. The camino is clearly signed. Every evening we will have dinner all together.

## Costs of the trip:

€ 945

### Included:

- A fully guided pilgrimage
- 13 overnight stays incl. breakfast
- 1 dinner
- Credential (pilgrim passport)
- Costs for bus, taxi and train on 3 stretches
- Accompaniment and support services (advice, companionship, coaching if requested) of a well-trained guide and coach.



### Not included:

- Your trip/flight to and from Porto/Santiago.
- The bus trip from Santiago back to Porto (airport) if requested (about € 30)
- Lunches, dinners and other refreshments en route (budget about € 25 per day).
- Luggage transport (€ 8 per day)
- All other costs
- **Travel insurance is a must!**

## Booking and inquiries

Send an e-mail to [info@wandelnaarjezelf.nl](mailto:info@wandelnaarjezelf.nl) Or phone Wandelnaarjezelf: landline 00 31 55 5215040. Mobile phone: 00 31 6 47444813 or 00 31 6 36174352.