Portuguese Coastal Camino
A WALKING TOUR FROM PORTO TO SANTIAGO DE COMPOSTELA
September 6 – 18, 2023

Fully escorted for 200-km
Luggage is transferred every morning to the next hotel
Walk the *Camino Portugues* Coastal Route, the less travelled, quieter, Camino.

Your 200-km walk starts in the colourful UNESCO-listed city of Porto and follows a beautiful landscape of wild Atlantic coastline, walking through seaside towns and fishing villages, past river estuaries and sandy beaches before crossing the River Minho into Spain. The path continues through the historic medieval towns and enchanted forests of Galicia to arrive in the wonderful city of Santiago. You’ll taste delicious seafood and wine, stay in fishing villages, and be refreshed by the maritime breezes and the sun at your back.

This is a true Camino; you will be walking from one village to the next every day, with your luggage transported to your next accommodation. The route is carefully designed for easy to manage walking days. This is not a guided tour – you set the pace for your own walk with a pack of maps and instructions to help you follow the yellow arrows along the well-marked paths and tracks. Our walk leaders are the front and rear of the group and our minivan and driver are available for support as needed.

If you’ve been contemplating a way to get into shape, this walk may be the perfect incentive.

And if you’re a regular walker at home, why not reward yourself with an extended walk in this most beautiful part of the world!
“Very much appreciated the on-site support. I loved the format/structure of each day, pacing of the walking schedule, and the communal dinners. The scenery was fabulous.”  – Past Camino traveller

“The terrain that we travelled was great. Lots of variety with the rugged oceanside walks on boardwalks, trails, hills and cobble stone streets through small towns and villages. Great group of fellow travellers and new lifelong friends made it a very enjoyable experience.”  – Past Camino traveller
Your Wellness Leader

Marisa Mae creates and leads programs, workshops, and workouts for UBC Faculty of Medicine Department of Pediatrics and BC Children's Hospital employees/staff in Vancouver, BC. She has trained clients 1:1 and in small groups for over 8 years. Marisa is a BCRPA registered Personal Trainer and has certifications as a specialized instructor in Weight Training, Older Adults, Yoga Fitness, Hardstyle Kettlebell and Precision Nutrition.
**Detailed Itinerary**

**Wednesday, Sep. 6: Meet in PORTO**
Full of charm, Porto evolved from its ancient Roman origins to the epicenter of the Age of Discoveries. Overlooking the River Douro, this is one of the most ancient cities in Europe and a UNESCO World Heritage Site. Make independent arrangements to reach our city centre hotel. Meet for an evening briefing and welcome dinner.
*Overnight: NH Collection Porto Batalha, Porto*
*Meals: Dinner*

**Thursday, Sep. 7: PORTO**
Stretch your muscles with a guided walk through the city’s historic centre. Walk Porto’s charming, cobbled streets, admiring the palatial Town Hall, the stylish blue and white tiled Sao Bento Train Station, and the view of the city from the opulent Porto Cathedral. Amble through the alleyways of the Ribeira district and the waterside, diving down medieval alleys. The afternoon is at leisure to continue exploring the city on your own.
*Overnight: NH Collection Porto Batalha, Porto*
*Meals: Breakfast, Lunch*

**Friday, Sep. 8: PORTO – POVAO DO VARZIM – ESPOSENDE**
*20 km / 5 – 6 hours*
This morning we leave Porto by minivan, driving to Povoa de Varzim, the jumping off point for our walk. Admire the fortress castle which once protected the town against pirates and the town hall decorated with Portugal’s famous ‘azulejos’ blue tiles. This first stage follows the coastline, providing ample opportunity to cool off in the ocean. Cross through the National Park, established to protect the sand dunes, sea birds, and marine creatures to reach Esposende at the estuary of the River Cavado, a lovely spot to watch the sun set over the beach.
*Overnight: Hotel Suave Mar, Esposende*
*Meals: Breakfast, Picnic Lunch, Dinner*

**Saturday, Sep. 9: ESPOSENDE – VIANA DO CASTELO**
*25 km / 5 – 6 hours*
A peaceful walk filled with ocean views awaits today as you continue north towards Viana do Castelo. Cross the River Lima on the iron bridge designed by Gustave Eiffel to reach the town famous for its handcrafts and local costumes.
*Overnight: Hotel Flor de Sal, Viana Do Castelo*
*Meals: Breakfast, Picnic Lunch, Dinner*

**Sunday, Sep. 10: VIANA DO CASTELO – VILA PRAIA de ANCORA**
*20 km / 4 – 5 hours*
Continue north along the Atlantic coastline, enjoying an easy walking day with time to enjoy the seaside villages along the path. Follow the coastline all the way to the ancient fishing village of Ancora on the Ancora River.
*Overnight: Hotel Meira, V. Praia de Ancora*
*Meals: Breakfast, Picnic Lunch, Dinner*

**Monday, Sep. 11: Vila Praia de Ancora to Caminha**
*10 km / 3 hours*
The camino follows along the coast for a short while, the through the pine forest and along the riverside boardwalk to reach the pretty little town of Caminha, the last Portuguese city on your walk. This delightful little town has a compact medieval centre and a beautifully carved Gothic church in the central square.
*Overnight: Hotel Porta do Sol, Caminha*
*Meals: Breakfast, Picnic Lunch, Dinner*
The Coastal Portuguese Camino route was developed by pilgrims who arrived on Portuguese shores by boat from western lands then made their way north on foot.
Tuesday, Sep. 12: Caminha to Baiona
18 km / 5 hours
Today we cross from Portugal into Spain, taking the ferry across the River Minho to the fishing village of A Guarda. From the ferry it’s a short walk transfer by minivan to the village of Oia and then onward on foot to Baiona. Explore the town’s medieval historical centre and see a replica of La Pinta moored in the harbour.
Overnight: Parador de Baiona, Baiona
Meals: Breakfast, Picnic Lunch, Dinner

Wednesday, Sep. 13: Baiona to Vigo
25 km / 7 hours
Traverse the outskirts of Baiona, walk across the ancient pointed bridge, and then through small villages and a long stretch of forest, entering Vigo though the beach at Samil. Enjoy oysters and glass of Albarino in the square!
Overnight: Eurostars Mar de Vigo
Meals: Breakfast, Picnic Lunch, Dinner

Thursday, Sep. 14: Redondela to Pontevedra
21 km / 6 hours
A short transfer by minivan takes us to Redondela. Take in the fjord-like scenery as you continue along the coast and then turn inland through kilometres of forest areas taking you through ancient Roman villages. Pontevedra has a strong maritime heritage and is filled with lovely squares and impressive architecture.
Overnight: Hotel Galicia Palace, Pontevedra
Meals: Breakfast, Picnic Lunch, Dinner

Friday, Sep. 15: PONTEVEDRA – CALDAS de REIS
24 km / 5 hours
Today’s walk takes you through old railways, rural paths, and a section of wetlands. This is a place of extreme biodiversity and the beauty of the landscape makes this place all the more special. Caldas de Reis is known for its thermal baths – don’t miss the opportunity to visit one of its lovely spas!
Overnight: Hotel Torre do Río, Caldas de Reis
Meals: Breakfast, Picnic Lunch, Dinner

Saturday, Sep. 16: CALDAS de REIS – PADRON
22 km / 5 hours
Begin the day with a nice walk along fertile agricultural fields, then along small country roads. Enjoy a stop in the the village of Pontececesures, named for the Roman bridge over the Ulla River. There are fantastic panoramic views of the valley as you approach Padron.
Overnight: Hotel Monumento Plaza, Padron
Meals: Breakfast, Picnic Lunch, Dinner

Sunday, Sep. 17: PADRON – SANTIAGO DE COMPOSTELA
25 km / 5 hours
A long but significant day as you catch your first memorable glimpse of the spires of the Santiago Cathedral after passing the Church of Santa Maria la Mayor and the ruins of A Rocha Vella Castle, before entering the famous city. Follow the path to Santiago Cathedral and take a moment to contemplate your achievement. Collect your Compostela – the official certificate of the Camino de Santiago – and watch pilgrims arriving from all over the country.
Overnight: King’s Parador, Santiago de Compostela
Meals: Breakfast, Picnic Lunch, Dinner

Monday, Sep. 18: DEPART SANTIAGO DE COMPOSTELA
Meals: Breakfast

Note: The itinerary and accommodation described in these notes are subject to change due to logistical arrangements and to take advantage of local events.
Tour Details

Tour Cost (per person): C$6295
Includes taxes and gratuities.

Single Supplement: Approx. C$1295
If you are travelling alone and would like to share, we will attempt to match you up with an appropriate roommate. If we cannot, the single supplement will apply. This will be collected at 90 days prior to departure.

Group Size:
14 – 16 participants

What’s Included:
• Accommodation in double occupancy, in three-star hotels and bed and breakfasts, in hotels indicated or similar – all rooms with private facilities
• Breakfast daily
• Lunch in Porto
• Picnic lunch on the walk
• Dinner daily on the walk
• All ground transportation in private vehicle
• All luggage transfers
• All activities as indicated in the itinerary
• All entrance fees
• Gratuities for local guides, drivers, hotel, and group meals
• Taxes

Not Included:
• Roundtrip airfare from your home to join the tour
• Arrival and departure transfers
• Items of a personal nature
• Lunches while walking (we’ll provide you with a list of recommended cafés for your stops)
• Beverages with meals
• Travel insurance
• Any item not mentioned in “What’s Included”

Payment Details:
A non-refundable deposit of C$500 per person is required to reserve a place on this tour. A second non-refundable deposit of C$1000 per person is required 6 months prior to departure. Final payment is due 90 days prior to departure.
What to Expect

Joining Instructions
This tour begins with our briefing and welcome dinner at 6PM on September 6. Please note that participants are to make their own arrangements for arrival at our hotel in Porto. Please arrive by 4PM in order to join the group. The tour concludes after breakfast on September 18th. Participants are to make their own arrangements for departure from our hotel in Santiago de Compostela.

Level of Activity: Active
Although this trip is escorted, you are free to walk at your own pace in your own time. You will be provided with a pack of easy-to-read maps and instructions, complete with directions to guide you on the well-marked paths and tracks, following the yellow arrows. The route is moderately hilly and a mix of unpaved foot track and paved little roads. Please note you will be walking at your own pace with one walk leader at the front and one walk leader at the rear of the group.

Weather
We expect comfortable walking conditions with highs of about 25°C and lows of about 15°C. The first half of the walk is along the coast with cooling sea breezes.

Accommodation & Luggage Transfer
Your stay will be in a combination of centrally located modern hotels and charming village accommodation dotted along the Camino. All rooms have private bathrooms. Your luggage is transferred every morning to the next hotel.

COVID-19 Entry and Travel Requirements
All travellers on Worldwide Quest tours are required to be fully vaccinated and prepared to show proof of vaccination as per local regulations. Please refer to these websites for current requirements:

Portugal: https://www.flytap.com/en-ca/travel-restrictions
Canada: https://travel.gc.ca/travel-covid/

#SafeTravels
Worldwide Quest has been awarded the World Travel and Tourism Council’s #SafeTravels Stamp for adopting health and hygiene global standardized protocols. Learn more.

Travel Documents
You will require a passport for your trip to Portugal. Please ensure it is valid for six months beyond your scheduled return date. Before booking, please refer to the Canadian government website to obtain travel advice for the destination(s) you are visiting: www.travel.gc.ca
Additional Info

Extend your Stay
If you are interested in exploring more of this region, we would be happy to design a personalized extension for you either before or after this tour. Please let us suggest some options, based on your time available, budget and interests.

Terms and Conditions
For additional information about our terms and conditions, please refer to your booking form, the current brochure or our website. All participants booking with Worldwide Quest are covered by the terms of the Ontario Travel Industry Act (Worldwide Quest International, Ontario – License # 2667946). See full details here.

Cancellation Policy
All payments are non-refundable, however you may transfer your initial deposit for any land tour to another tour 90 days or more prior to your scheduled departure date. Initial deposits for cruises are non-refundable and non-transferable. Your second payment and your final payment are non-refundable and non-transferable. If you cancel within 90 days prior to trip departure, all associated trip costs are non-refundable. In the event of a cancellation, you must notify Worldwide Quest immediately and in writing. See full details here.

Travel Insurance
We urge you to ensure that you have adequate cancellation and medical insurance in place, should an unexpected event cause you to cancel or interrupt your trip or should the tour not be operable per our terms and conditions. We will offer you Manulife insurance coverage. Medical insurance including emergency medical evacuation coverage is mandatory on all our tours.

How to Book
Please contact the Worldwide Quest office for more information and to secure your booking.
1-800-387-1483 | 416-633-5666
travel@worldwidequest.com

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