



## WOMEN'S PORTUGUESE CAMINO (SEMI-GUIDED)

Portugal and Spain

17 days | 16 nights

### OVERVIEW

*'Walk Your Way' This semi-guided walk allows you the freedom to walk independently but with some guided support. We provide you with an itinerary, maps, the locations of your accommodation and any transfer details. You choose what time you start and finish each day. Eva, your guide, will be walking the same sections as you but not necessarily with you. She'll be the last of the group members to start the trail each day, so you can walk at your own pace knowing Eva is on the trail behind. You may choose to walk with your guide 'Eva' on days of interest or the entire journey.*

Follow the coastline along the Portuguese Camino de Santiago with guided support.

Your trip begins with 2 nights at the spectacular Hotel Carris Porto Ribeira (4STAR) in Porto. A chance to rewind, acclimatise and soak in the ambience of this thriving metropolis. We also include 2 nights at the impressive Parador (4STAR) in Baiona midway along your journey. This provides you the opportunity to rest or visit the nearby historical town of Tui.

Your walk will follow the quieter Camino route to Santiago de Compostela from Portugal. Starting in Porto, walking will be on quiet roadways, coastal pathways and along beautiful beaches.

On this semi-guided trip you will experience challenge and learn

about spiritual history, culture and traditions along the way. You will walk 260km and be eligible for a Compostela.

Enjoy walking with just a daypack and have your main luggage transferred daily to your overnight accommodation. At each village you'll stay in varying accommodation, dine on traditional meals, and have time to rest, relax and reflect.

### DETAILS

- Type: Women's Trips semi-guided
- Adventure: Women's Portuguese Camino
- Destination: Portugal and Spain
- Group Size: Max 12 plus leaders

### ITINERARY

#### Day 1 | Arrive at Porto

Settle into your picturesque hotel in the heart of Porto and rest after your long flight. Your Portuguese Camino de Santiago tour for women starts today.

Choose to catch up with your fellow travellers over dinner.

Meals Included: n/a

Walking Distance: n/a

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PO Box 6046 West Lakes Shore SA 5020 | ph 08 7006 5620



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## Day 2 | Explore Porto

Today is a free day to check out the local sights of Porto. Be sure to visit the Porto Cathedral before tomorrow's walk and obtain your first stamp (carimbo in Portuguese and sello in Spanish). Porto is famous for blue and white tiles, tarts, cod, and of course port wine.

Meals Included: Breakfast

Walking Distance: n/a

## Day 3 | Walk Porto to Labruge

Today's the day you've been waiting for! After breakfast we'll begin our journey to Vila do Conde. It's time to finally get onto the Camino and on your way to Santiago. This journey is an opportunity to walk and take in your environment at a slower pace than life generally offers.

We ease you into the Portuguese Coastal Camino with flat easy walking with the golden sands of the Atlantic beaches to Vila do Conde. Passing chapels, monuments, villages and stunning sandy beaches. 'Praia' is the Portuguese word for beach and you will certainly see this term used for most of the day. The Atlantic Ocean and the beach will have you entranced as you walk in a northerly direction up the coast. You will also be passing by some small churches, lighthouses, colourful fishing villages, beachside cafes, and some houses with the now familiar blue and white Portuguese tiles which adorned their facades. Also, keep your eyes open for the rocks at S. Paio with Viking etchings on them.

A transfer is included today.

Meals Included: Breakfast

Walking Distance: 25km

## Day 4 | Walk Vila do Conde to Esposende

Following the Coastal Way you will continue along with the beach on your left to Povoia de Varzim before crossing the River Cavado on a spectacular bridge to the fishing village of Esposende.

The terrain is flat all day and easy to navigate. On the boardwalk you pass beachside windmills and tiled beach houses. Today you will see your first community football ground but it won't be your last as they become familiar land marks on your journey. You will pass market gardens of lettuce and leeks and then briefly through pine and eucalypt forests.

Meals Included: Breakfast

Walking Distance: 21km

## Day 5 | Walk Esposende to Viana do Castelo

Today there are choices between the Coastal Way heading inland between villages or the Seashore Path along coastal roads, walkways and the beach to mix things up. Either way your day will be filled with gorgeous scenery!

Most of the day's scenery will vary between small villages and undulating forests before you reach your destination. Pont Eiffel was designed by the Eiffel Tower man Gustav Eiffel and you'll see the similarities to the Parisian landmark as you cross the impressive bridge on the way into the medieval town of Viana do Castelo. This medieval town has many good seafood restaurants specialising in cod and if you have some time in the afternoon there are many museums and places of interest to visit.

Meals Included: Breakfast

Walking Distance: 24km

## Day 6 | Walk Viana do Castelo to Vila Praia de Âncora

Today's walk will continue along the Coastal Way, which is a little inland, passing a world of old farms and quaint villages on narrow cobblestone roads offering beautiful views over the hills and coastline old fishing village of Vila Praia de Âncora, your stop for the night with a gorgeous beach.

Meals Included: Breakfast

Walking Distance: 19km

## Day 7 | Walk Vila Praia de Âncora to A Guarda

Make sure you explore Caminha before crossing on the ferry to Spain and into Galicia. Once across the estuary in Spain, don't forget to put your watch forward 1 hour. As an option, on leaving the ferry, if you would like a longer walk you can take the scenic walk around the peninsula to enter town adding about 3km. There is also an ancient Celtic settlement called Santa Tecla on the hill above town to visit – an archaeological gem with stunning views.

Meals Included: -

Walking Distance: 19km

## Day 8 | Walk A Guarda to Oia

Another shorter day of walking today past the harbour and out to the coast alongside the PO-552 highway. You might need your sun protection today (shade is hard to find!) but you will enjoy magnificent views of the Santa Maria de Oia Monastery. Enjoy Galician cuisine for dinner at one of the many restaurants in this cute little town.

Meals Included: Breakfast

Walking Distance: 15km

## Day 9 | Walk Oia to Baiona

Begin today's walking along dramatic coastline before joining the PO-552 and heading inland towards Baredo.

Look for a small granite Camino sign on the right-hand side of the road near some houses where there will also be a large blue sign. Go through a gate and up the hill; soon you will be rewarded with spectacular views over the coast, the lighthouse and the rocky hill

known as Monte de Baredo. Note the prominent wheel ruts worn into the granite rocks as this ancient path goes through the forest and over the pass. For the next 2 nights you will stay at the iconic Parador in Baiona – the most popular seaside tourist town in Galicia.

Meals Included: Breakfast  
Walking Distance: 14km

### Day 10 | Baiona Rest Day

A day to relax and maybe take a day excursion to the historical town of Tui. Or just people watch and take Baiona in.

Meals Included: Breakfast  
Walking Distance: n/a

### Day 11 | Walk Baiona to Vigo

Refreshed and back on the trail. Today, you can choose to follow either the Seashore Path or Coastal Way to the industrial city of Vigo Alto.

The journey to Santiago de Compostela from Baiona crosses the historic Ponte Ramallosa Bridge. This bridge, built in the medieval times is a beautifully preserved stone structure.

Meals Included: Breakfast  
Walking Distance: 23km

### Day 12 | Walk Vigo to Redondela

There are two ways to depart Vigo, either along the Seashore Path or the Coastal Way where the two paths meet. The Camino to Redondela is a pleasant walk. Enjoy great views of the Vigo estuary as the trail continues through a string of hillside villages and patches of woodland.

Your stop for the night is the town of Redondela, known as the 'Village of Viaducts'. Here, the Coastal and Senda Litoral Caminos join with the inland Central Portuguese Camino to Santiago de Compostela.

Meals Included: Breakfast  
Walking Distance: 16km

### Day 13 | Walk Redondela to Pontevedra

Today is a gorgeous day of walking with bridges, forest and narrow stone paths to Pontevedra. You will start to see more pilgrims join the path to Santiago de Compostela. Pontevedra has a wonderful atmosphere to soak up and enjoy with vehicle free streets and plazas.

Meals Included: Breakfast  
Walking Distance: 19km

### Day 14 | Walk Pontevedra to Caldas de Reis

Today the Camino Portuguese will take you over the Rio Lerez via the pretty stone Ponte do Burgo bridge decorated with scallop shells. Also, through chestnut groves, pine and eucalyptus forest to the village of San Amaro. Then, Continuing through fields and vineyards to Caldas de Rei.

You may wish to soak your feet in the hot thermal water upon your arrival into the town.

Meals Included: Breakfast  
Walking Distance: 21km

### Day 15 | Walk Caldas de Reis to Padron

Today's walk is one of the most beautiful of the whole route. The path once again takes you through pine forests and rural areas through the Bermana and Verga valleys, across the Ulla River, and into the town of Padron.

Padron was the starting point for Saint James ministry in the Iberian peninsula. Also, it's said to be where his body first reached land when returned by boat after being martyred in Jerusalem. The parish church has the legendary Pedron, the stone where St James' boat was moored.

Meals Included: Breakfast  
Walking Distance: 17km

### Day 16 | Walk Padron to Santiago de Compostela

Your final walking day on the Camino Portuguese will provide some variety through woodlands and on increasingly busy roads before passing through suburbs and Old City before reaching the Cathedral of Santiago de Compostela. Enjoy evening Mass and celebrate completing your Portuguese Camino experience with a visit to the many cafes and eateries along the pedestrian streets of the Old City.

Meals Included: Breakfast  
Walking Distance: 26km

### Day 17 | Farewells and departures

This morning marks the end of your Portuguese Camino de Santiago tour for women. We hope that you have enjoyed your walk with us and you're sure to have some amazing memories, stories and fun anecdotes to take home with you.

We can assist you with onward travel arrangements such as trains, flights or extending your adventure.

Meals Included: Breakfast  
Walking Distance: n/a



## INCLUSIONS

### **Travel**

*Luggage transfers daily to accommodation (up to 20kg per person)*

*Transfers as per itinerary*

### **Meals**

*All meals and snacks as per the itinerary*

*Dinners will take place at the accommodation or at a local restaurant*

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### **Accommodation**

*16 nights comfortable mix of 2, 3 and 4 STAR accommodation (twin share)*

*(Accommodation will change based on each days finishing location)*

### **Activities**

*Professionally semi-guided walk by our local guide*

*Free day in Porto to rest or explore*

*Free day in Baiona to rest or explore*

### **Safety**

*Our experienced local guide walking the entire trail with you*

*24 hours emergency phone assistance*

### **Environmental**

*Small group guided experience*

*Leave No Trace principles*

### **Big Heart Extras**

*Big Heart Adventures designed ioMerino hiking top*

*Big Heart Adventures designed head sock*

*Big Heart Adventures journal*

*Guided pre-departure training walks and or program (trip specific)*

*Discount card for pre-departure purchases at Exurbia*

*A charity contribution to our Give Back program*

*Pilgrims Passport*

*Route descriptions*

*Information booklet*

## EXCLUSIONS

- International and domestic flights
- Travel arrangements to the start and from the end of the tour
- Comprehensive Travel Insurance (compulsory)
- Meals and drinks not stated on itinerary
- Items of a personal nature

## FITNESS REQUIREMENT

- A moderate level of fitness is required to walk the trails on this trip
- You will be walking pack free (day packs only)
- You will walk on a variety of surfaces on undulating trails
- We walk 7 consecutive days on this adventure
- Our longest walking day is up to 26km
- Trail rating: Moderate

## IMPORTANT INFORMATION

- Eligible Past Traveller Discount applies if you've travelled with us on any of our guided tours which were 5 days duration or longer
- Read terms and conditions before booking
- Itinerary and price subject to change at any time
- Travel Insurance is recommended. Get a quote from Covermore or Go Insurance
- Note weather, group member welfare and a range of circumstances outside our control can mean last minute changes to our itinerary are necessary once on tour
- A limited number of single rooms are available on a first-come basis
- Please contact us before booking any flights. Depending on flight arrival and departure times extra nights accommodation may be required at own expense
- A minimum number of travellers are required for this trip to depart so ask someone to join you. If minimum numbers aren't reached, we may decide to still go or we will provide a full refund
- Training walks start 8 weeks prior to departure. We recommend you attend these walks to maximise your enjoyment and for the groups welfare when away
- Rooming is twin share

- As this is a semi-guided walk, you will be responsible for your own wellbeing
- If you have additional needs please connect with us, we're committed to being inclusive and accessible

## ADVENTURE LEADERS

Our experienced and knowledgeable local guide is with you for the journey. Our team is qualified, experienced and super friendly. We will ensure you have a fun and connecting adventure.

## PACKING LIST

A detailed packing list is provided prior to travel

- Gear you will need:
- Rainproof jacket and pants
- Daypack (35 litre approx.)
- Water bottles/hydration kit (min 2Ltrs)
- Personal medications
- Clothing suitable for walking that is quick drying and breathable – consider merino/synthetic clothing
- Sun protection such as hat, sunglasses and suncream, insect repellent
- Sleeping attire

## ACCESSIBILITY

Requires following trails carrying a day pack on uneven surfaces. Accommodation and transport includes stairs. Please talk to us about your accessibility needs before booking