

ROADBOOK

Portuguese Way to Santiago

SELF-GUIDED WALKING PROGRAMME



PONTE DE LIMA

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The Roman bridge that gave its name to this very ancient and very beautiful town, which received its first charter in 1125 from D. Teresa, the mother of the first king of Portugal (a number of years before the foundation of the kingdom).

In the centre of a rich farming region, where the famous vinho verde is produced.

Every fortnight, this traditional town is brought to life when a huge and lively fair that dates back to the Middle Ages is held on the banks of the river. In September, the town once again bursts into life with the jolly event known as the Feiras Novas (New Fairs). This is the town festival, which includes a huge market, fireworks, a funfair, carnival costumes and a brass band competition.



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DEAR

Daniel Crimmins

Portugal Green Walks would like to welcome you and hope you have a memorable experience along the Portuguese Way of Saint James (Santiago).

In this file you will find information that will be of help and interest and which we hope will enrich your experience.

However, do not hesitate to consult us if you need further information or assistance.

We hope your journey along the Camino remains with you as an unforgettable experience.

We are always available to assist you in this experience.

YOUR BOOKING REF. NUMBER: 09734CD250504

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PORTUGUESE WAY TO SANTIAGO

IMPORTANT NOTES

IMPORTANT NOTES

Emergency support

Emergency number: We are always available to help you throughout your time with us. Please note that if you need any non-urgent support, you should contact us by email or during office hours (Monday to Friday from 09:00 to 17:00). Outside of these office hours, the emergency number is managed by a member of our team. For this reason, our capacity to deal with non-urgent enquiries out of hours is limited.

Please consult the last page of this roadbook for our emergency contact details.

Hotels

Check-in: please note that at most hotels, check-in is only possible after 15:00.

Check-out: Please confirm that you have all of your belongings with you when you depart. Any forgotten items will incur an additional delivery charge. When delivering your room key and checking out, please ensure that any applicable city tourist taxes have been paid.

Meals and Food Restrictions

Allergies and food restrictions: If you have any allergies or dietary restrictions, please remind the hotel when you check-in.

Breakfast: The times of the breakfast service vary from hotel to hotel. It normally starts between 07:30 and 08:00 but please confirm with the hotel reception during check-in.

If you would like your breakfast earlier than the stipulated time, please ask at reception if they are able to prepare a breakfast package for you.

Dinners: For local restaurant suggestions, please ask at the hotel reception. The staff will be happy to help and, as locals, they will have the best and most up to date knowledge of the available options.

IMPORTANT NOTES

Luggage

Identification tags: Please remember to identify your luggage by attaching the luggage tag provided in your Welcome Kit.

Transfer service: The luggage transfer service between hotels is provided by a third party company that specialises in this service. Please consult the chapter in this roadbook dedicated to luggage transfers for more information about collection and delivery times as well as weight limits.

Transfers/Taxis

Included transfers: If your driver is late, please contact the company responsible for the service directly. You will find their contact details in the hotel&transfers list which was provided with your hotel vouchers.

Timetable: If you would like to change the pick up time of a scheduled transfer (subject to availability) please contact us before 17:00 the day before. After this time, it is not possible to alter the transfer times.

Taxis: If you decide not to walk on any of the days and require a taxi to take you to the next hotel, we recommend that you ask at the hotel reception, preferably the day before, as it may be necessary to book in advance. If you decide to go ahead by taxi and take your luggage with you, please inform us so that we can tell the luggage transfer company not to wait/search for your bag.

Plan your day

Plan your walking days in advance. We recommend that you carefully read the information about the next stages 2 or 3 days beforehand so that you can make any necessary choices, purchases or arrangements to make your day go smoothly. **Please don't leave this vital preparation until the day before or the day itself; if you have any questions or need to make any adjustments, it's important to contact us in plenty of time so that we can take any necessary action.**

IMPORTANT NOTES

How to start your first walking day?

In the morning, please check your hotel list and transfers vouchers. If you have a transfer included, please check the time of this service.

You will start walking directly from the hotel:

Please deliver your luggage, properly tagged with the PGW label, to the hotel reception, to be transported to your next lodging.

Although there are some places along the route where you can get help or support if needed, it is important that you carry some food and drink with you.

Please check the information and times we sent you on your “Hotel&Transfer **list**”.

How to get to the accommodation at the end of each hike?

The end of the walk doesn't always coincide with the place of accommodation, so when you reach the end of the trail you should check the roadbook. Here, for each hiking day, there is a page with detailed information about the accommodation where you will be staying. In addition to telephone contacts, address and georeferenced location, there is a map with a visual explanation of how to get to the accommodation.

The map is also accompanied by a brief written description of how to get to the accommodation and how to get to the starting point of the next day's hike.

This information may include timings for your taxi driver pick-ups, and their contact details if it is necessary to arrange transfers from the end of the walk to the accommodation or from the accommodation to the beginning of the walk the next day.

GPS TRAIL : Please note that the GPS trail does not give directions to your hotels. Detailed instructions for reaching your hotel from the end of the day's stage are provided in this roadbook.

INTRODUCTION



WELCOME TO PORTUGUESE CAMINO DE
SANTIAGO



CAMINO DE SANTIAGO

PILGRIMAGE

Amongst Christians, pilgrimages can be traced back to the Exodus of the Chosen People to the Promised Land from the Old Testament. Jesus Christ also went on a pilgrimage to Jerusalem.

Both Jerusalem and Rome were major centres from which Christianity spread; the former by virtue of being the Holy City where the Son of God sacrificed himself to redeem humanity and the latter by the distinction of being the Holy See.

Throughout the second millennium, however, Santiago de Compostela has had the privilege of being a major confluence of the European road networks along which the preaching of the Gospels spread. We can, therefore, say that the Ways to Santiago de Compostela provide a common denominator in European culture. In a Europe which, more than ever, wishes to be seen as strong and cohesive, speaking as one voice in all its languages, these routes, which provide public areas for convergence and harmony should therefore be respected and promoted. Along them, any pilgrim feels like a citizen of the world; this allows you to acquire perspective in your convictions in an ecumenical atmosphere of openness and tolerance.

The Way of Saint James routes have been followed by millions of pilgrims since the beginning of the 9th century, when the tomb of the Apostle James (Santiago) was discovered.

Since then, people from all over the world have walked the Caminos that lead to the cathedral where relics of the Holy Apostle are venerated, giving rise to a phenomenon that survives and gets stronger day by day.

Pilgrimages to Santiago de Compostela starting from Portugal intensified with the independence of the country in the 12th century, lending greater importance to the royal route from Porto / Barcelos / Ponte de Lima / Valença where other paths converge. It also reinforced this route as the principal and most important Portuguese Way of Saint James.

Accept our challenge and discover the Portuguese Way of Saint James

THE LEGEND

The name Santiago refers to the Apostle James (Saint James = Santiago) who went to this extreme north-western part of Spain, known to the Romans as **Finis Terrae**, the 'end of the world', to **preach and convert people to Christianity**.

James was the son of Zebedee and Salome. Zahn asserts that Salome was the daughter of a priest. This James is called **'the Greater' to distinguish him** from the Apostle James **'the Lesser', who was probably shorter in stature**. **Nothing is known of St. James's early life. He was the brother of John, the beloved disciple, and probably the elder of the two.**

According to the legend, St. James the Greater preached Christianity in Spain and Portugal. He had traveled to Spain in the early years of his brief ministry and met with little success, winning over only a handful of disciples. Legend also has it that two of these converts (Theodore and Athanasius) accompanied him back to Jerusalem.

After returning to Palestine in 44 AD, James was taken prisoner by Herod Agrippa and tortured to death. The king forbade his burial but in the night **James' disciples stole his body away and climbed into a rudderless boat** with it, begging God to be their pilot. The boat drifted to Galicia in northern Spain and there the apostle was buried. In due course, his faithful friends were buried beside him.

For centuries the tomb was forgotten, only to be rediscovered in the 9th century. In 813, the hermit Pelayo heard music in a forest and saw a shining light. Because of this the place was called Campus Stellae in Latin, which means **'field of the star', a name that was later turned into Compostela**.

Bishop Teodomiro received notice of the event and launched an **investigation that led to the discovery of the Apostle's tomb**. King Alfonso II declared Saint James the patron of his empire and had a chapel built at the site. It is reported that Saint James went on to perform several miracles and even that he fought alongside King Ramiro I in the decisive battle against the Moors.

THE LEGEND

More and more pilgrims followed the Camino de Santiago, the ‘Way of Saint James’, and the original chapel soon became the cathedral of the new settlement, Santiago de Compostela.

Although the pilgrimage route from Portugal to Santiago is assumed to have already been in existence in the late Middle Ages, it became even more popular after Portugal gained its independence in the mid 12th century.

From that time on, the veneration of Saint James and the pilgrimage to Santiago de Compostela, considered to be one of the hallmarks of identity in European culture, had far-reaching effects in Lusitanian lands.

For centuries, the Portuguese people participated enthusiastically in this collective experience and they had the good fortune to be consistently supported by the examples set by monarchs, members of the nobility and the high clergy.

From the 12th century until the present day, much of Portugal’s road network has seen the comings and goings of pilgrims heading from towns and cities all over the country (e.g. Lisbon, Santarem, Coimbra, Porto, Braga and Chaves) to their goal of Santiago de Compostela. Their motives were strictly religious yet thanks to this steady flow of movement between Portugal and Galicia, cultural, economic and intellectual exchange also flourished.

The Portuguese Way incorporates a combination of ancient constructions such as bridges, country chapels, sanctuaries, wayside crosses, manor houses and historic cities. Although the surge of pilgrimages did not lead to the design or creation of a set of monuments that correspond to any specific period (e.g. Romanesque or Baroque) in an integrated artistic space, the Portuguese Camino is rich in cultural heritage which extends beyond architecture and museums to provide a privileged route with some of the finest examples of art.

THE PORTUGUESE WAY TO SANTIAGO

The Portuguese Way gently winds its way northwards, along ancient tracks and paths running through woodlands, farmlands, villages, towns and historic cities. Paths that cross courses of water flowing under bridges, some of Roman origin, of unmistakable medieval construction.

A route enriched by the presence of chapels, churches, convents, shrines (stone altars usually found at crossroads and wayside crosses), where the comforting image of Santiago the Pilgrim is ever-present, to accompany and hearten the pilgrim on his journey. The hospitality offered by the people is proverbial. All of the inhabitants of the area around the Portuguese Way feel a special devotion to Saint James and offer encouragement to those travelling to Compostela on the old paths that make up this pilgrimage route.

A route that is the direct descendent of the major Roman roads that formed the backbone of the Roman Gallaecia and continued to be in use for many centuries, such as Via XIX. Built in the 1st century AD under the Emperor Augustus, Via XIX was known in classical works as the Itinerary of Antonino, established at the beginning of the 3rd century AD during **Caracalla's time. This ancient testimony is proof of the vitality of this route** from very early times.

Since the Middle Ages the Portuguese Way has maintained the tradition of exchange between neighbours that began during the days of the Roman Empire. Despite its unquestionable historical background, today the Portuguese Way has been affected by our modern road network.

At times, you must forget the dirt paths and stone-paved ways to walk along the verge of the N-550 road between Vigo and A Coruña. The road follows the Portuguese Way to Santiago, something of a drawback for those seeking **to recapture the essence of the original pilgrims' Camino. But these** discomforts are fleeting, and are fully compensated for when you finish the different legs of your journey on this route of devotion, art and culture, which offers an undisputed wealth of monumental and natural heritage.

SPECIAL SYMBOLS OF THE CAMINO DE SANTIAGO

The Camino de Santiago de Compostela is made up of these numerous trails from Portugal, Spain, France, Germany and other countries. While the points of origin, landscapes and languages differ, these pilgrim routes share certain symbols of the Camino de Santiago de Compostela including the ubiquitous scallop shell, yellow arrows, and a pilgrim passport known as a *credencial*.

Scallop shell

These shells are found on the Galician coast and were originally brought back by pilgrims as proof of their achievement and as souvenirs.

In medieval times, such identification would open doors to a bed for the night or a free meal. There was also the hope that wrong-doers would be deterred by the religious nature of the journey and not rob or harm the bearer.

Over time, they have become an essential part of the pilgrim kit and even today, you will see people attach them to their bags or clothing to identify them as travellers on the **Way of Saint James**. Nowadays, you'll see them everywhere: on churches, statues, crosses, waymarkers and souvenirs.



Santiago Cross

Another symbol that's become synonymous with the Camino de Santiago de Compostela is the Santiago Cross. More elaborate than your average cross, this one has a pointed base and frilly arms.

The red version with the fleur-de-lys arms served as the emblem of the 12th century Galician-Spanish military Order of Saint James. You'll see it gracing the tops of tasty Santiago tarts when you get to the city.

Yellow arrows on the Camino de Santiago de Compostela

While the pilgrim trails were in constant use a few centuries ago, they dwindled in popularity in the early 20th century, thanks to the motor car, **and it wasn't until the 1970s and 80s** that the routes were revived and maintained.

At this point, it made sense to introduce an easily recognisable waymarking **system and the painted yellow arrows began appearing at junctions**. You'll see other waymarkers on the Camino, such as ceramic tiles with a stylised scallop shell, but the yellow arrow is the most common.

Stone crosses and shrines

Along the oldest routes, such as the Central Portuguese Camino, you'll see some elaborately carved stone crosses, often depicting pilgrims. They serve to protect pilgrims from evil spirits and provide safe passage under the watchful eye of Jesus.

The various wayside chapels, shrines and niches with figurines of Jesus or St. James serve a similar purpose.

Piles of stones

You'll notice that some of these crosses, especially those on mountains, have been almost covered with small stones and keepsakes.

Sometimes known as stones of sorrow, the belief is that if you bring a stone from home and deposit it beside a cross or other point on the Camino, you leave your burdens there, too.

The piles of stones and other objects get so high that they need to be cleared on a regular basis so think twice about adding to the problem.

PORTUGUESE WAY TO SANTIAGO

THE CAMINO

THE CAMINO

Road-signs

The signage of the Portuguese Way of Saint James uses the conventional European system to clearly identify the Jacobean routes; a **yellow arrow** painted on walls, pavements, trees, posts, etc. where pilgrims might hesitate, mainly at intersections and crossroads.



In Portugal, we still maintain the periodically re-painted yellow arrows. When you cross into Spain, there are tiles and granite way markers with a blue tile with an arrow or yellow shell motif as well as painted yellow arrows.



Detours / Camino Complementário

In recent years, and in order to increase safety and improve the experience of pilgrims, some alternative routes and detours have been developed. These alternatives are usually intended to remove pilgrims from busier roads. In Portugal, these routes are marked as “*Desvio/Detour*” or “*alternative route*”. In Spain, these alternatives are marked as “*C. Complementário*”.

Alternative routes are properly signposted and may involve a slightly longer walk, but certainly safer and more pleasant.

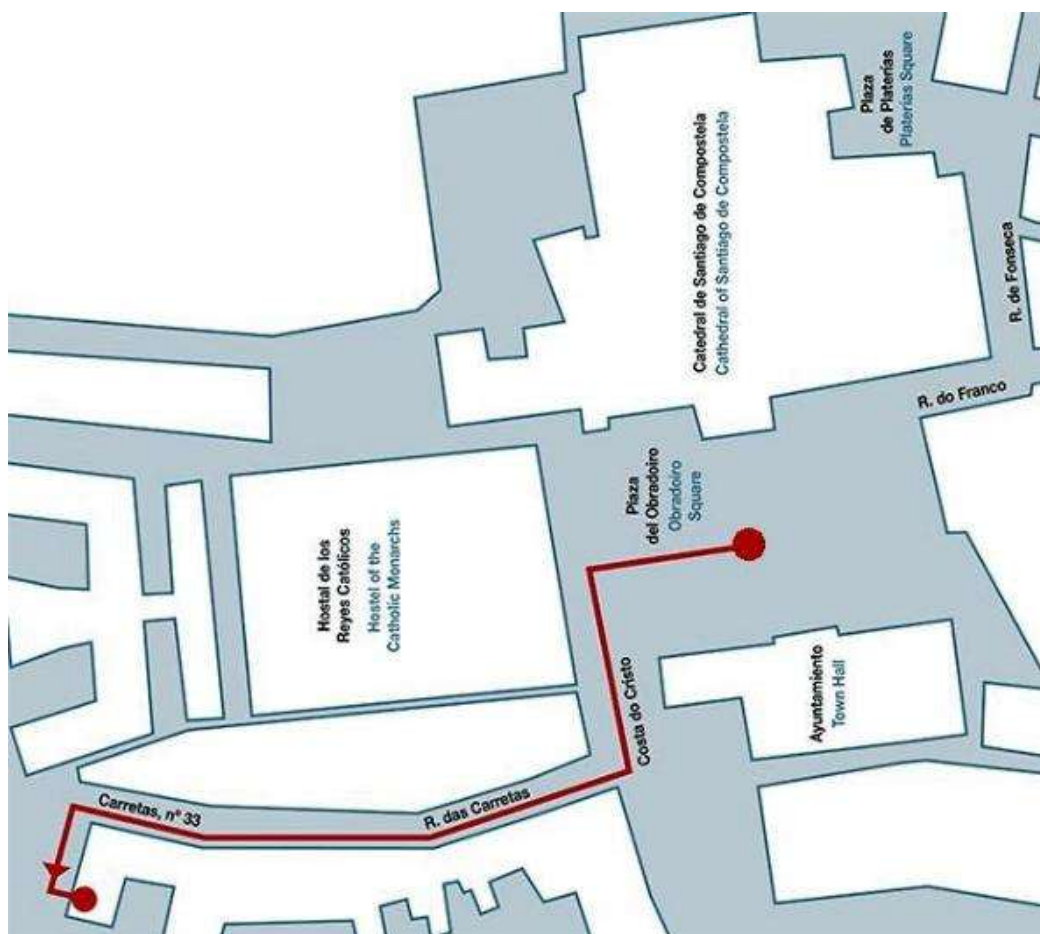


THE CAMINO

Pilgrim passport (Credencial del Peregrino)

The pilgrim passport (*Credencial del Peregrino*) is a document to identify you as a pilgrim throughout the Camino and on arrival in Santiago de Compostela. It is a modern version of the old safe-conduct pass, certifying your honest purpose of pilgrimage with a stamp. All along the Way, you can have your pilgrim passport stamped by hostels, parishes, police stations, institutions, bars and shops who have witnessed your passage.

You need a minimum of two stamps per day to prove the distance you have covered. When you get to Santiago de Compostela, present your credencial at the Oficina do Peregrino situated in Rua de Carretas, N.º 33 (300 metres from the cathedral – see map), to receive the compostela (see map).



HOW TO REGISTER FOR THE COMPOSTELA

Be aware that you have to request your Compostela certificate in person, between 9 am and 6 pm. Due to the large influx of pilgrims at certain times of the year, and to avoid long waiting times, the Pilgrim Office in Santiago de Compostela has installed a numbered ticket system for their enquiry desk and to issue pilgrim certificates (the Compostela).

This new system allows you to collect your ticket and, using a QR Code, to check the status of the queue and estimated waiting time to obtain your Compostela.

Step by step:

1. On the first page of your Pilgrim Passport you will find QR Code;
2. Open your camera and press on the QR Code;



1º step



2º step

HOW TO REGISTER FOR THE COMPOSTELA

3. When you complete the previous steps, on the registration page will appear “Pilgrim Registration” - Please select your Way (Camino);

Note: on the “Reasons for pilgrimage”, please select:

“Religious”(the Compostela is only offered to those pilgrims who select ‘Religious’ or ‘Spiritual’ as their reason for completing the Camino de Santiago. If you select ‘Touristic’, you will merely receive a welcome letter);

4. The last step is to press “ End registration”; after that you will receive an email with a QR code with a code. When you arrive at the Pilgrim Office you should present that code to the front desk to be able to receive your Compostela.

The screenshot shows the 'Pilgrim registration' page on the website 'oficinadeiperegrino.com'. The page has a header with the Camino de Santiago logo and the text 'Pilgrim registration' with a language selector set to 'en'. Below the header is a section titled 'Pilgrim data' containing several form fields: '*Way' (a dropdown menu with 'Select' chosen), 'Conveyance' (a dropdown menu with 'Select' chosen), '*Start of the way' (a dropdown menu with 'Select' chosen), '*Name' (a text input field), '*Surname' (a text input field), '*Sex' (a dropdown menu), '*Age' (a text input field), and 'Profession' (a dropdown menu with 'Select' chosen).

3º step

The screenshot shows the 'Pilgrim registration' page on the website 'oficinadeiperegrino.com'. The page has a header with the Camino de Santiago logo and the text 'Pilgrim registration' with a language selector set to 'en'. Below the header is a section titled 'Pilgrim data' containing several form fields: '*Age' (a text input field), 'Profession' (a dropdown menu with 'Select' chosen), 'Reasons for pilgrimage' (a dropdown menu with 'Religious' chosen), '*Nationality' (a dropdown menu with 'Select' chosen), '*Start date' (a text input field), '*Arrival date (approximate)' (a date picker), and 'Print mileage certificate' (a checkbox). A dropdown menu is open for '*Nationality', showing options: 'Select', 'Not Religious', 'Others', and 'Religious' (which is checked). Below the 'Pilgrim data' section is a section titled 'Contact data' containing an '*Email:' field with a red border and the text '*Incorrect format' below it. At the bottom of the page, there is a 'Data Protection' section with a lock icon, a checkbox, and the text '*Accept Data Protection Law'. There are two buttons at the bottom: 'Back' and 'End registration'.

3º and 4º step

What is a compostela?

This is a sort of certificate of completion offered by the cathedral authorities in Santiago. The Church typically grants a Compostela if you can prove you walked at least the last 100km of the Camino (or cycled the last 200km). Note that the Compostela is only offered to those pilgrims who select **'Religious'** or **'Spiritual'** as their reason for completing the Camino de Santiago. If you select **'Touristic'**, you will merely receive a welcome letter. You can also pay €3 to get a certificate of the distance you have walked/cycled. The Latin version of your name will be used on the certificate whenever possible. The compostela text is also written in Latin. Here is the translation:

"The Chapter of this Holy Apostolic Metropolitan Cathedral of St. James, custodian of the seal of St. James' Altar, to all faithful and pilgrims who come from everywhere over the world as an act of devotion, under vow or promise to the Apostle's Tomb, our Patron and Protector of Spain, witnesses in the sight of all who read this document, that: Mr/Ms.....has visited devoutly this Sacred Church in a religious sense (pietatis causa).

Witness whereof I hand this document over to him, authenticated by the seal of this Sacred Church.

Given in Santiago de Compostela on the (day).....(month).....A.D.....



PORTUGUESE WAY TO SANTIAGO

TIPS FOR THE WALK

TIPS

Basic Rules for Hiking Safety

Allow yourself enough time - start early.

Always take waterproof clothing, even in mid-summer, and wear walking shoes or hiking boots. Wear a hat or cap and sun block in summer. Weather can change rapidly.

Watch the weather and time; turn back if you see signs of fog or bad weather approaching.

If lost or forced to stop because of bad weather, stay together and remain in one place. Find the closest shelter from wind and rain.

If lost - **don't split up. Try to retrace your steps. Remember that climbing down is more difficult than climbing up.**

In case of injury, take time to assess the situation. Then try to contact the emergency number, giving them your location.

Stick to well-used paths. **Don't** take shortcuts and especially **don't** wander into ravines.

Do your part to prevent forest fires by not starting bonfires and putting out cigarettes safely. Take the butts with you!

Always take enough water, especially in summer, and food in case of a delay. Do not drink water from streams, springs or sources from which you cannot be sure the water is safe to drink. Tap water is drinkable in Portugal and in Spain.

Take a fully-charged cell phone. Some parts of the park do not have cell phone reception, but you will always be able to reach a place where you can use a cell phone more quickly than **you'll** get to a landline.

TIPS

Advice when walking the route

Please read the important information and route descriptions in this roadbook carefully before setting off each day and carry them with you in case you need to rely on them.

Note that the distances mentioned between points in these descriptions are estimates for guidance purposes rather than precision measurements.

Take all your litter with you and use the appropriate recycling bins at your accommodation or in the village.

Don't pull up plants, pick flowers or collect seeds.

Don't remove archaeological artefacts or cause damage to objects.

Clothing and equipment

The terrain is varied but often involves uneven stone paths and roads that can be hard-going on your feet. Appropriate footwear is essential.

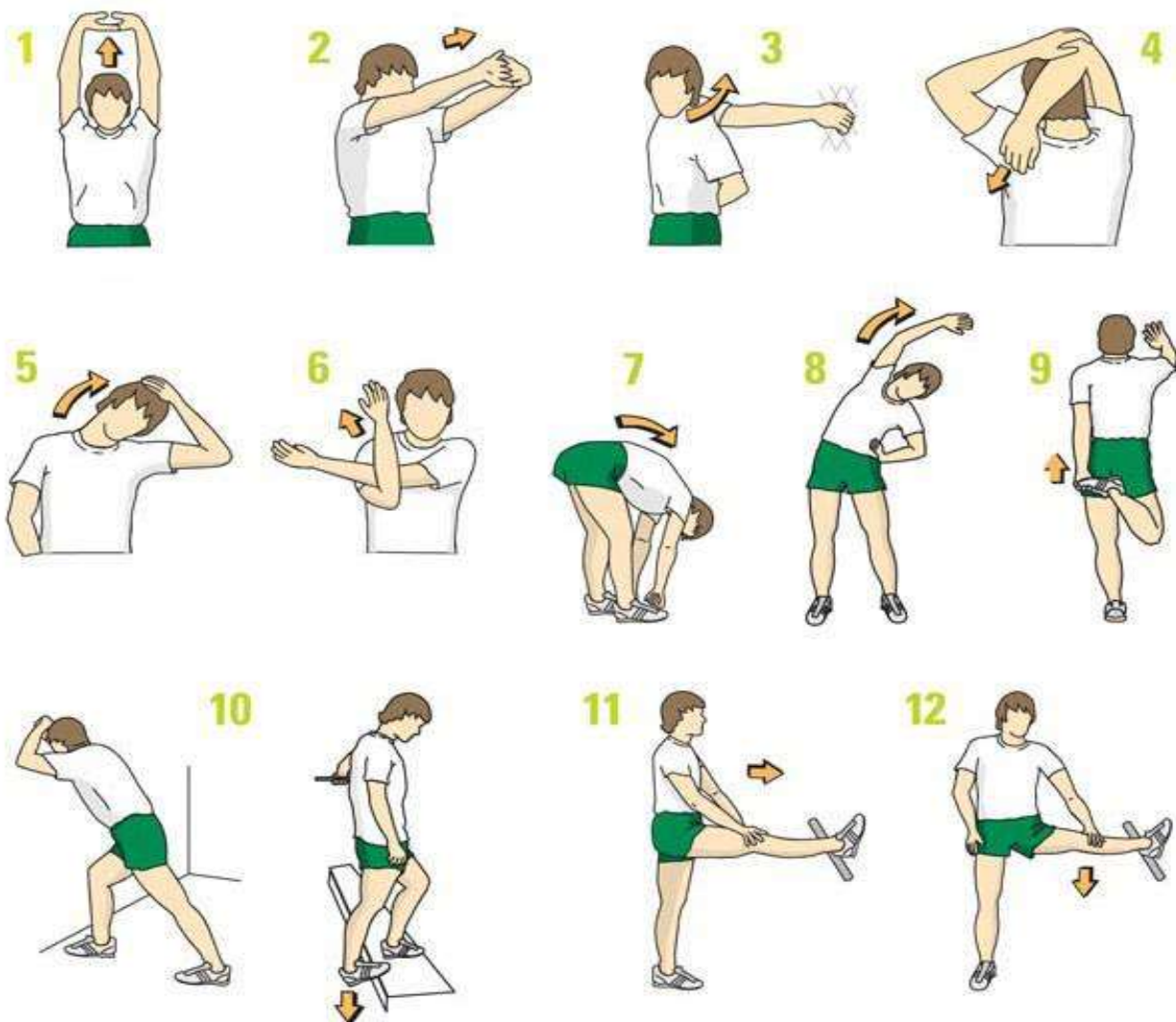
Use walking poles with detachable rubber tips. These will help you deal with steep uneven tracks and distribute your physical effort on more level sections.

The weather could and often does change suddenly, so wear weather-appropriate clothing that dries quickly. A wind and waterproof jacket will be necessary at times.

Sun cream and a hat are important, even in cooler months, as there is often little shade.

TIPS

Warm-up / Stretching exercises



TIPS

Telephones

If you are using a foreign SIM card, you will probably need to add the international dialing code +351 to Portuguese numbers and +34 for Spanish numbers. The + can be typed as a symbol or 00 so you can type the country code, followed by the telephone number.

If you are using a Portuguese or Spanish SIM card and want to call someone in another country, you will need the international dialing code for that country (e.g. for the US and Canada, it is +1 or 001 and for the UK, it is +44 or 0044). Omit any zero at the beginning of the number you wish to call.

Tipping

Tipping is not obligatory in Portugal but if you feel it is deserved, you may give a small tip in restaurants, hotels and to taxi drivers or private guides as it will be appreciated.

Danger and Annoyances

Village dogs are often loose in the streets and some are likely to bark at you. **Walking sticks come in handy for shooing them away but if you don't have a stick, pick up a stone and threaten to throw it if you feel threatened.** Rabies is not present in Portugal and Spain but if you are unlucky enough to get bitten, get the wound treated at a health centre (Centro de Saúde).

TRANSPORTS

Transports to Oporto

Porto Airport, Pedras Rubras, Maia (+351) 229 432 400 is about 11 km from the city centre. There are regular flights to and from almost all major European cities. There is a shuttle bus available from outside the terminal which takes you to the city centre. A similar taxi trip will cost over 25 euros. The metro line connects the airport to the city centre, offering a fast and comfortable ride into the heart of the city, for approximately 2 euros.

Transports from Santiago to Oporto

To return to Porto from Santiago, there is a daily bus. For more information and ticket reservations please visit: www.alsa.es or www.flixbus.com

If you choose the train to return to Porto, you can take the train in Santiago to **“Vigo”** and in **“Vigo”** take the train to Porto. You can check the schedules at www.renfe.es

We can also provide private transfers on all routes. Do not hesitate to contact us.

PORTUGUESE WAY TO SANTIAGO

BASIC PHRASES, NUMBERS AND GLOSSARY

BASIC PHRASES, NUMBERS AND GLOSSARY

ENGLISH	PORTUGUESE	SPANISH
At what time?	A que horas?	A que hora?
ATM	Multibanco	Cajero
Because	Porque	Porque
Bread	Pão	Pan
Breakfast	Pequeno-almoço	Desayuno
Bye / See you	Até logo	Hasta luego
Can I have a beer please?	Posso ter uma cerveja, por favor?	Una cerveza por favor?
Can you help us?	Pode ajudar-nos?	Puede ayudarnos por favor?
Closed	Fechado	Cerrado
Dinner	Jantar	Cena
Don't worry about it	Não te preocupes	No te preocupes por eso
Go straight ahead	Siga em frente	Vaya derecho
Good afternoon	Boa tarde	Buenas tardes
Good day / Good morning	Bom dia	Buenos dias
Good evening/night	Boa noite	Buenas noches
Goodbye	Adeus	Adiós
Hairdryer	Secador (de cabelo)	Secadora
Have a nice day!	Tem um bom dia!	Qué tenga un buen día!
Hello	Olá	Hola
How	Como	Cómo
How do I get to...?	Como chego ao...?	Como puedo llegar a ...?
How much does it cost?	Quanto custa?	Cuanto cuesta...?
I am from..	Eu sou de...	Soy de...
I am lost	Estou perdido (Estou perdida, for ladies)	Estoy perdido
I don't understand	Não entendo	No te comprendo
I'm a vegetarian	Sou vegetariano	Soy vegetariano
I'm allergic to...	Sou alérgico a...	Soy alérgico a
I'm looking for...	Estou à procura de...	Estoy buscando
In the afternoon	De tarde	Por la noche
In the evening	À noite	Por la tarde
In the morning	De manhã	Por la mañana

BASIC PHRASES, NUMBERS AND GLOSSARY

ENGLISH	PORTUGUESE	SPANISH
Is it far?	Fica longe?	Está lejos?
It was very good	Estava tudo muito bom	Fue muy bueno
Left	Esquerda	Izquierda
Lunch	Almoço	La comida El almoerzo
Men	Homens	Hombres
Milk	Leite	Leche
My name is...	Chamo-me...	Me llamo
No	Não	No
Open	Aberto	Abierto
Picnic	Piquenique	Picnic
Please	Por favor (se faz favor)	Por favor
Please speak more slowly	Por favor fale mais devagar	Por favor habla más despacio
Right	Direita	Derecha
Sorry / Excuse me	Desculpe / Com licença	Perdone
Thank you	Obrigado (Obrigada, for ladies)	Gracias
Turn left	Vire à esquerda	Tuerza a la izquierda
Turn right	Vire à direita	Tuerza a la derecha
Water	Água	Agua
What's your name?	Qual é o seu nome?	Como te llamas?
When	Quando	Cuándo
Where are the toilets?	Onde estão as casas de banho?	Dónde están los servicios?
Where are you from?	De onde é você?	De dónde eres?
Where is...?	Onde é...? (for a place) Onde está...? (for someone)	Donde está...?
Which way to the train station?	Qual o caminho para a estação de comboios?	Qué camino a la estación de tren?
Which way to...?	Por onde se vai para...?	De que manera?
Why	Porquê	Por qué
Women	Mulheres	Mujeres
Yes	Sim	Si
You're welcome	De nada	De nada

BASIC PHRASES, NUMBERS AND GLOSSARY

ENGLISH	PORTUGUESE	SPANISH
I have a reservation.	Eu tenho uma reserva.	Tengo una reserva
Do you have a menu in English?	Tem menu em inglês?	Tienen menú en inglés?
Do you accept credit cards?	Aceita cartão de crédito?	Acepta tarjetas de crédito?
What is the dish of the day?	Qual é o prato do dia?	Cuál es el plato del día?
Is there a hospital nearby?	Tem algum hospital por aqui?	Hay un hospital cerca de aquí?
Do I need to make a reservation?	Preciso de fazer uma reserva?	Necesito hacer una reserva?
Is there a pharmacy open now?	Existe alguma farmácia aberta agora?	Hay alguna farmacia abierta ahora?
Where can I buy the pilgrim's credential?	Onde posso comprar a credencial do peregrino?	Dónde puedo obtener la credencial del peregrino?
Where can I stamp my credential?	Onde posso carimbar a minha credencial?	Dónde puedo sellar mi credencial?
Is there a place to wash clothes?	Existe um lugar para lavar roupas?	Hay un lugar para lavar ropa?
Is there a place to buy hiking clothes/poles?	Existe algum lugar para comprar roupas/bastões de caminhada?	Hay algún lugar para comprar ropa de senderismo?
Where can I store my luggage?	Onde posso guardar minha bagagem?	Dónde puedo guardar mi equipaje?
One	Um	Uno
Two	Dois	Dos
Three	Três	Tres
Four	Quatro	Cuatro
Five	Cinco	Cinco
Six	Seis	Seis
Seven	Sete	Siete
Eight	Oito	Ocho
Nine	Nove	Nueve
Ten	Dez	Diez
One hundred	Cem	Ciento/ Cien
Two hundred	Duzentos	Doscientos
One thousand	Mil	Mil

PORTUGUESE WAY TO SANTIAGO

USEFUL CONTACTS

USEFUL CONTACTS

TAXI

Porto	☎ +351 222 097 000
Vila do Conde	☎ +351 252 645 159
Barcelos	☎ +351 933 614 433
Ponte de Lima	☎ +351 964 838 022
Paredes de Coura	☎ +351 251 943 542
Valença	☎ +351 251 822 121
Tui	☎ +34 609 800 562
Porriño	☎ +34 986 330 014
Redondela	☎ +34 986 686 868
Pontevedra	☎ +34 986 868 585
Caldas de Reis	☎ +34 986 540 107
Valga	☎ +34 639 505 526
Padron	☎ +34 981 811 459
Teo	☎ +34 629 199 999
Santiago de Compostela	☎ +34 981 569 292

TOURISM OFFICES

Porto	☎ +351 223 393 472
Barcelos	☎ +351 253 811 882
Ponte de Lima	☎ +351 258 942 335
Valença	☎ +351 251 823 329
Pontevedra	☎ +34 986 850 814
Santiago de Compostela	☎ +34 981 584 081

USEFUL CONTACTS

24-Hour European emergency Line ☎ 112

HOSPITAL | HEALTH CENTER

Porto (St. John Hospital)	Alameda Prof. Hernâni Monteiro; 4200-319 ☎ 00351 22 551 2100
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Vila do Conde (Hospital)	Praça Dr. António José de Almeida; 4480-951 ☎ 00351 252 611 120
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Barcelos (Hospital)	Campo da República 59; 4750-333 ☎ 00351 253 809 200
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Ponte de Lima (Hospital)	Rua Conde de Bertandos 168; 4990-078 ☎ 00351 258 909 500
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Paredes de Coura (Health Center)	Av. Cónego Bernardo Chouzal 252; 4940-520 ☎ 00351 251 780 320
---	--

Valença (Health Center)	R. Nossa Sra. De Fátima ☎ 00351 251 800 020
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Tui (Health Center)	R. Mártires de Sobredo, 4, 36700 ☎ 0034 986 60 19 36
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Porriño (Health Center)	Rúa Fernández Areal, s/n, 36400 ☎ 0034 986 33 88 69
----------------------------------	--

Redondela (Health Center)	Av. Mendiño, 42, 36800 ☎ 0034 986 48 66 67
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Pontevedra (Hospital)	Rúa Doutor Loureiro Crespo, 2; 36001 ☎ 0034 986 80 00 00
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Caldas de Reis (Health Center)	Avenida Roman Lopez, 3; 36650 ☎ 0034 986 54 01 12
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Padron (Health Center)	Lugar Souto, 15900 ☎ 0034 981 81 09 20
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Santiago de Compostela	Rúa da Choupana s/n; 15706 (Hospital) ☎ 0034 981 95 00 00
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	R. de Entrerríos, 3, 15705 (Health Center) ☎ 0034 881 54 03 80
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PORTUGUESE WAY TO SANTIAGO

HOW TO GET THE GPX TRACK OF THE CAMINO ON YOUR MOBILE PHONE

HOW TO INSTALL A GPX TRACK OF THE CAMINO ON YOUR PHONE

The Camino is a very well-marked and easy-to-follow route, however if you are familiar with navigation solutions and if you feel more secure with a GPS navigation option available, we provide the route's GPS files so that you can consult them whenever you have doubts.

It is best experienced if you install **the free “GPX Viewer” app (on Android)** or **“ARA GPX Viewer” app on your Apple phone**, although you can use any GPX app that you are comfortable with, e.g. Strava or AllTrails.

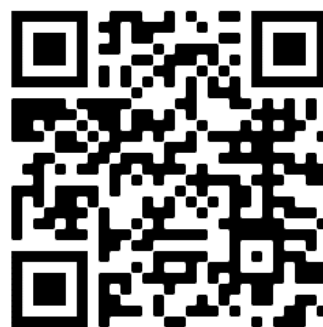
After downloading the GPXViewer app, please download the route, so you can use it offline on your smartphone and avoid roaming charges and lack of cell coverage during walks. We also recommend bringing a power bank to charge your phones.

1. Download the GPX Viewer





Please ensure that you allow the app to access your **“location” during the use of the app.**

2. Download the GPS track of the route



After downloading, open the file with GPX Viewer APP.

For Apple phone, please follow these instructions:

- Download the GPS Track for your itinerary;
- You will see a symbol like this:  Click on it and go to Downloads to open the file;
- You will see a document with number and letters. In the bottom left-hand corner you will see a symbol like this  and you should click on it;
- Select ARA GPX Viewer, to open the GPS file.

At the end, the route should appear on the map, with a color line showing the entire track to Santiago.

PORTUGUESE WAY TO SANTIAGO

HOW DOES OUR LUGGAGE TRANSFER SERVICE WORK?

HOW DOES LUGGAGE TRANSFER SERVICE WORK?

We are committed to transferring 1 bag per person, on the walking or cycling days, strictly up to 20kg in weight.

Make sure your bag is labelled with your luggage tag.



You should deliver your bag until 8:30am at the Hotel reception. You can keep your room until later, but it is important your luggage is ready for collection,



Your suitcase should arrive until 4pm to your next accommodation. If your luggage has not been delivered by 4pm, please contact the luggage company TUITRANS 0034 638 555 253) or PGW (00351 258 027 667).



Don't tie items to your suitcase. This will count as two items of luggage (extra costs involved).



We are allowed to transport a maximum of 20 kg per bag. If your bag weighs more than 20 kg, you will have to book and pay for an additional bag, dividing the weight into two bags.

Additional bags should be pre-booked ahead of your trip. If you wish to book extra bags, please get in touch with us to arrange this – contact@portugalgreenwalks.com.

We advise you to use the luggage transfer for basic items such as clothing and shoes. Valuable items should be carried in your day pack.

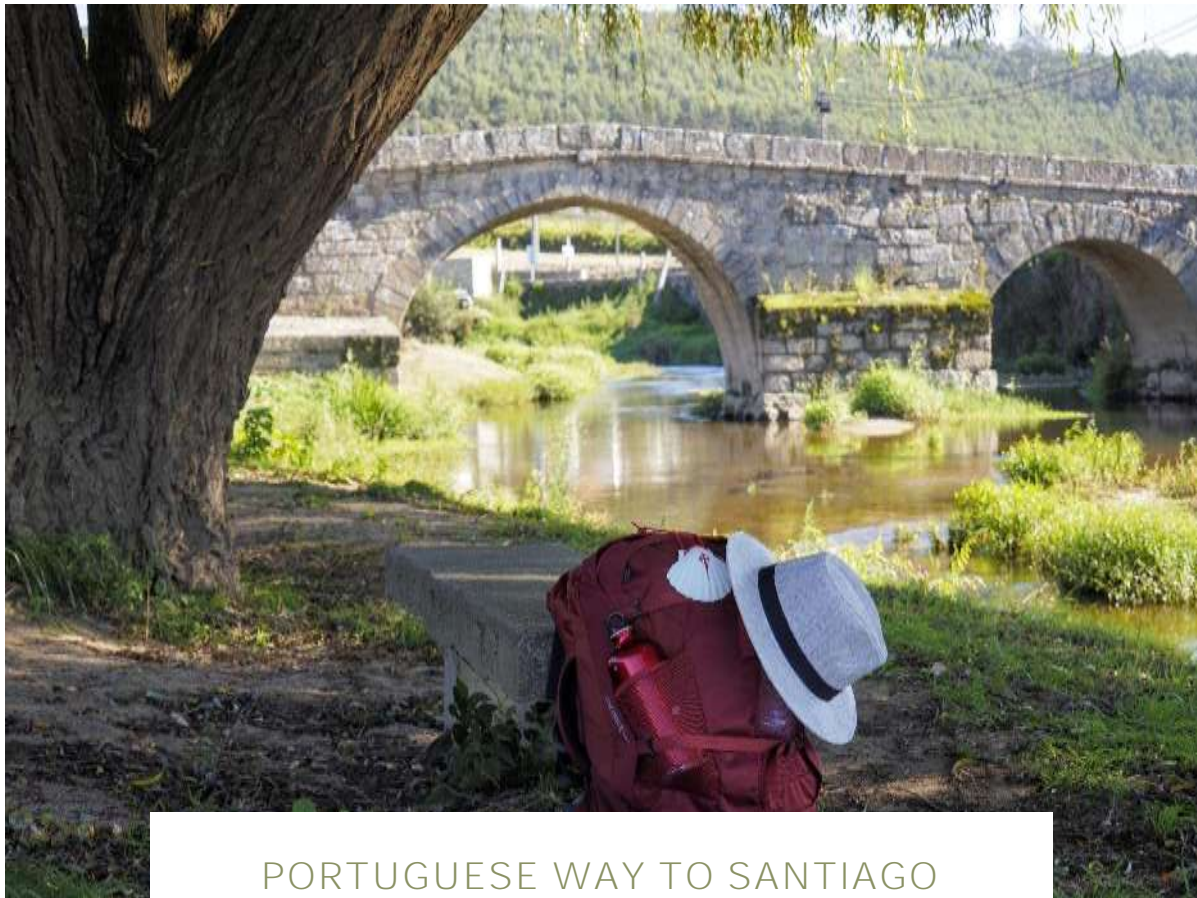
Luggage transporters will not deliver luggage to your room; if you require assistance, please ask the reception staff for help.

Please note that Portugal Green Walks, Ltd. cannot be held responsible for contents of your luggage. We strongly recommend that you do not leave any valuables within the luggage to be transported.

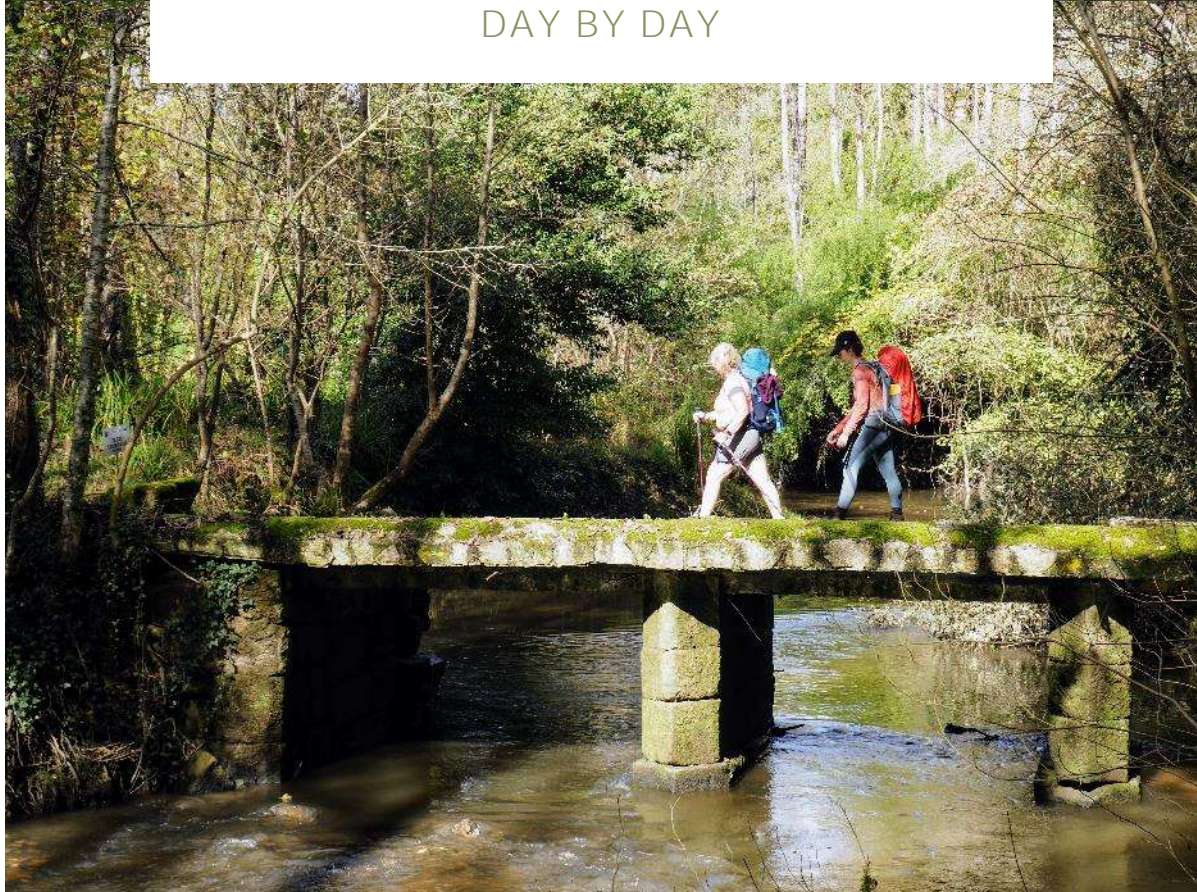
PORTUGUESE WAY TO SANTIAGO

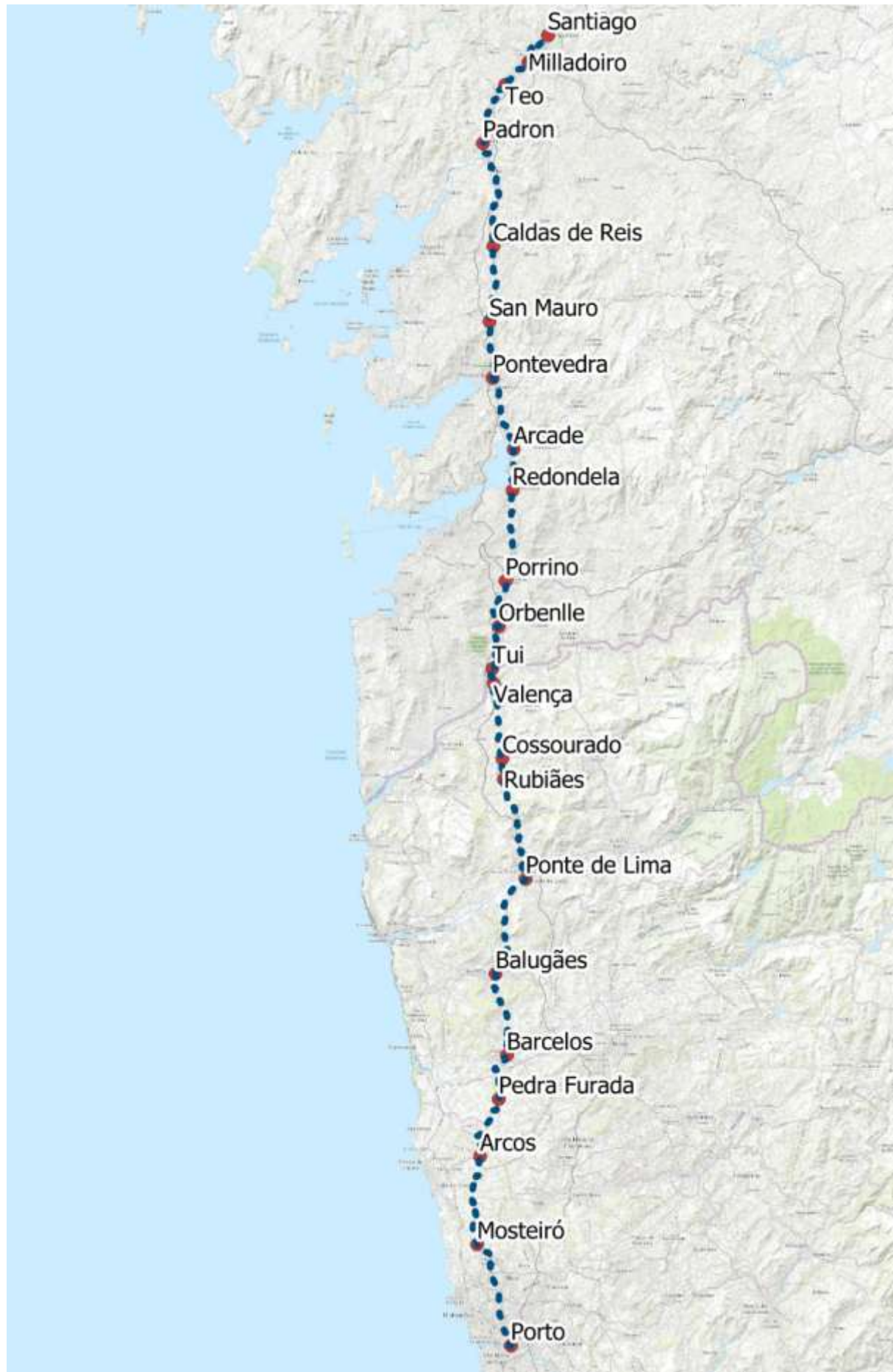
THE STAGES DAY BY DAY

THE STAGES



PORTUGUESE WAY TO SANTIAGO DAY BY DAY





PONTE DE LIMA

There are more than enough reasons to visit the oldest Portuguese town. **Choose from its museums or rich history and don't forget the local cuisine** and the lagoons just outside Ponte de Lima. Besides, this town is also one of **the best stops for a rest day if you're walking the Portuguese Central Camino de Santiago.**

The most iconic image of lovely Ponte de Lima is, without a doubt, that of the bridge over the river Lima with the 18th century church of Santo António da Torre Velha and the Guardian Angel Chapel on the side opposite to the town centre. The bridge, both Roman and medieval, crosses the river Lima, the main character in a legend dating back to Roman times and which tells the story of a group of soldiers who were too scared to cross the river.

Don't Miss: Largo de Camões; Gothic church; the 14th century prison tower (Torre da Cadeia Velha); The Center for the Interpretation of the Territory; Museum of the Third Order; Portuguese Toy Museum; The Vinho Verde Centre for Interpretation and Promotion.



YOU STAY IN

HOTEL IMPÉRIO DO NORTE

Rua 5 de Outubro, 97
4990-030 Ponte de Lima

☎00351 258 09 008

📍 41°45'56.69"N - 8°35'12.02"W



HOW TO GET THERE

You will enter Ponte de Lima passing under a bridge. After the bridge you will see a Chapel. Go straight for an avenue with big tree and you will find the Hotel Império do Norte after 350 meters on your right.

PONTE DE LIMA - COSSOURADO

Overview

Today's journey is the most challenging of the Portuguese central Way of St. James due to both its irregular terrain (you have to climb the Labruja mountain) and distance. Be sure to get a reasonably early start, especially during darker or hotter months, so that you can take your time over the ascent.

The countryside around Ponte de Lima is beautiful and the Way incorporates Roman bridges, various hamlets, patches of forest with small waterfalls and an impressive Romanesque church at Rubiães.

You'll end the day in a hamlet where you can simply relax and restore your energy, perhaps by the pool if the weather is suitable.



PONTE DE LIMA - COSSOURADO

Important notes

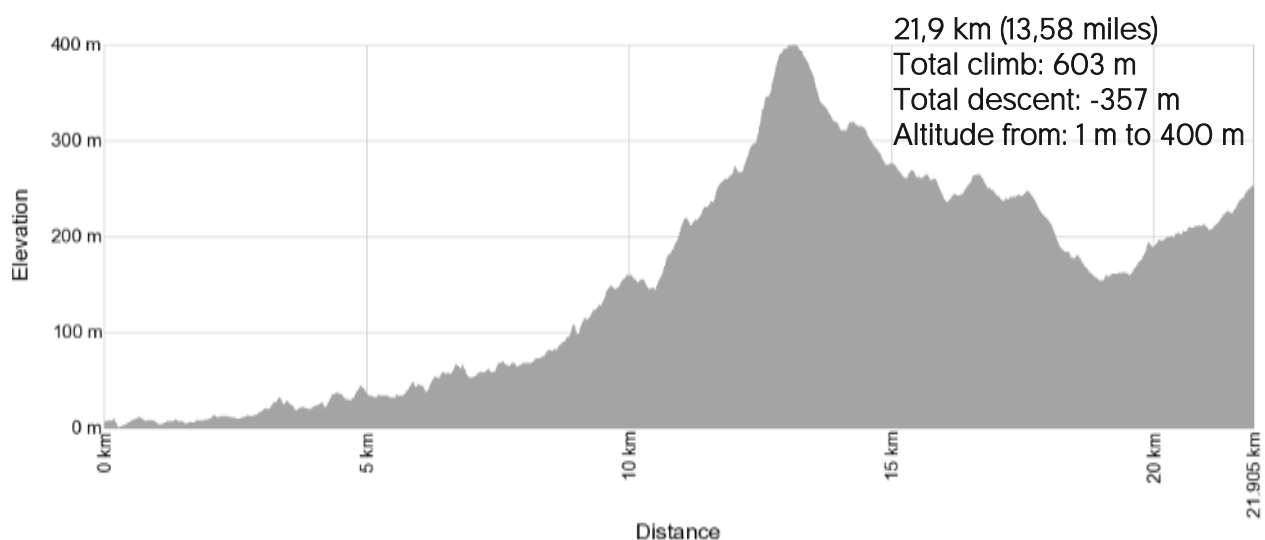
Your options for lunch are limited on this stage so it is a good idea to take supplies with you. If you have not stocked up in Ponte de Lima, you will pass a small café/grocery store at the fish farm (Km 4) and another next to a small chapel in Labruja where you can buy the ingredients for your picnic (Km 9). This is the last café before the mountain.

The top of Labruja mountain is an ideal place to rest and enjoy your picnic lunch and admire the views, although there are no facilities up there.

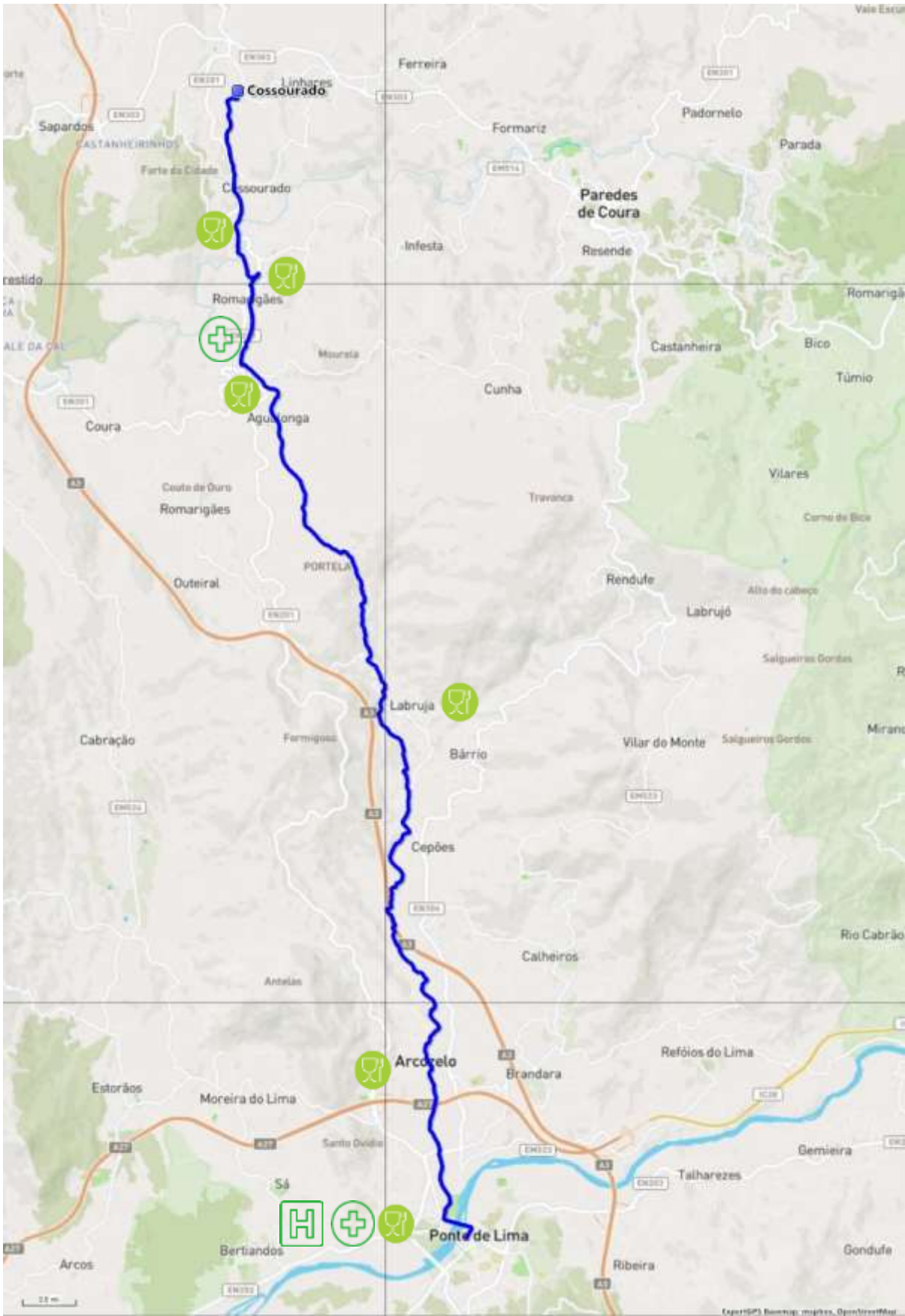
The next place you can be confident about finding refreshments is in Agualonga, approximately 15 km from the start of this stage.

There are a couple of eateries in Rubiães, about 18 km into the stage.

We recommend you that you have dinner at your accommodation, since there are no restaurants nearby. If the dinner is not included in your program, must be ordered in advance by phone or email, directly with the hotel.



PONTE DE LIMA - COSSOURADO



Pharmacy | Hospital | Coffes/Restaurants | Detour

YOU STAY IN

CASA DA CAPELA

N303 116, Pecene

4940-134 Cossourado – Paredes de Coura

☎ 00351 251 782 005 | 00351 917 907 736

📍 41°55'37.15"N 8°37'36.69"W



HOW TO GET THERE

About 4 km after the Rubiães albergue, you will find Casa da Capela on your left in the village of Pecene. The house is easily identified by its beautiful chapel and is directly on the Way.

COSSOURADO – VALENÇA

Overview

This is a short, easy stage so you can have a relaxed start to the day and still get to Valença with time to explore the old town inside the fortress. The first half of the route is downhill, until you cross the Romanesque bridge over the River Pedreira, after which the terrain is fairly level.

You'll walk through a couple of small villages and a section of pretty forest but once you reach the N13 at around the 9 km point, your surroundings become increasingly urban on the approach to Valença.

The main attraction in Valença is the fortress so take some time to explore this before you leave.



COSSOURADO - VALENÇA

Important notes

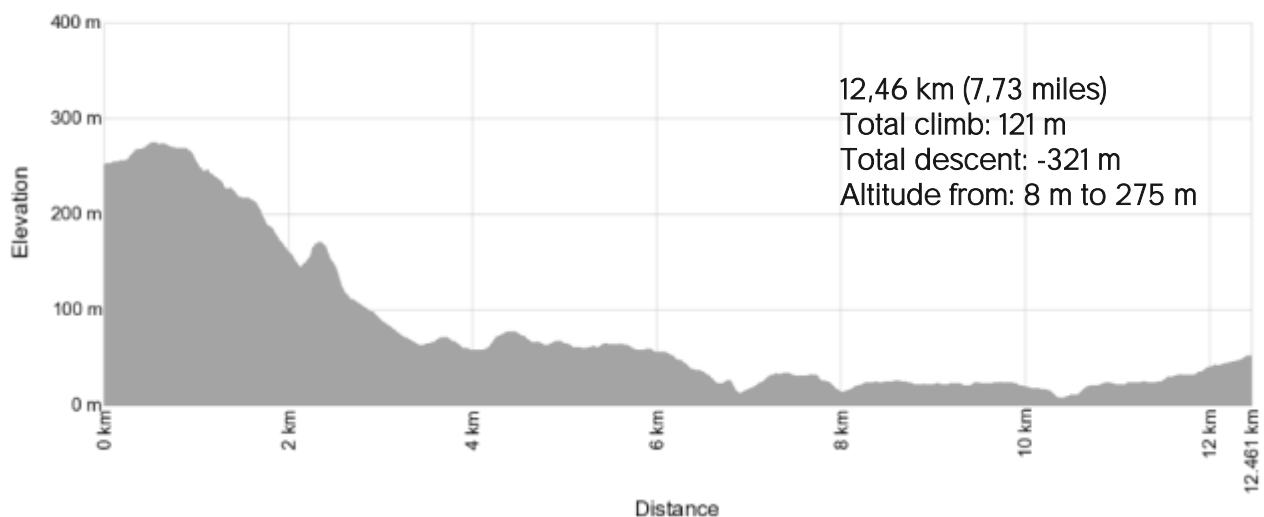
Be prepared for some wet, muddy tracks during rainy periods.

There is a café in Fontoura, around 4.5 km into the stage where you could stop for a short break.

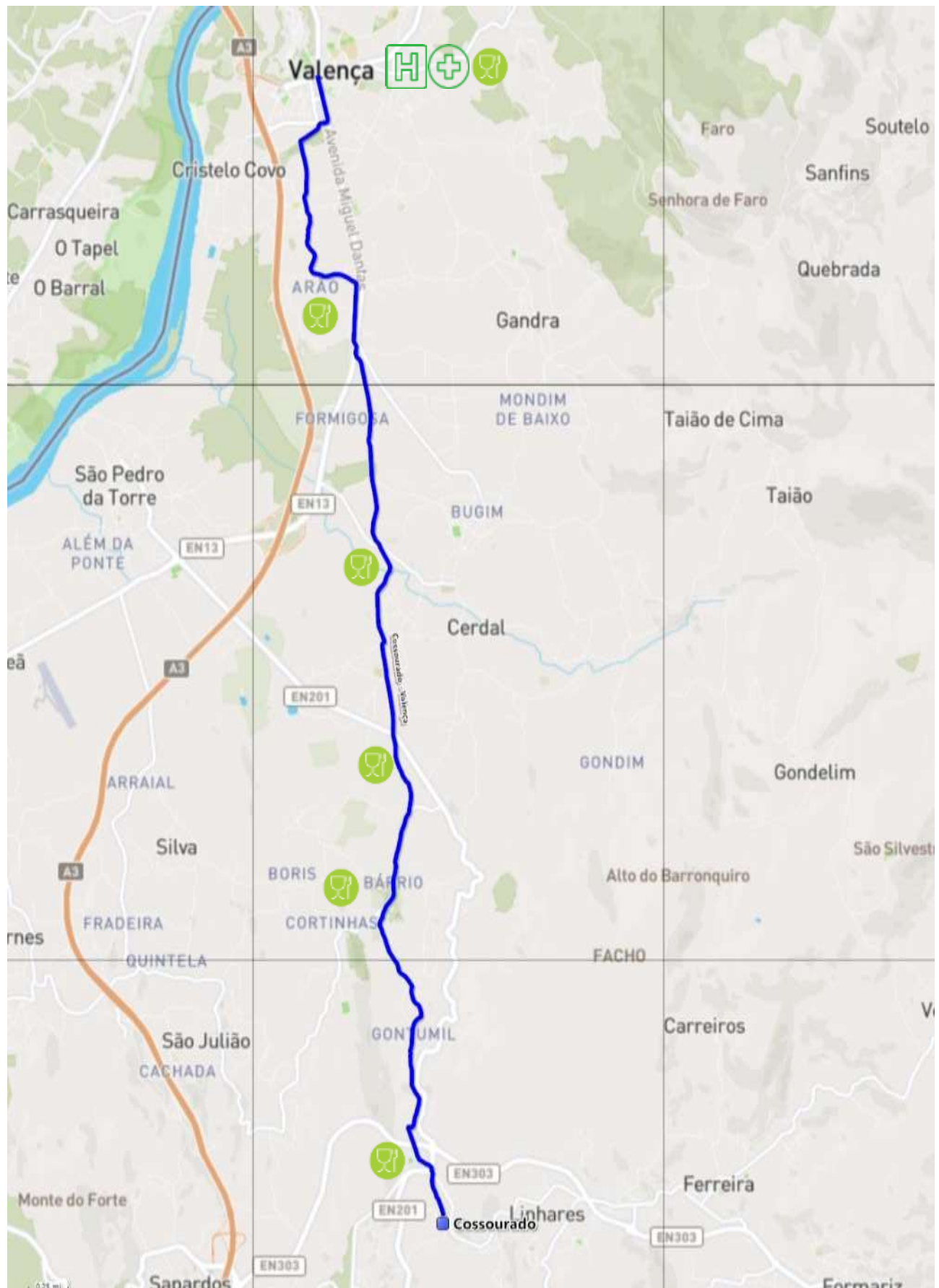
After another 4 km, you'll find a private hostel with a café and a little further along, there is a restaurant/bar.

When you get to the N13, you'll see a couple of restaurants where you could stop. We recommend aiming to get to Valença for lunch where you will find plenty of options.

You have several options for dinner in Valença. We recommend a short walk to the fortified town and, if the weather allows, have dinner on one of the terraces. Enjoy typical regional gastronomy in the unique ambiance of a medieval fortification.



COSSOURADO - VALENÇA



 Pharmacy |
  Hospital |
  Coffes/Restaurants |
  Detour

VALENÇA

When walking the Portuguese Central Camino de Santiago both Valença do Minho and Tui are among the cities that pilgrims will have to go through, with Valença being one of the recommended cities for rest days.

Like so many Portuguese towns and cities located near the border, Valença do Minho takes pride in its century-old fortress, which over the centuries endured attacks from both Spanish and French troops. Built in the 13th century and covering a total of 5,5km along the Portuguese margins of the river Minho, in the 17th century the fortress underwent reconstruction work, becoming a star-shaped Vauban style fortification. It is considered to be one of the largest and most well kept fortifications in the world.

Don't Miss: Church of Saint Stephen; Fortress of Valença do Minho; Ecovia das Velgas do Minho.



YOU STAY IN

HOTEL LARA

Avenida dos Bombeiros Voluntários
4930-645 Valença

☎ 00351 251 824 348

📍 42° 1'33.43"N 8°38'40.92"W



HOW TO GET THERE

You will enter Valença along Avenida Miguel Dantas, which leads uphill to a roundabout. Leave the Way at this point by turning left and you will find Hotel Lara another 200 meters on your left.

VALENÇA - PORRIÑO

Overview

Today you'll say goodbye to Portugal as you cross the metal bridge over the River Minho.

Try to get an early start, especially in winter months, to give yourself some time to enjoy the medieval town of Tui and its remarkable cathedral before making your way to the small industrial town of O Porriño.

Depending on which route you take, you will either spend most of your day walking through forests and fields or a significant chunk of it in industrial areas.



VALENÇA - PORRIÑO

Important notes

Spain is 1 hour ahead of Portuguese time so don't forget to change all of your clocks, including your alarm!

The original Camino goes through the ugly, busy industrial estate outside O Porriño. It is 1 km shorter than the new, recommended route (signposted as the Camino Complementário) but will probably feel much longer. The new route avoids all that and, when coupled with another detour to enter the town of O Porriño itself, keeps you amid greenery for the rest of the day.

Follow these instructions carefully when you reach Orbenlle (about 8 km from Tui) to make sure you follow your chosen route. At the entrance to Orbenlle you will see signs for the original Camino going straight ahead and for the Camino Complementário to the left, which is our recommendation.

There is a second possible detour (not marked), which allows you to follow a riverside path through woodland to enter O Porriño instead of walking along the busy road on the official Camino.

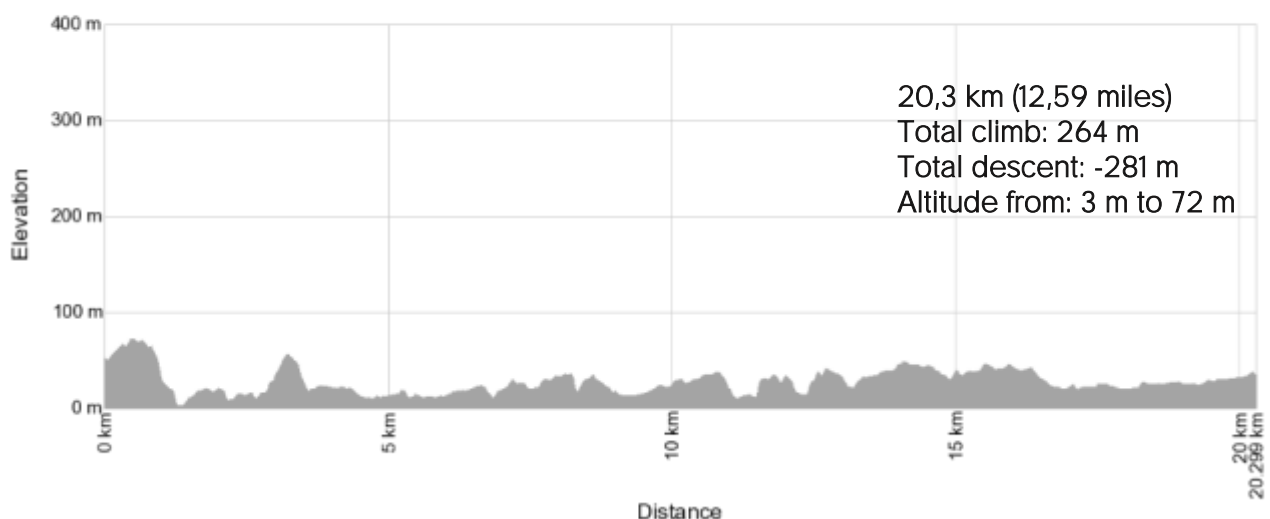


VALENÇA - PORRIÑO

If you want to take this option, you will pass under the motorway about 4.5 km after Orbenlle. Immediately after this, turn left to follow the riverside trail that will lead you to the centre of Porriño.

In terms of refreshments, there are a couple of bars in the village of Ribadelouro, about 5 km from Tui. After this point, if you choose the scenic route, you will not find any cafés or restaurants on the Way between Ribadelouro and O Porriño, although there is a vending machine after about 4 km and a rustic taberna about 100 metres off the route about 1.5 km after that.

If you choose the original route, there is a café in Orbenlle just before you venture into the industrial zone.



YOU STAY IN

HOSTAL EXPO

Carretera da Igrexa Pontellas 50
36412 O Porriño

☎ 0034 986 33 79 27

📍 42° 8'15.75"N 8°39'6.09"W



HOW TO GET THERE

Hostal Expo is located a few km from the town of Porriño. The transfer from the town to the house is included in the services contracted. **From 2 pm**, please contact the hotel (0034 986 33 79 27) to request your transfer.

The meeting point will be the “ Public Albergue de Porriño” (Av. Buenos Aires, 17).

HOW TO GET TO THE STARTING POINT THE FOLLOWING DAY

Please arrange with the Hotel the time you wish to have the private transfer to the start of the stage.

PORRIÑO - ARCADE

Overview

You get your first glimpses of the Ria de Vigo estuary today when you reach Redondela and again towards the end of the stage in Arcade. In between, you have two hills to negotiate. The first is a slow, steady climb through rural scenery to an altitude of 235m. The second, although lower, is somewhat steeper and perhaps more tiring as it's towards the end of the day.

About 15 km into the stage, you'll pass through the town of Redondela, where the central and coastal routes merge to follow the same route all the way to Santiago. Redondela has some interesting medieval buildings, including the 16th century Casa da Torre, now the pilgrim hostel.

You'll end the day in the small town of Arcade, renowned for its seafood thanks to its proximity to the water. It has an attractive beach and riverside park area. If you can't find the time or energy to enjoy these when you arrive, try to do so in the morning.



PORRIÑO - ARCADE

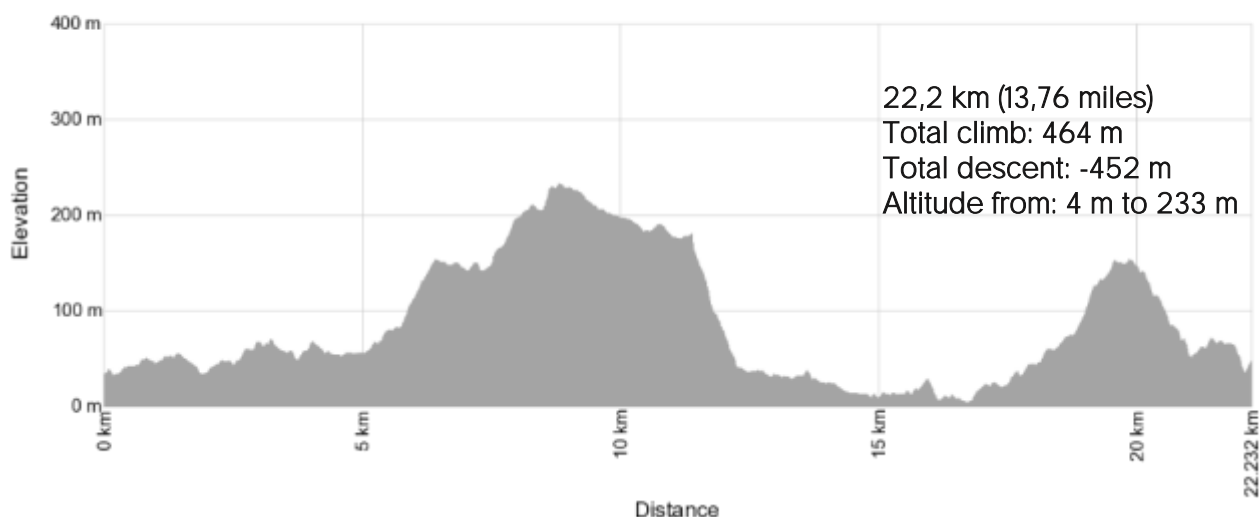
Important notes

With cafés at various intervals along the stage and several restaurants where you could have lunch in Redondela, there is no need to pack a picnic for today. If you want one, it's best to buy supplies in Porriño.

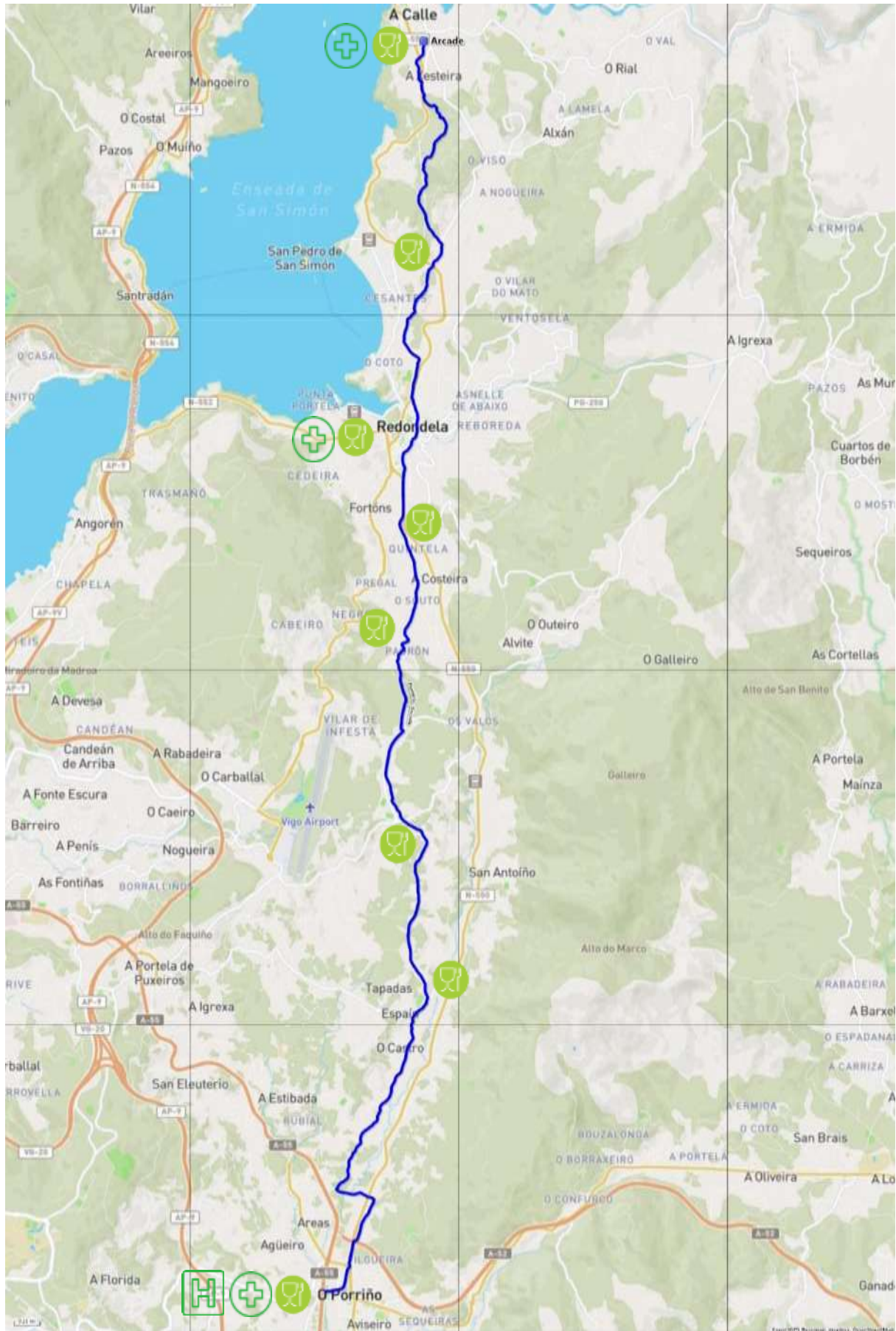
You'll find a variety of restaurants to have dinner in Arcade and perhaps try the famous local oysters.

As you leave O Porriño, and the entrance to Redondela, you will be walking along the main road so pay attention to the traffic. There are two or three points where you will need to cross the N-550 so again, take care.

There is a very steep descent just before Redondela – try zig-zagging your way down to relieve pressure on your feet and knees.



PORRIÑO - ARCADE



YOU STAY IN

HOTEL ISAPE

Cr. Soutomaior 36,
36690 Arcade

☎ 0034 986 700 721

📍 42° 20.403'N 8° 36.127'W



HOW TO GET THERE

After you pass the Bar Duarte continue for a 250 meters until a small square and cross road. There leave the Camino and take the road on the right. In 80 meters you breach the main road and follow it to the left for 120 meters. Turn right and after 300 meters you will find the hotel on the right hand side.

ARCADE - PONTEVEDRA

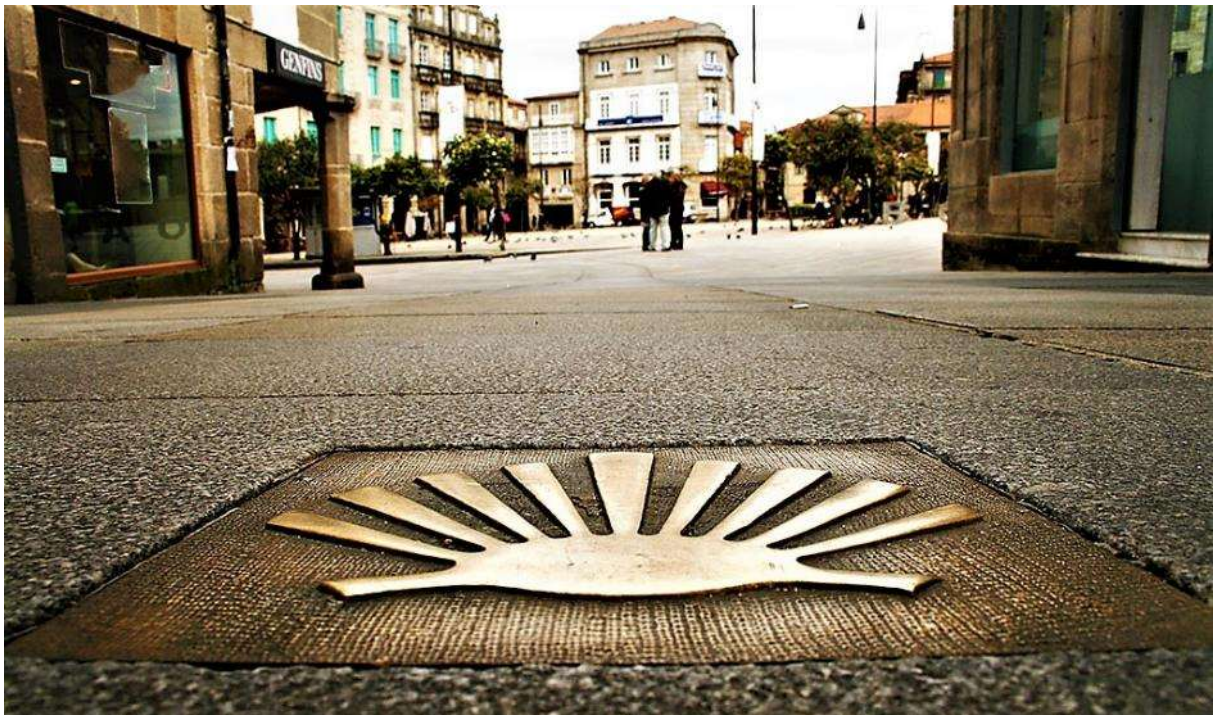
Overview

Today's journey is short and should only take about 4 hours. You can delay your departure and still have plenty of time to visit the historical centre of Pontevedra in the afternoon.

This short stage is also one of the most pleasant on the Way, especially if you make a detour to start from the beach in Arcade. After leaving the town behind, you'll follow ancient stone paths through the woods and, if you take the detour via River Tomeza, spend most of the day surrounded by trees and birdsong.

You do have a hill to climb, up to 145 m altitude, but it isn't terribly steep and is mostly in shade. After that, it's downhill then level for the rest of the journey to Pontevedra.

Pontevedra itself is a particularly attractive city. The historical centre is full of pretty squares and plenty of opportunities to enjoy tapas outdoors and watch the world go by.



ARCADE - PONTEVEDRA

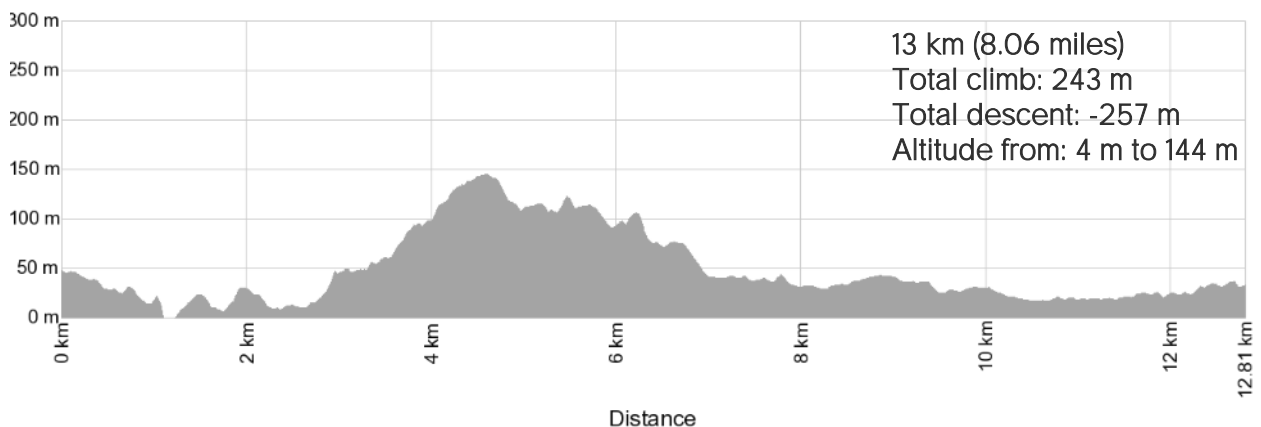
Important notes

Most of the route is through woodland, but there are some basic cafés between Arcade and the outskirts of Pontevedra (if you take the riverside detour at Rio Tomeza).

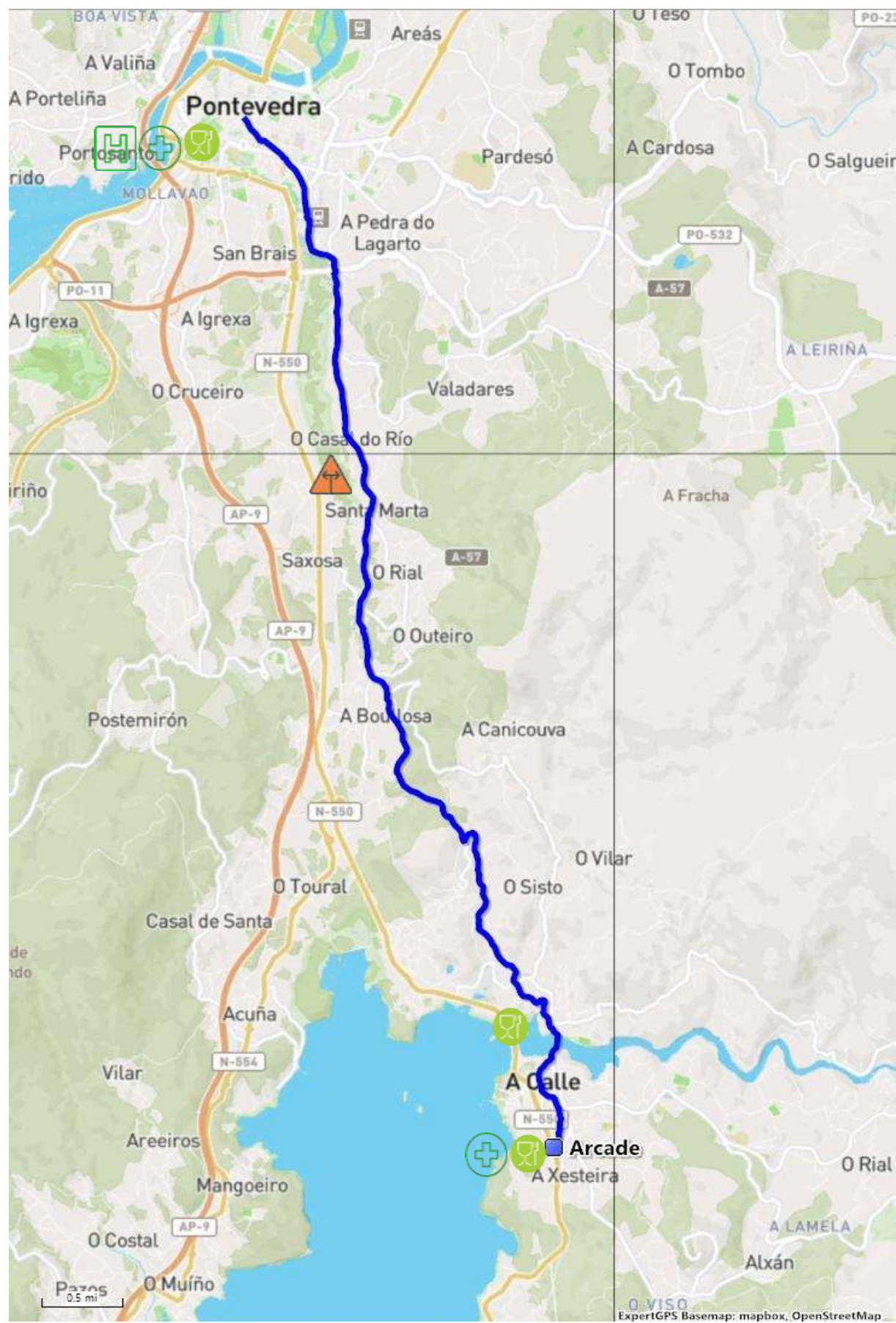
200 metres after the Chapel of Santa Marta there are 2 options: the original Camino, which follows the road, or another which follows the river and rejoins the Camino at the entrance to Pontevedra. This is more attractive but **it is not marked and we don't recommend it in wet weather as it can be very slippery.**

However, if you set off in the morning, you should easily arrive in Pontevedra in time for lunch – the Spanish tend to eat a little later than the Portuguese – so there is no need to bring more than snacks and water with you.

You'll be spoilt for choice when it comes to dining options in Pontevedra.



ARCADE - PONTEVEDRA



PONTEVEDRA

Part of the Portuguese Camino de Santiago, the Spanish city of Pontevedra has Roman origins, plenty of traditions and amazingly old buildings but it **is also a vibrant city waiting to be discovered**. The city's historical centre is now completely pedestrian, which means you can go for leisurely strolls in the most famous squares, like Plaza de la Verdura, Plaza da Leña and Plaza de la Herreria, which are filled with lively bars, restaurants and traditional shops.

Pontevedra is considered the Spanish capital of the Portuguese Camino **because of its size and because of its numerous points of interest**. The city's connection to the Camino de Santiago and, therefore, to hospitality is also **echoed in the Galician proverb that says “Pontevedra gives water to travellers”**.

Don't Miss: Church of la Virgen Peregrina; Convent of San Francisco; Museum of Pontevedra; Basilica of Santa María a Maior; Ruins of San Domingos; Church of San Bartolomé; The market and the bridges.



YOU STAY IN

HOTEL AVENIDA

Calle Eduardo Pondal, 46
36003 Pontevedra

☎ 0034 986 85 77 84

📍 42°25'33.26"N 8°38'15.03"W



HOW TO GET THERE

When you arrive to the small roundabout at Rua Eduardo Pondal/Rua Virgen da Cerca, leave the route and to follow Avenida Eduardo Pondal to the right and continue for about 200 meters until you find the hotel on your right hand side.

PONTEVEDRA – ARMENTEIRA

Overview

Today's stage marks the beginning of the Salnês Spiritual Variant, which begins about 2 km after leaving the city of Pontevedra.

You will walk through the picturesque landscapes of Comarca and O Salnês, crossing the village of Poio, with its ancient monastery, and the beautiful coastal town of Combarro, before beginning the long and demanding climb through villages and woodland to Armenteira.

Here, you will find another magnificent monastery, built in the 12th century, and which is still in operation today.



PONTEVEDRA – ARMENTEIRA

Important notes

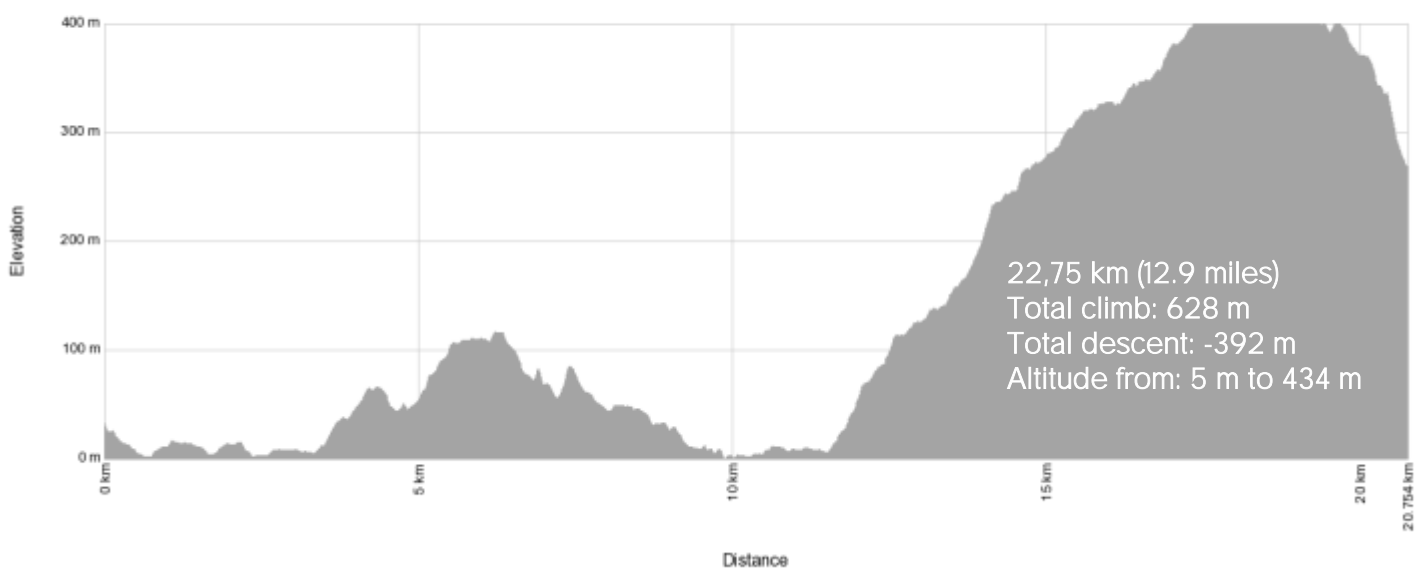
In Campañó (approx. 6 km), you will find a couple of cafés, making a good rest stop.

There are several cafés and shops in Poio (8.3 km) and Combarro (10 km), but after Combarro (and until you reach Armenteira) there is nowhere to buy food or drinks, so we recommend that you have lunch and stock up on water and supplies before leaving Combarro and starting the long climb to Armenteira.

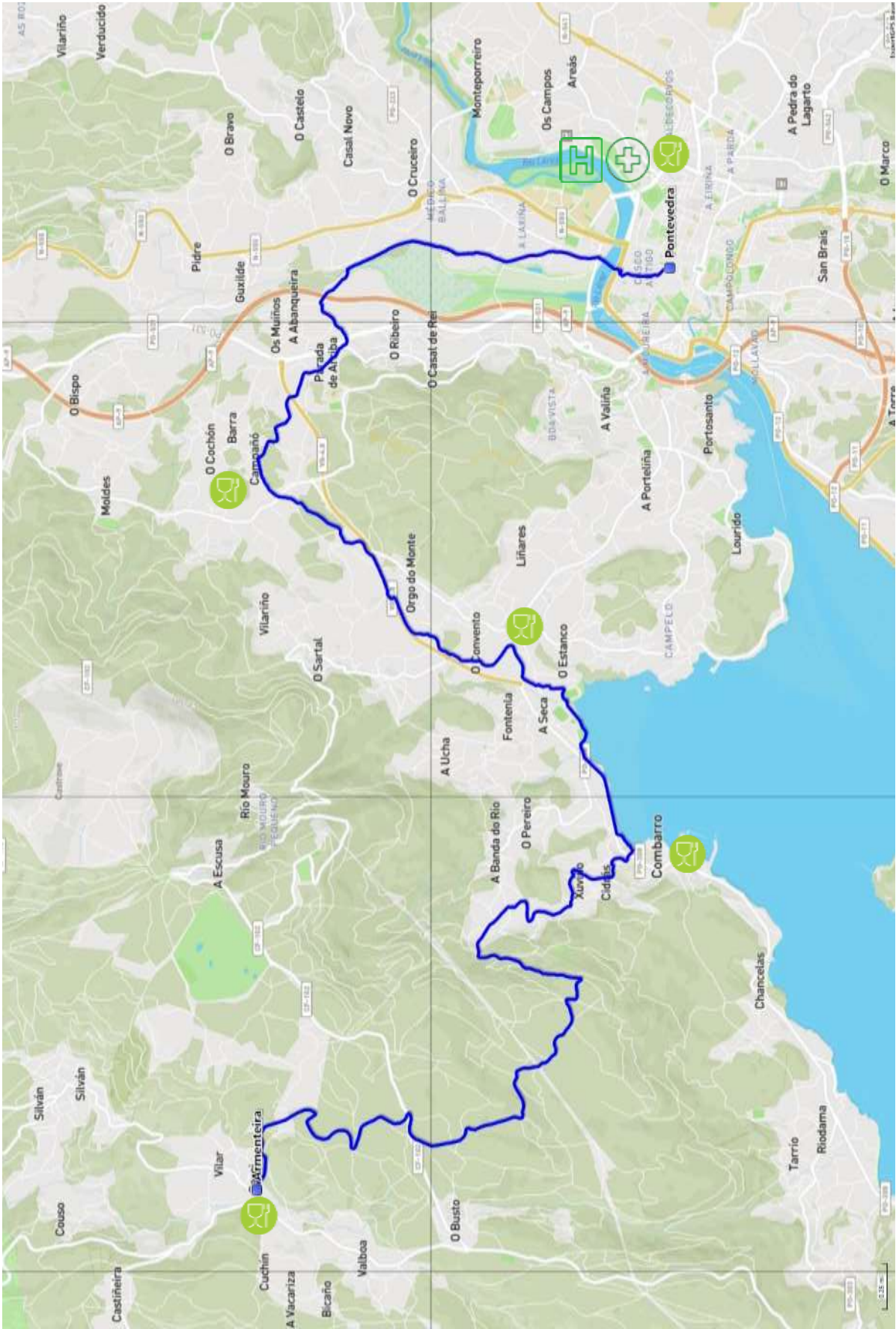
If you need anything from a supermarket or similar, it's best to buy it before leaving Combarro.

The route makes its way out of Pontevedra along the Portuguese Camino, and separates from it about 2 km after leaving the city. Keep an eye out for the signs and directions to make sure you take the correct path, marked Variante Espiritual.

When you arrive in Armenteira, you will find a bar and a restaurant where you can sample Galician gastronomy.



PONTEVEDRA – ARMENTEIRA



Pharmacy | Hospital | Coffes/Restaurants | Detour

YOU STAY IN

CASAL FOLGUEIRAS

Talide, 2 - San Martiño de Meis
36037 - Pontevedra

☎ 0034 619152008 | 0034 986 076 790

📍 42° 30.152'N 8° 43.985'W



HOW TO GET THERE

The transfers from Armenteira to the accommodation and the return to the route in the next morning are included in our services. When you finish your walk, please contact the Hotel to request your transfer to the hotel.

The check-in time at this accommodation is from 4 pm.

HOW TO GET TO THE STARTING POINT THE FOLLOWING DAY

Please arrange with the Hotel the time you wish to have the private transfer to the start of the stage.

ARMENTEIRA – VILANOVA DE AROUSA

Overview

Today's stage is one of the most beautiful and pleasant on the entire Portuguese Camino. From Armenteira to Pontearnelas, you will follow the Ruta da Pedra e da Agua (the Route of Stone and Water), which meanders through natural landscapes of great beauty in the municipalities of Meis and Ribadumia. As you walk in the shade of the trees along the banks of the Armenteira River, you will see several ancient watermills, small waterfalls and bridges.

The wider Umia River offers plenty of opportunities to spot birds and wildlife on the way to Pontearnelas, which is a good place to stop for lunch, unless you have your own supplies, in which case, you may prefer to take a break near the river.

Walk through more villages, vineyards and woodland until you glimpse the vast waters of the Ria de Arousa through the trees. Make your way down to **the water's edge and follow the beaches towards the town, enjoying the view** of the islands and coastline.

Vegetable gardens and vineyards indicate that the Arousa estuary is approaching. After walking almost 23 km, you will reach the beaches and town of Vilanova de Arousa.



ARMENTEIRA – VILANOVA DE AROUSA

Important notes

Just after joining the Ruta de Pedra e da Agua woodland trail, there is a small stone watermill (Muiño do Trinta) and a wooden bridge. You have a choice of trail here. The shorter, less technically challenging one is on the left side of the river so cross the bridge to follow this if appropriate. Note that it is not as close to the water and not quite as pretty as the right side of the river.

IMPORTANT: If it is raining, or has been raining heavily, it is safer to walk on the left.

If you stay on the right, you will be following the Ruta de Pedra e da Agua and then the Ruta de Umia, both of which are marked with yellow and white stripes. When in doubt, follow these until the point where the trail ends then continue following the normal Camino signs.

Although the first part of the route has plenty of shade, the second part is quite exposed so protect yourself from the sun. There is a pharmacy in Ponte Arnelas and in San Roque do Monte if you need one.

Along the Camino there are several cafés, so there is no need to carry many provisions, although if you aim to have lunch in Ponte Arnelas (approx. 14.5 km) **it's a good idea to have some snacks and water with you because this is past the halfway mark.**

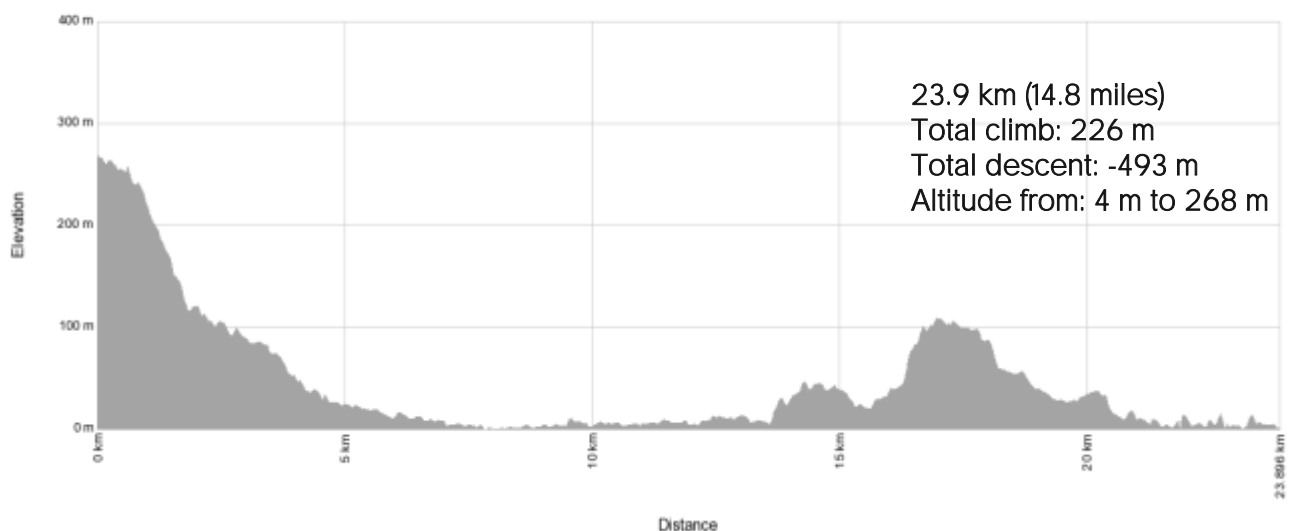
There are (basic) public toilets at the picnic area just after the slight detour to Aldea Labreja) **but if you can wait, there's a nice café by the roundabout** a few hundred metres further on (approx. 5 km). The next café is at approx. 6.5 km and there are another two at around 9 km, just before and on the road. After Ponte Arnelas, the next refreshment stops are at San Roque do Monte, and then the beaches just before Vilanova de Arousa.

You'll have plenty of choice regarding where to dine in Vilanova de Arousa. Another suggestion is to take a taxi across the bridge to Isla de Arousa and enjoy this region's fresh seafood.

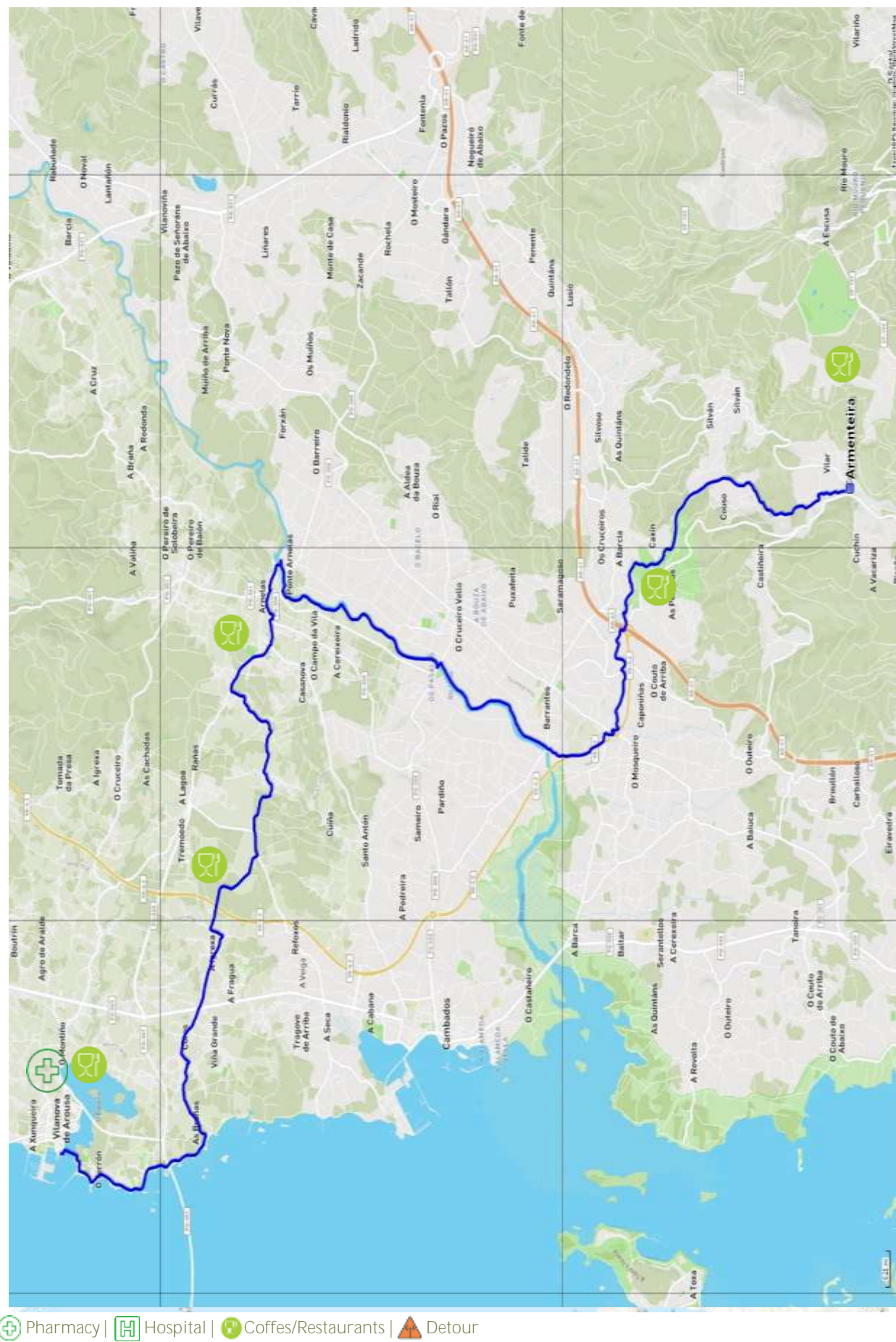
ARMENTEIRA – VILANOVA DE AROUSA

Important notes (Continuation)

At the end of the bridge into Vilanova de Arousa, you will find a company office called A Barca do Peregrino - here you can collect information about the boat trip between Vilanova de Arousa and Pontecessures. Find out about the timetable for the next day. Please note that the trip is subject to the water level of the estuary and also weather conditions, making it impossible to confirm the trip in advance.



ARMENTEIRA – VILANOVA DE AROUSA



YOU STAY IN

HOTEL BRADOMIN

Av. Juan Carlos I, 29
36620 Vilanova de Arousa, PO, Espanha

☎0034 986 56 10 38

📍 42° 27.887'N 8° 44.391'W



HOW TO GET THERE

Enter Vilanova de Arousa and follow the coastline. After passing the seaport, take Don Agustin Jambrina street (on the right) and follow this street straight ahead (you will pass the parish church) and after about 400 meters you will find the hotel on your left.

VILANOVA DE AROUSA – TEO (RUA DE FRANCOS)

Overview

On the last day of the Salnês Spiritual Variant, before resuming the traditional Portuguese Camino, you will travel between Vilanova de Arousa and Pontecessures. This stage can be completed by taking the Translatio, a boat trip going up the Ulla River and honoring the journey that the remains of Saint James made.

After disembarking in Pontecessures, you will walk the 2 km into Padrón, which is full of imagery relating to this legendary journey.

Be sure to visit the Church of St. James and explore the historical town of Padrón before continuing.

From Pontecessures to Teo there are a couple of sections on busy main roads without pavement but most of the terrain is tarmac lanes and stone or dirt tracks through hamlets and pleasant countryside.



VILANOVA DE AROUSA – TEO (RUA DE FRANCOS)

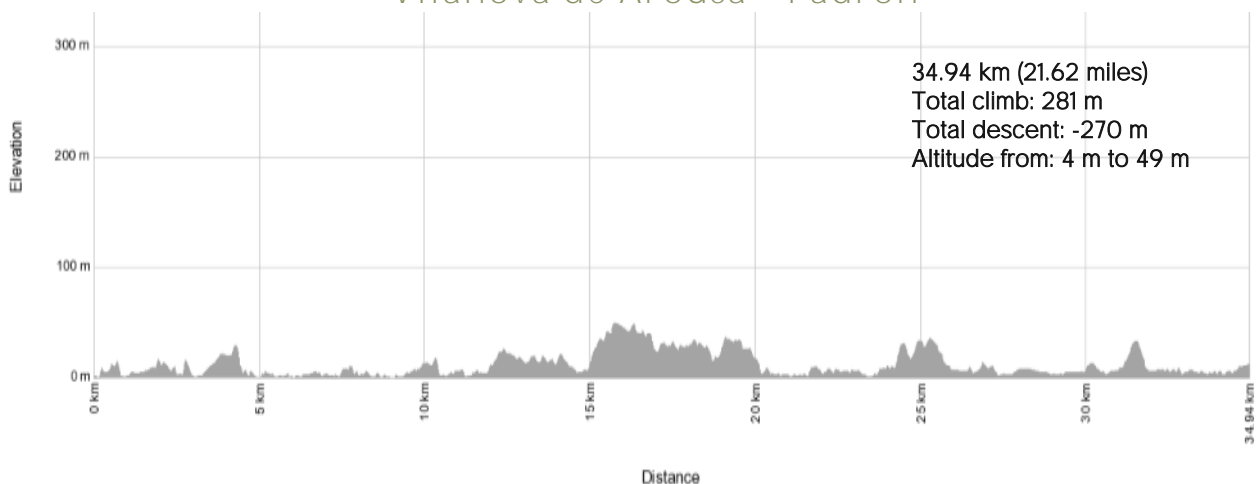
Important notes

The boats that make the journey between Vilanova de Arousa and Pontecessures are only able to operate when the tide and weather conditions are favourable, since boats are unable to navigate if the water level is too low.

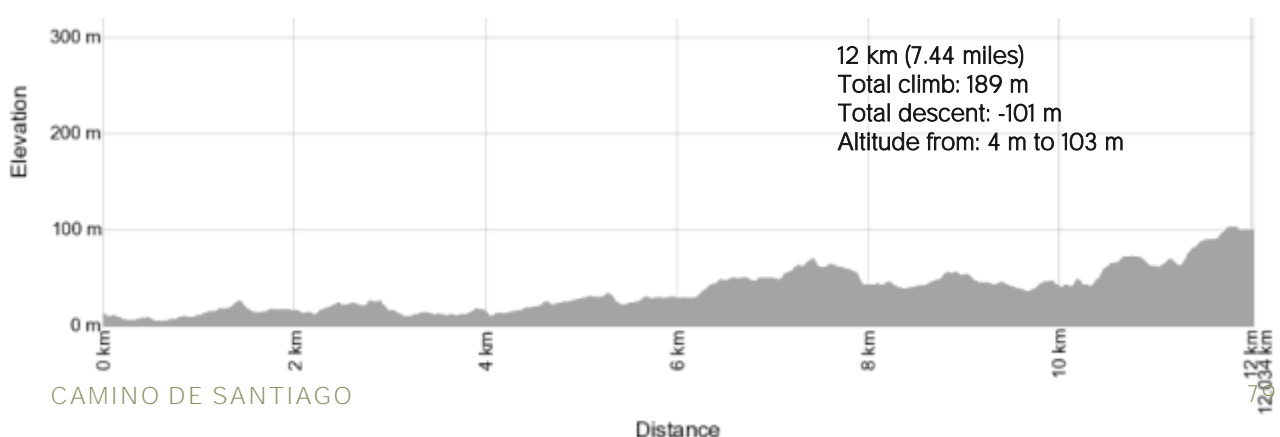
You can get more information for the boat trip the day before at the port of Vilanova, or by using the following contacts: Email: naviera@bahiasub.com | Tel: +34 607 911 523. **Even if you book in advance, it's always best to double-check the departure time of the boat the day before in case it has changed slightly since you made the reservation.** If traveling by boat is not possible, we recommend you take a taxi to Pontecessures, where you will join the Portuguese Camino 2 km before Padrón.

In Padrón, you will find plenty of excellent eateries. After Padron there are two cafés either side of the Escravitude church, about 6 km after leaving the hotel. The next option is Millagrosa, a further 2.5 km, and a new café on the right after another 1 km, just before the albergue in Farmello.

Vilanova de Arousa – Padron

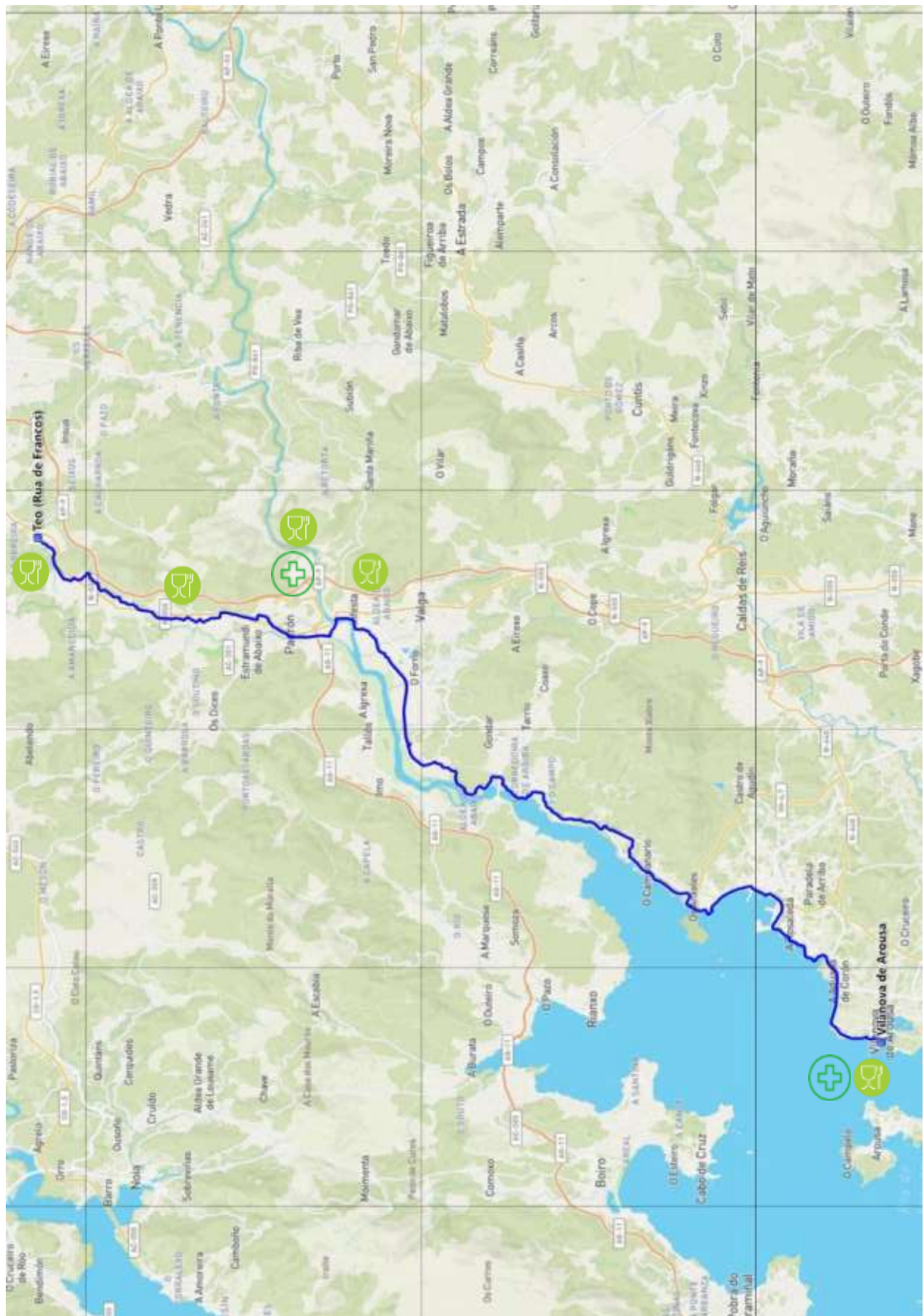


Padron – Teo (Rua de Francos)



CAMINO DE SANTIAGO

VILANOVA DE AROUSA – TEO (RUA DE FRANCOS)



 Pharmacy | Hospital | Coffes/Restaurants | Detour

YOU STAY IN

HOTEL GASTR. CASA ROSALÍA

Aldea Soigrex, 19
15280 Brión

☎0034 981 88 75 80

📍 42° 50.950'N 8° 40.441'W



HOW TO GET THERE

The hotel is located a few Km far from the way. The transfer between Rua de Francos (Teo) and the accommodation is included in the services hired. When you arrive to Rúa de Francos, please contact the Hotel (0034 981 88 75 80) to request your transfer.

(The transfer can takes almost 20 minutes to arrive)

HOW TO GET TO THE STARTING POINT THE FOLLOWING DAY

Please arrange with the Hotel the time you wish to have the private transfer to the point that you leave on the previous day.

TEO (RUA DE FRANCOS) – SANTIAGO DE COMPOSTELA

Overview

The final stage begins with a steady but not terribly arduous climb, mostly through woodlands, of 160 m to a peak of 260 metres. As you descend along quiet tarmac lanes, you will see the city of Santiago de Compostela ahead of you on the next hill.

When you get within 4 km of the city, you will need to decide whether to stay amid greenery for as long as possible or stick with the original Way to take a short cut up a steep hill through a built up area.

Either way, the last few kilometres will be along tarmac and urban roads but **as the graffitied sign at Ponte Rio Sar says, “Don’t Stop Now!”**

The yellow arrows all but disappear once you enter the centre of Santiago de Compostela so follow these directions to arrive at the cathedral the Portuguese Way.



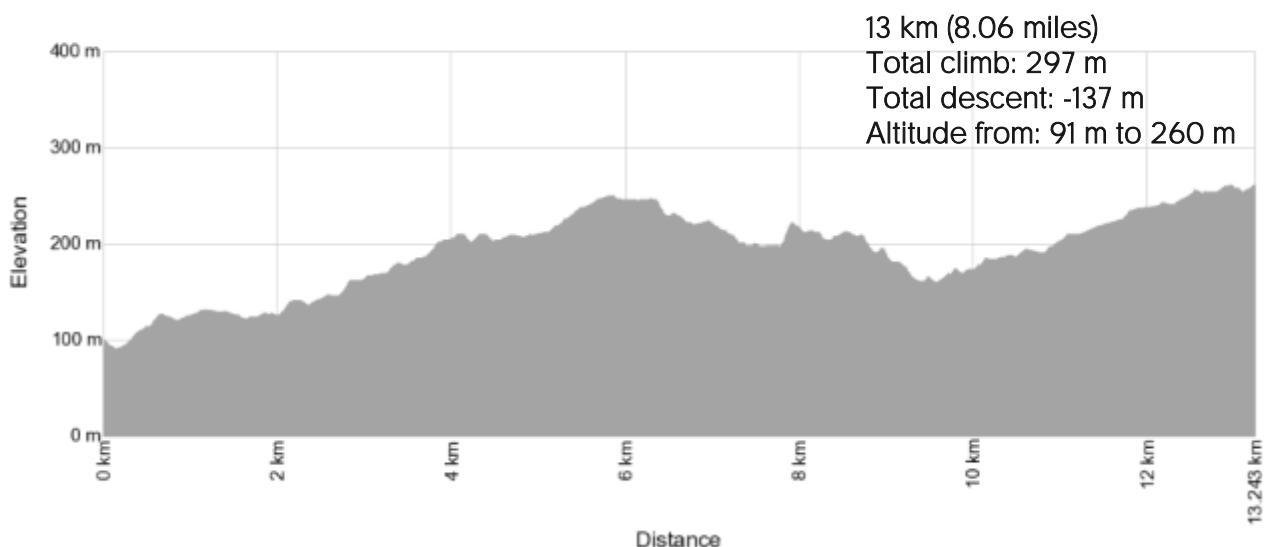
TEO (RUA DE FRANCOS) – SANTIAGO DE COMPOSTELA

Important notes

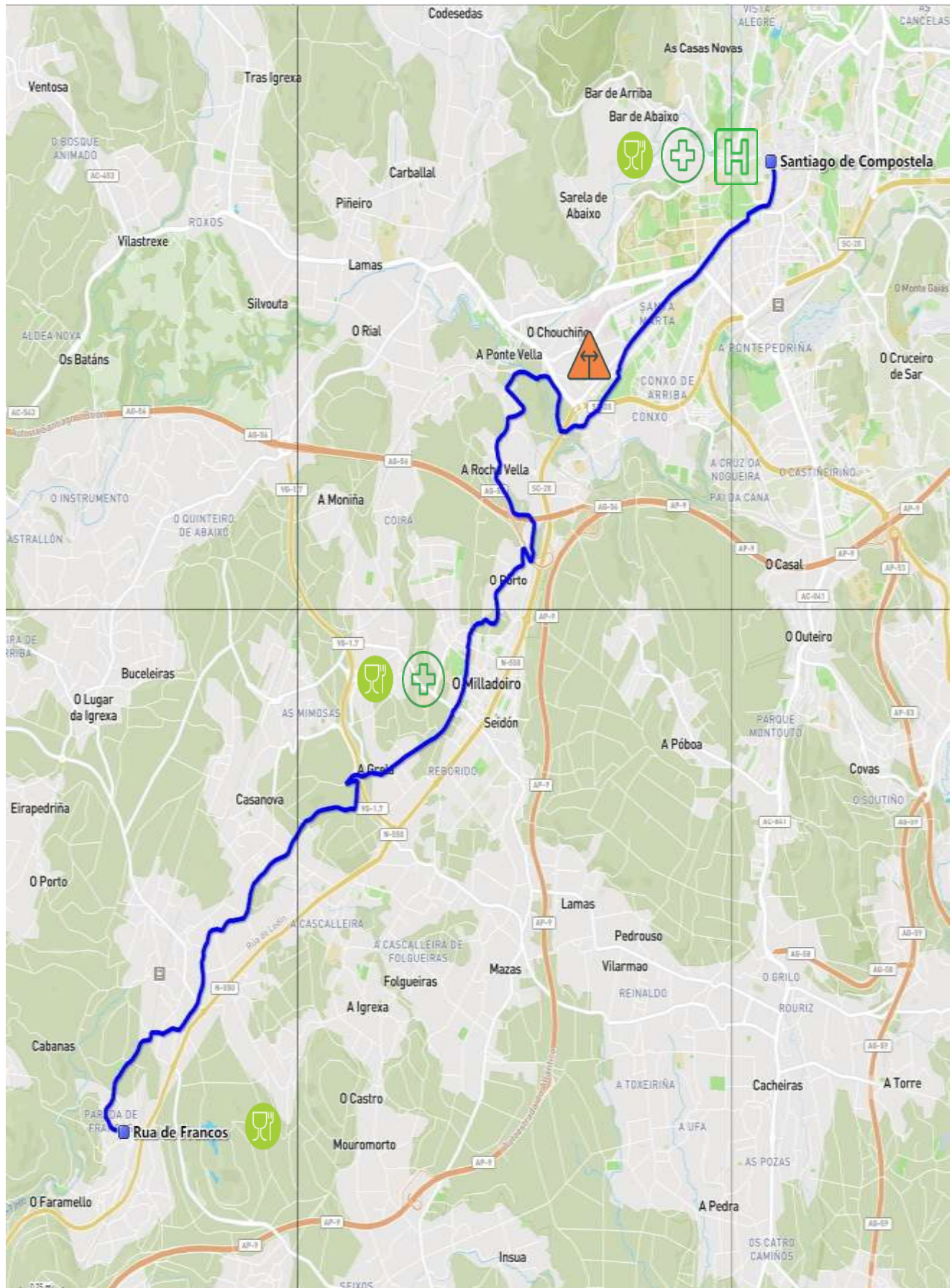
The first cafés on the Way are at the 6 km point in Milladoiro so **it's best to take water with you. You'll find a selection of eateries in the shopping centre** at the top of the hill and in the street opposite. Beyond this point, there is little else until you reach the city suburbs.

You should arrive in Santiago do Compostela in plenty of time for lunch.

There are countless restaurants in Santiago de Compostela. We recommend that you celebrate the end of this journey with regional gastronomy and wines. There are plenty of restaurants located in Rua do Franco, which serves delicious Galician seafood accompanied by local wines.



TEO (RUA DE FRANCOS) – SANTIAGO DE COMPOSTELA



 Pharmacy | Hospital | Coffes/Restaurants | Detour

YOU STAY IN

HOTEL MOURE

Rua dos Loureiros, 6
15704 Santiago de Compostela

☎ 0034 981 583 637

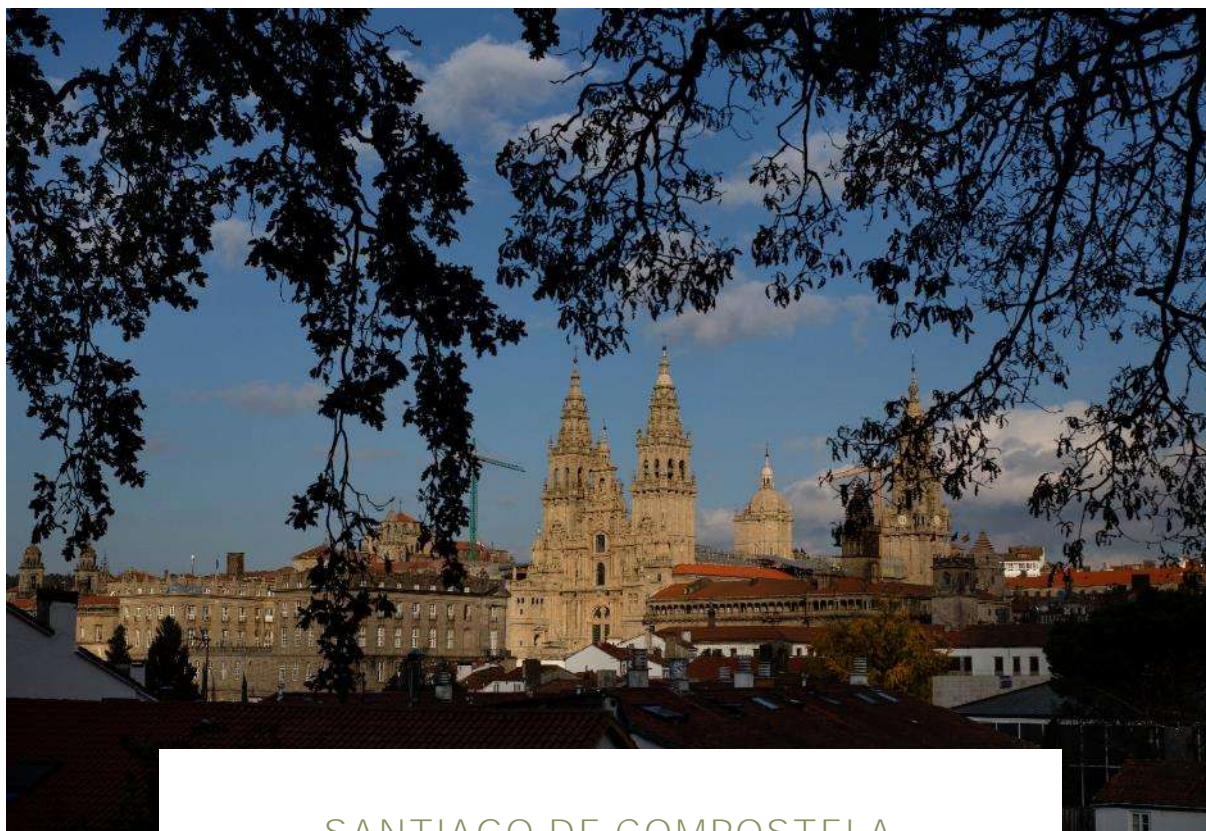
📍 42° 53.017'N 8° 32.573'W



HOW TO GET THERE

The hotel is approximately 400 meters far from the cathedral. Take the direction of the San Martin Pinario church and after the church continue straight until you find the hotel in the right hand side.

SANTIAGO DE COMPOSTELA



SANTIAGO DE COMPOSTELA



THE CATHEDRAL

Santiago Cathedral, whose construction began in 1075, is one of the great European monuments from both an artistic and symbolic standpoint.

From its Romanesque origins it evolved through a number of architectural styles, although the Baroque elements are perhaps the most outstanding, culminating in the façade of O Obradoiro (1738-1750). A tour of the naves and its museum reveals an interesting and varied heritage both in content and significance.

When you visit the cathedral and surroundings, you could perform the **pilgrim ritual of visiting the chapel in the main altar to ‘embrace’ the Apostle Saint James** (a sculpture of Romanesque origin) and then see the crypt where his remains are buried.

A visit to the Entrance of Glory (Pórtico da Gloria) is also part of the ritual, as **is attending the pilgrims’ mass, where you might be fortunate enough to witness the swinging of the gigantic botafumeiro incense burner that hangs in the nave of the transept.**

If you have collected sufficient stamps along the Way to prove that you have travelled the required distance (see earlier section of the Roadbook), head **for the Pilgrims’ Office to ask for your** compostela.

After visiting the cathedral, you can enjoy a tour of the city of Santiago in all its historic splendour. The city of Santiago de Compostela evolved from a **small settlement of monks who were the custodians of the Apostle’s tomb** at the time of its discovery, around the year 820. Between the 15th and the 19th centuries, the city alternated between prosperity and decadence, leading to an array of imposing monuments and attractive architecture.

Pilgrimages became less and less important but Santiago consolidated its position as a centre of culture, learning and spirituality thanks to the **founding of the university and the city’s Renaissance and Baroque heritage**, reflected in most of its major historical monuments and buildings.



DE CATEDRAL SANTIAGO



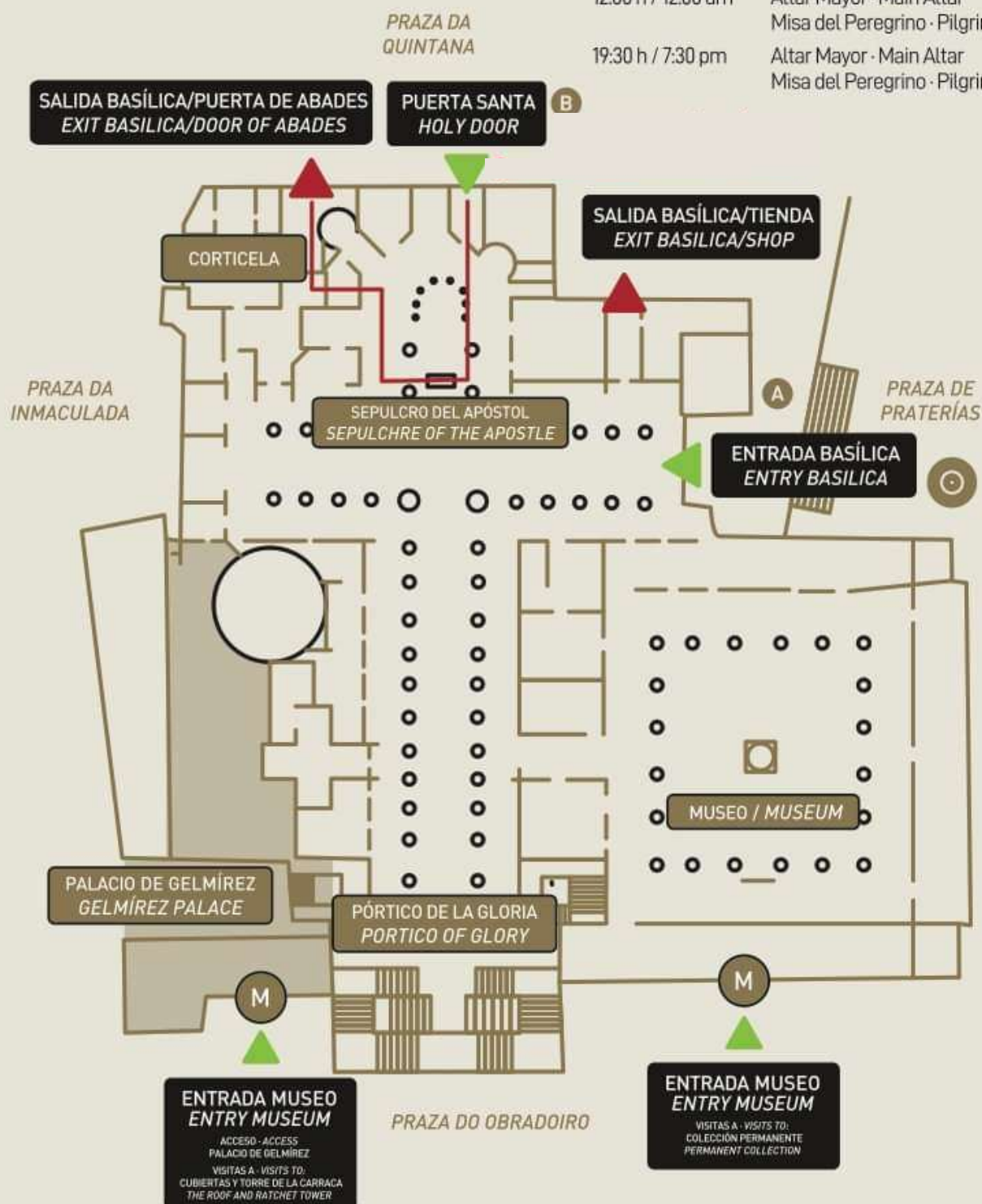
www.catedraldesantiago.es

Horario · Hours De 7:00 h a 21:00 h · From 7 am to 9 pm

Misas · Masses

- A** PUERTA PLATERÍAS: ENTRADA BASÍLICA Y MISAS
PUERTA PLATERIAS: ENTRY BASILICA AND MASSES
- B** PUERTA SANTA: ENTRADA SEPULCRO DEL APÓSTOL SANTIAGO
HOLY DOOR: ENTRY SEPULCHRE OF SAINT JAMES

- 07:30 h / 7:30 am Altar Mayor · Main Altar
Misa del Peregrino · Pilgrim's Mass
- 09:30 h / 9:30 am Altar Mayor · Main Altar
Misa del Peregrino · Pilgrim's Mass
- 11:00 h / 11:00 am Parroquia de la Corticela
- 12:00 h / 12:00 am Altar Mayor · Main Altar
Misa del Peregrino · Pilgrim's Mass
- 19:30 h / 7:30 pm Altar Mayor · Main Altar
Misa del Peregrino · Pilgrim's Mass



The Roofs of the Compostela Cathedral

They can be accessed through the towers of the medieval facade of Mestre Mateo. It is part of the beautiful and exemplar paradigmatic Romanesque temple. Climbing the roofs is access to a privileged place from which to view the Basilica, while at the same time contemplating Compostela. Visits will be guided in groups. The access will be from the Palácio de Xelmírez (Obradoiro), to continue through the Torre da Carraca, passing through the Pórtico da Glória and going up the last sections through the Tower of the Bells. From there, you will exit through the roof.

Mercado de Abastos

The Mercado de Abastos of Santiago (Santiago City Market) is a place which appeals to the five senses offering a wide range of fresh and traditional products. It is the second most visited place in Santiago de Compostela thanks to our history, quality of architecture and tradition.

Experience, culture and gastronomy all in one historical and architectural setting. Here you may walk around, taste the best food and meet the best craftsmen and women, all experts in their fields. Through them, you can get the best out of the City Market.



Alameda Park

Alameda Park is a large park located in the heart of Santiago de Compostela and is located west of the city's Old Town. Designed to resemble the grounds of a grand country estate, the park has more than 90 different types of plants. At the entrance to the park, look for the colorful statues of two famous siblings, nicknamed "the two Marías." Persecuted for their left-leaning political views during the Spanish Civil War, these two sisters dressed up in flamboyant outfits and walked around the park beginning at 2 p.m. every day. It is a open place and you don't need to pay for to visit.

São Francisco Church

The Church has a neoclassical facade with two towers and tal columns. This monument was built between 1742 and 1749. There is a statue of St. Francis over the doors. There is located in the city centre of Santiago de Compostela. The facade is topped with a bell-tower at each end. Declared a Historical-Artistic Monument in 1986. You can visit this monument everyday.

Monastery of Saint Martin Pinario

The Monastery of Saint Martin Pinario is a Benedictine monastery in the city of Santiago de Compostela, Galicia. It is located in Praça da Immaculada

The church was built in 1102, but little remains of that time, since everything was rebuilt from the sixteenth century. In the building, Renaissance, Baroque and neoclassical elements are mixed. The visit to the Monastery costs 4 Euros. From 01 June to Sep 30 they are open from 10 a.m to 8 p.m.

FAQS

If I don't have access to the App (GPX viewer), how can I fix it?

If you can't access the app, please ensure it is installed on your phone.

If the app is installed but you still can't access it, please delete the app and reinstall it. After completing this process, please use the following link – <https://www.portugalgreenwalks.com/camino-tracks/> – and follow the instructions on how to install the track on your phone.

Will I find any toilets along the Camino?

Yes, you will find toilets in cafés, restaurants, albergues, and some rest stops **along the Camino. It's a good idea to use them when available, as facilities can be scarce in rural areas.**

Can I pay for expenses by credit card?

Most of the services and commercial establishments accept credit card payments. However, exceptions are likely to include taxis, cafés and small grocery stores so you should also carry some euros in cash.

How much money should I carry a day?

It will always depend on what you spend each day. However, although some services (cafés, restaurants, shops) accept credit cards, we always suggest that you take some cash with you, as in some smaller villages it may be easier. 100 euros may be enough (however, you should always check how much you spend each day on the Camino).

How can I stay connected with my family while walking?

There are Wi-Fi connections in all the accommodations, cafes, restaurants and public spaces, and mobile phones generally work throughout the route.

What is the best way to avoid blisters on the Camino?

Proper footwear, blister prevention tape, and taking regular breaks to rest your feet are key to avoiding blisters.

FAQS

Will I find any restaurants near my hotel?

Yes, most towns and cities along the Camino de Santiago have restaurants or **cafés near your accommodations**. It's always a good idea to check with your hotel for recommendations nearby.

What is the Time Zone?

Portugal is in the same time zone as most of Western Europe (UTC+00:00), which is +5 hours of Eastern Standard USA, +8 hours of Pacific Standard USA time and -10 hours of Australian Eastern Time. Due to differences in daylight savings, there may be +1 hour difference. Spain is in the Central European Time (CET) zone, which is UTC +1. During daylight saving time (from the last Sunday in March to the last Sunday in October), it follows Central European Summer Time (CEST), which is UTC +2.

What should I do if I need to see a doctor (dentist, physiotherapist, general doctor)?

In the roadbook you'll find the hospitals and health centers at each stage of the Camino, with their address and contact details. With this in mind, if you need to resolve any medical issues, you can easily go to the nearest medical Centre. If you need help please contact the hotel reception or our services.

What can I do if I lose my pilgrim passport

As soon as you receive your pilgrim passport, you should fill it in with as much personal information as possible, such as email and contact details, so that if you are found, someone can contact you directly. However, if this doesn't happen, we recommend that you get one on the next stop (usually you can get it at the Pilgrim Hostels/Albergues).

What can I do if my Pilgrim Passport is full?

If your Pilgrim Passport is full, you can request a second one at any Pilgrim Office, albergue, or church along the Camino. Just make sure to keep both passports to show when collecting your Compostela.

FAQS

Is it possible to add an extra suitcase halfway through the programme?

Yes, it's usually possible. Please send us an email in advance to arrange for the extra suitcase and confirm any additional costs.

What's the weather like along the Camino?

The weather varies depending on the season and region. Summers are warm and dry, while spring and autumn are cooler with occasional rain. In winter, expect cold temperatures and snow in mountainous areas. Always check the forecast for your specific route.

How can I find out the times of mass?

You can check mass times at local churches or ask at your accommodation. Many pilgrim-friendly churches along the Camino also display schedules outside or provide information at Pilgrim Offices.

Am I going to watch the Botafumeiro in Santiago?

You may be lucky enough to see the Botafumeiro if someone, either a private individual or a group, pays for the Botafumeiro. Apart from that, It is only used during specific masses, or special occasions.

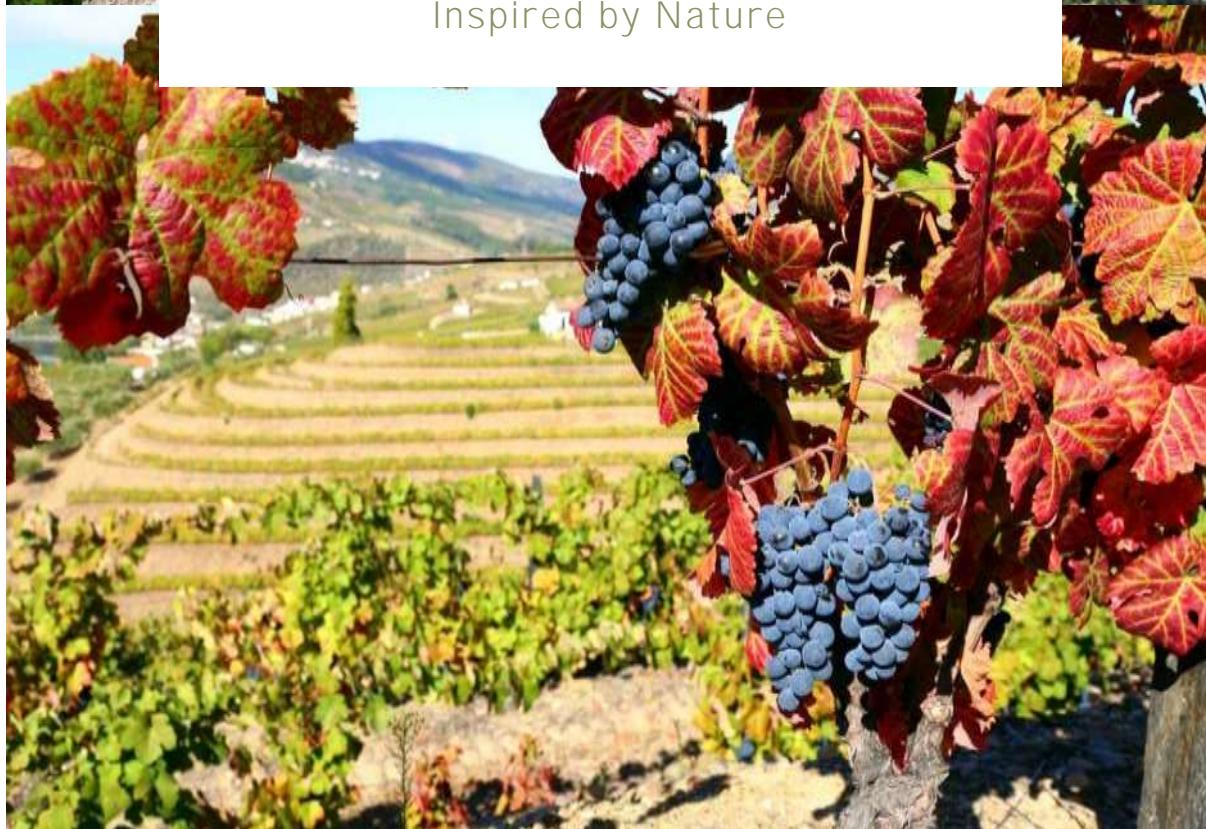
Should I take my documents with me?

Yes, always carry your ID/passport and Pilgrim Passport with you. Keep them in a secure, waterproof pouch to protect them from damage.

PORTUGAL GREEN WALKS



PORTUGAL GREEN WALKS Inspired by Nature



WE SUGGEST YOU:

Take your pick from our varied range of walking tours in Portugal. From half day hiking tours in the wild, unspoilt beauty of the Peneda-Gerês National Park to one-week self-guided walking tours that allow you to experience mountain scenery, traditional villages, the gorgeous Atlantic coast and the “Camino de Santiago”, there’s something to suit you. See more in www.portugalgreenwalks.com.



SELF-GUIDED | 8 TO 15 DAYS

Portuguese Camino de Santiago

There are many routes to Santiago de Compostela and we’ve got them covered from Porto northwards. Choose which Portuguese Caminho de Santiago suits you best and let us take care of the logistics.



SELF-GUIDED | 9 DAYS

Highlights of Northern Portugal

Experience the best of Northern Portugal. We’ve picked the best parts of some of our favourite walking tours to create an unforgettable itinerary.





SELF-GUIDED | 8 DAYS

Douro International Park and the Côa Valley Hiking and Culture

1-week self-guided walking holiday in northeast Portugal. Journey through prehistoric lands to witness dramatic rock formations, endangered wildlife, historical villages and ancient cultures.



SELF-GUIDED | 8 DAYS

Heart and Soul of Douro Valley

Discover the vine-filled landscape of Portugal's most scenic wine region with spectacular views of the hillsides, rivers and valleys of the Douro Valley.

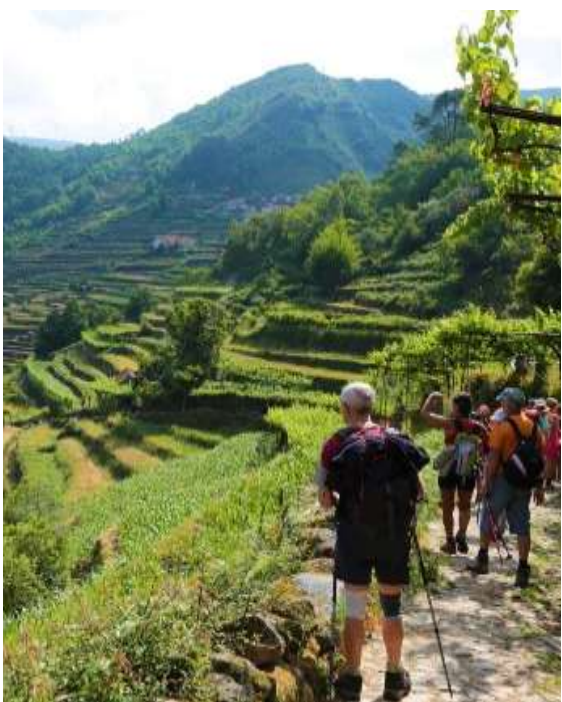




SELF-GUIDED | 8 DAYS

Atlantic Route Coastal Walking Holiday

Spend a week exploring the Atlantic Route (Costa Verde), a beautiful and diverse coastline north of Porto on this gently-paced self-guided coastal trail.



SELF-GUIDED | 8 DAYS

Explore Peneda-Gerês National Park

1 week self-guided walking holiday amid the magnificent mountain scenery and rural communities of Peneda-Gerês National Park.



PORTUGUESE WAY TO SANTIAGO

HOW DOES OUR EMERGENCY CONTACT WORK?



HOW DOES OUR EMERGENCY CONTACT WORK?

We provide support throughout your trip.

YOU SHOULD CONTACT OUR EMERGENCY NUMBER IN THE FOLLOWING CASES:

Injury:	If you have sustained an injury while walking, you should contact the local emergency number (112) and our team immediately.
Hotels/booking:	If you have a problem regarding your accommodation (the room doesn't match your booking; there are important issues with your room or the hotel receptionist doesn't recognize your booking reference, for example), we recommend to get in touch as soon as possible, so any possible issues can be solved and we can help you enjoy your trip.
Pick up required:	If you are on the trail and require a support vehicle to collect you, our team can arrange it for you.
Luggage:	If your luggage has not been delivered to your accommodation by 16:00, call us so that we can trace it.
Route directions:	We are able to help when you have specific questions regarding directions while you are on the route.
General advice related to your booking:	If your route notes or hotel information need to be resent, for instance.
Airport transfers:	If your plane is delayed and you have booked an airport transfer through us, contact our team so your transfer can be re-scheduled. If your transfer is delayed, contact the team to let us know. Please note small delays can occur due to unexpected traffic.

HOW DOES OUR EMERGENCY CONTACT WORK?

When you are calling our office or emergency contacts, you should always refer your name and the first 5 digits of your booking reference number (these are listed in the first page of your roadbook).

Non-urgent inquiries: contact@portugalgreenwalks.com

For general inquiries (during your programme):

 00351 910 737 776

Monday to Saturday, 09:00 to 18:00.

For emergencies (during your programme):

 00351 914 224 770

24/7 assistance

Inspired by nature



www.portugalgreenwalks.com

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