



CAMINO PORTUGUES

LISBON TO SANTIAGO DE COMPOSTELA VIA PORTO
21 Stages - 675 km

The Camino Portugués has several routes starting points, one of the most popular being the Caminho da Costa from the city of Porto.

Along the way, pilgrims can enjoy the unique culture and cuisine of Portugal, including delicious seafood, fresh pastries, and local wines. The Camino Portugués also offers a variety of accommodations, from traditional albergues to more luxurious hotels and guesthouses.

The first few days out of Lisbon city streets become industrial zones and the industrial zones become fields and muddy dirt tracks. You start to see fewer and fewer people... soon you will wonder if you are the only person walking the Camino Portugues. Most pilgrims start their Camino Portugues in Porto, but by starting in Lisbon you will be rewarded by passing through beautiful Tomar and Coimbra along the way.

In Porto you get to choose what Camino route you want to follow as it basically splits into two here.. the Coastal Route and the Interior Route. From Vila do Conde North it is only about 5 days till you hit the Spanish border... very flat and easy terrain through countless tiny villages and towns like most of the Camino Portugues. Viana do Castelo just 2 days from the Spanish border would have been another perfect resting point, but by now I was on a mission to get to Spain.

The last few days of the camino through Galicia from Vigo to Santiago are a bit more challenging physically than all of the days in Portugal, but the beauty of the countryside and villages you get to make it all worthwhile.

With each step you take along the Portugues the scenery, architecture, people food and culture slowly merge from one to another... the closer you get to Santiago you also start to notice the changes that have taken place inside of you from all the wonderful experiences you have had and all the wonderful people and places you met along the way.

Whether you are a seasoned pilgrim or a first-time Camino walker, the Caminho Portugués da Costa offers a unique and unforgettable experience.

Wishing you a Bon Camino!!



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Camino Getting Ready to Go: The Basics

When to go:

When the best time to go is one of the biggest questions one will encounter when planning a Camino. A typical camino usually lasts anywhere from 7 to 30 days depending on route and one's own walking pace. Giving yourself a few rest days in between and at the end of your walk will also determine how long you should plan your trip for and are highly recommended.

Weather wise the best time of the year to walk are Spring - April through June and Fall Mid September to early November.

The worst time to walk is August as not only can the weather on some of the routes be very hot, but August is also the major holiday month in Spain, which makes finding accommodations much more difficult no matter what route you are on, specially on the last week stretch of the Camino as it is very popular and can be near to impossible to find accommodations on in August.

If you want solitude and don't mind the cold, rain or snow then the winter months are a good time to enjoy the camino. Services and albergues will be fewer so you may have to resort to staying in a Hostal every now and then but usually there will always be one Albergue open at the end of each stage. There is a list of albergues that gets updated regularly available online published by [Aprinca click here](#) to get it.

Physical preparation:

Preparing yourself physically for the Caminos stresses on your body is near to impossible, but as long as you are in a reasonably healthy state and are used to walking a few kilometers a day you should be able to make it all the way to Santiago.

Walking 10 to 30 kilometers for 6 to 8 hrs a day is not easy, but it also is not the hardest thing in the world as long as you follow a few simple rules.

Before you head out on your camino be sure to walk at least 5 to 10 kilometers every other day before setting out. Do a trail day hike in the woods with all the gear. Test your backpack and make sure it is a good fit. If you can stand a full day hiking without a problem you should be ready. But remember:

- Wear proper fitting and well broken-in footwear.
- Make sure your backpack weighs as little as possible. (aim for less than 10% of your body weight)
- Walk at your own pace... it is not a race.
- Listen to your body.
- Know your limits.

Listen to your body and know your limits... I have seen countless pilgrims half my age push themselves too far, not get very far...Don't be one of them!

Aches and pains will happen, but as long as you pay attention to them and don't try to ignore the messages your body is sending you should, you will be fine. It's when you don't pay attention to the warning signs and just keep on pushing yourself beyond your limit day after day that your body will finally let you know it has had enough and prevent

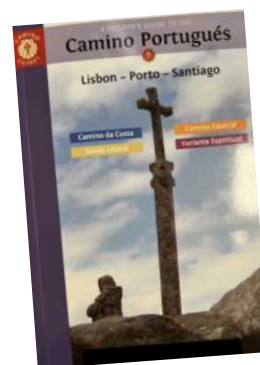
you from going any further, taking day or two break so that your body can heal is way better than having to break off your camino or breaking yourself...

Know when to stop and rest, pace yourself...remember it is not a race!

Guide Books, Maps and Apps:

Guidebooks such as Wise Pilgrim or John Brierley's guides are great help If you want to know more about the route you are on and its history. Most guidebooks include extensive information about the towns and villages you will pass through and also have detailed maps and route profiles so that you will be able to see what to expect ahead. The only real negative about guidebooks is that they tend to weigh a lot.. Usually more than 2 or 3 t-shirts!

For this reason I recommend smartphone app such as Buen Camino, Gronze or Camino Ninja instead, as they provide much of the same information and don't weigh you down, but also give you the added benefit of having a live map so that you always know exactly where you are, which is very helpful when you are wondering if you are actually still on the correct route.



Book Guides:

[A Pilgrim Guide Series](#)

[Wise Pilgrim Series](#)

Apps for iPhone:

[Buen Camino](#)

[Camino Ninja](#)

[Wise Pilgrim](#)

[Camino Tool](#)

[Gronze](#)

Apps for Android:

[Buen Camino](#)

[Camino Ninja](#)

[Wise Pilgrim](#)

[Camino Tool](#)

[Gronze](#)

Finding your way:

Whilst guidebooks and maps will help you plan your journey, you really don't need them as getting lost on the Camino is virtually impossible, not only because there are many apps to help you navigate the route, but because a priest called Elías Valiña drove across the whole north of Spain on his Citroën GS packed with yellow paint, painting bright yellow arrows to indicate the right way at the various tricky crossroads along the trail leading to Santiago.



In Portugal you will usually also see a blue arrow guiding the way to Fatima... after Fatima it is pointing in the opposite direction all the way from Santiago, which makes it easy if you want to walk the opposite direction.

Nowadays the arrows have become an ubiquitous symbol of the camino... and can be found everywhere from t-shirts to bandanas.

After a day or two you become an expert at spotting the arrows that are basically everywhere from lampposts to trees to rocks...

Lodging:

There are some amazing places to stay along the camino in Portugal and Spain ranging from simple rustic country houses to ultra modern 5 star luxury hotels.

Hotels and Hostales range from 1 to 5 stars, and Albergues the most common lodging used by pilgrims on the camino come in three categories: Municipal, Private and Donatio.

Municipal Albergues are usually run by the town or city they are in and are usually quite basic in their offerings. In Galicia most municipal albergues are run by the Xunta de Galicia and are usually very nice and modern. Most Municipal Albergues require you to have a sleeping bag or sleeping bag liner as no blankets are provided. Some charge €1 extra for disposable sheets. Most private albergues provide blankets and sheets, some even provide you with a fresh towel for free.

Also most Albergues Municipales require you to have a Credencial de Peregrino in order for you to stay and don't accept reservations and do not accept credit cards. The Credencial is a passport you get at the start of your pilgrimage, that you get stamped wherever you stay. You always have to show your credencial and passport when checking in. You can call after 1 PM and usually they will tell you if they have beds available... but you cannot reserve a bed.



At Municipal Albergues lights are out at 10 pm and you have to leave by 8 am the next morning, and will not be able to stay a second night unless it is an emergency.

Donativo Albergues A few of the Albergues along the camino are donation based, which means that they are funded by the donations that pilgrims give. Many people believe that they can get away with leaving no or very little money and because of this they are becoming fewer and fewer due to the fact that some pilgrims equate a donation to being free.

Private Albergues tend to be more comfortable than the Municipal ones but they accept reservations and don't have strict curfews, provide blankets and sheets, and some even have bunks with curtains and provide you with a fresh towel, but it is a good idea to bring your own as some charge you €1 or €2 to rent one for the night.

Albergues are a nice place to meet and hang out with fellow pilgrims seeing most pilgrims are exhausted from the day's walk. They are very nice and quiet after 10 PM... Except for the occasional snorer, so bring earplugs!



Most albergues have a kitchen where one can cook, most private albergues will offer a communal dinner and basic breakfast at an additional charge and most hotels and private albergues have washers and dryers, municipal ones mostly only offer some kind of hand washing facility and drying line. Washing machines can cost anywhere from €5 to €6 and Drying about €2 to €4.

The distinctions between Hotels and Hostels depend on the services offered. Some Hostels are as good as 5 Star hotels. Then there are also Casa Rurales or Posadas, which are more like a B&B's and are usually only found in rural areas.

My favorite places to stay are Paradores Nacionales which are government run hotels that usually are found in fantastic historic locations on the Portugues, there are two, one in Bayona and one in Santiago. They are a bit more pricey, but definitely worth splurging for every now and then.

One question that arises, on a recurring basis with pilgrims who have never walked the camino before is whether or not it is necessary to make reservations for their accommodation in advance. The answer is simple, you can improvise and look for accommodation on arrival, or you can take the bookings made at home, it depends on what kind of experience you want to live, since having accommodation previously reserved on the Camino de Santiago has its advantages, but it also has some disadvantages.

The main advantage of booking accommodation is that you avoid having to search for a place to sleep at the end of a long day's walk, and that you also will have a place to forward your baggage ahead if you don't want to carry it. But by doing so will also be less flexible to spontaneously change your plans and the the adventure factor of your trip will be gone.

In the holiday season and in August when most of Spain takes their Summer vacation, it is a good idea to book ahead a day or two ahead, as it can sometimes be quite difficult to find a free bed. But as long as you stay flexible or don't mind paying a few euros more you can always grab a bus or taxi to the next larger town and stay there and then backtrack the next morning, but rest assured you will never be left out on the street without a place to sleep at night.

If you want the most authentic Camino walking experience, you definitely will want to stay in Albergues as often as possible. The dorm rooms usually can sleep anywhere from 4 to 40 people, and cost anywhere from €8 to €15 for a bunk bed per night. They are the cheapest option when walking the camino.

Albergues are a nice place to meet and hang out with fellow pilgrims seeing most pilgrims are exhausted from the day's walk. They are very nice and quiet after 10 PM... Except for the occasional snorer, so bring earplugs!

If you are walking with another person, getting your private room is not much more expensive than getting two bunks at an Albergue, but you will be missing out on the camaraderie that develops when staying at them which is a big part of the camino experience.



Accommodation Prices range:

Albergue Municipal:	€8 to €15
Private Albergue:	€10 to €20
Donativo Albergue:	€8 to €12 Donation
Hostal:	€15 to €50
Hotel:	€30 to €150
Parador Nacional:	€70 to €350

Hotel Booking Sites and Apps:

[Bookings.com](https://www.bookings.com)
[Hostelworld.com](https://www.hostelworld.com)
[Hotels.com](https://www.hotels.com)
[Trivago.com](https://www.trivago.com)
[Agoda.com](https://www.agoda.com)
[Paradores.es](https://www.paradores.es)
[Gronze.com](https://www.gronze.com)

NOTE: If you are walking a camino in the winter be sure to get the [Aprinca](#) list of Albergues that are open [click here](#) to get it.

Eating and Food:

Portugal and Spain have some of the best restaurants and food of Europe, but if you stick to eating the Pilgrim Menu and always eat in the albergues along the camino every night you would never know...

Most albergues offer a communal dinner in the evening, which is a nice way to spend your evening meeting and exchanging stories with your fellow pilgrims after a long day's hike. While it is a nice experience, most of the time the menu is the same no matter



where you go: soup, salad, a main dish usually consisting of some kind of meat that comes with french fries and then a desert of flan or Tarta Santiago... and plenty of red wine and Casera (local 7Up) to wash it all down with. Usually the meal will cost about 12 to 15 Euros and while this is not much, after a few evenings you will notice that not only are all places serving you the same basic meal it all pretty much tastes the same... You can usually do way better for the money eating out at any restaurant in town.

The same goes for breakfast... Most albergues offer very basic breakfast of toast, jam and coffee that costs you way more than a good coffee and croissant and fresh orange juice in a bar. In Portugal, finding a cafe in the morning is not as easy as in Spain that has fantastic cafes in most any town or village along the camino where you can get a good cafe con leche for about €1.20 to €2.50, starting as early as 6.30 AM in the morning.



If you are hungry for a snack in Portugal a Pan de Chorizo or a Pastel de Nata are usually your only choice for €1 or €2.... In Spain a slice of Tortilla or a Bocado de Jamon or Queso will usually hold you over till the next meal and will only set you back €3 or €4.

During lunch hours from 1 till 4 pm most restaurants serve a Menu or "Menu del Dia" which usually includes a starter, main dish and dessert and includes a drink (wine) and bread.... Sometimes they even include a coffee. A decent menu will usually run anywhere from €10 to €15, but you get so much food that you usually will not have to eat dinner and usually the food is exceptional. If you are not all that hungry you can also order a ½ Menu.

If you don't feel like eating out, most Albergues have a kitchen where you can cook your own meal. Supermarkets can be found in most villages. In big cities you will find chain supermarkets such as Gadis, Euroski & Carrefour. But remember that supermarkets are closed on Sundays so you need to stock up the day before.

The one thing in Portugal that I was missing was my morning Cafe con Leche and my croissants!! Outside of the big cities Portugal is definitely lacking on the coffee bar and snack side as they don't have bocadillos, but a Pan de Chorizo usually can be found most anywhere.

Finding a good restaurant or cafe is easily done using Google Maps or asking the host at your albergue or hotel. But here are my recommendations for the Portugueses: In Lisbon try a Biffana at Bifanas Alonso, when in Tomar eat a Medieval Meal at Taverna Antigua, in Vila do Conde DARZ Burger is one of the best burger joints outside of the USA, and in Carracao Restaurante Sergio make an amazingly good steak, and finally just before you cross the border in Caminha celebrate at Solar do Pescado. In Caldas de Reis eat at O Muno and don't forget to eat some Pimientos de Padrón...in Padron!

Getting there and away:

Getting to your starting point along the Camino Portugues is pretty easy.

AIR: Both Lisbon (LIS) and Porto (OPO) have well connected international airports and are well connected to other international airports. Iberia and TAP are the national airlines serving these cities, but many US airlines such as Delta and American offer direct flights. Ryan Air and Easyjet offer very inexpensive flights from many cities in Europe and . Getting into town is pretty straight forward as both are on the metro or taxi.

Traveling by train or bus is also a good option .

RAIL: The main rail line between Lisbon and Porto runs pretty much parallel to the Camino from Lisbon to Porto, so it is very easy to hop on or off at any given point if needed. Santarém, Tomar, Coimbra and Porto train stations are well served, but there are countless smaller stations along the line and camino.



Comboios de Portugal is the national rail operator in Portugal. They offer a high speed line between Porto and Lisbon and also offer regional services that operate between the smaller towns. Sadly there is no direct train connecting Portugal and Spain, so you have to switch services at the border.

For timetables and reservations:

[Comboios de Portugal](https://www.cp.pt/)

In Spain Renfe is the main provider but as of 2021 there are several new low cost choices such as IRYO and Ouigo that may serve Santiago soon. There are various different train services: AVE is the high speed rail service. Usually it is a bit more expensive than the rest. Alvia and Intercity are a bit slower but still fast and finally Regional Service is the other option for short distances.

If you plan on leaving Santiago de Compostela by rail at the end of your Camino, be sure to book your train ticket well in advance (a week or so) as it is not unusual for the trains leaving Santiago to get fully booked days ahead, especially during long weekends and holidays. Also know that you will arrive at Chamartin Station in Madrid upon your return.

For timetables and reservations:

[RENFE](https://www.renfe.es/)

[Ouigo](https://www.ouigo.com/)

[IRYO](https://www.iryos.com/)

BUS: Buses in Spain and Portugal are very reasonable and literally every little town and village along the Camino in Spain has a bus stop that will get you to the next larger city and are the best way to get from city to city as the rail line does not directly connect the cities on the as it does on other caminos. Alsa and Avanza and Flixbus are the major bus companies operating in Spain. Flixbus and RedeExpresos are the two major bus companies operating in Portugal, but note that Flixbus does not always stop at the main bus terminal,

In Galicia Monbus runs the intercity lines. Tickets can be purchased on the bus. If you are traveling long distances you will need to book the ticket in advance.

The bus station in Santiago is now conveniently located next to the train station.

To get back to Porto or Lisbon the quickest and best way from Santiago is by bus. Both Flixbus and Alsa run the route several times a day.



For timetables and reservations:

[ALSA.com](https://www.alsa.com/)

[AVANAZA.com](https://www.avanza.com/)

[MONBUS.com](https://www.monbus.com/)

[FlixBUS.com](https://www.flixbus.com/)

[RedeExpresos.com](https://www.redeexpresos.com/)

TAXI: Taxis are available almost anywhere along the camino. If you need you can call one to pick you up along the camino if you become tired or can not walk any more. Uber is available in Lisbon and Porto

Safety, Medical & Insurance:

SAFETY:

Spain is a very safe country, but petty crime such as pickpocketing and theft still happens, so beware of your belongings at all times even in the albergues. Always carry your passport and cash on you, do not leave them in your hotel or albergue dorm when you are not there unless you have a safe.

To keep my passport and extra credit cards safe, I use a rfid blocking hidden pocket from Eagle Creek that attaches to my belt and tucks it into my pants. For the nighttime or when sleeping or going to the shower I have a small Pacsafe safe-pouch that I can attach to the frame of the bed where I can put all my valuables in.

<https://www.eaglecreek.com/>

<https://pacsafe.com/>

MEDICAL:

Doctors, dentists and Hospitals and Clinics in Spain are of international standards and are much less expensive than the USA. Most big cities have hospitals and smaller towns have emergency clinics that are called Ambulatorios. Most every town and village will have a pharmacy that can be spotted from afar because of its neon green cross. Bigger towns usually have at least one that is open 24 hrs and its location will be posted at ones that are closed as “Farmacia de Turno”.



INSURANCE:

It is a good idea to have travel insurance with emergency repatriation coverage in case needed.

The **Emergency Services Telephone** number in Spain is **112**

Money and ATM's:

CURRENCY: Portugal and Spain run on the Euro. Credit Cards are accepted at hotels and most restaurants. Use banks to exchange money as exchange houses usually charge very high exchange rates.

ATM: ATM's work very well and even the smallest towns usually have a bank and ATM. La Caxia and Unicajal charge the lowest ATM fees, Santander on the other hand can be as high as €7 to €8 per transaction.

BUDGET: Calculate on spending at least anywhere between €30 to €75 a day.

Cell Phone and Wifi Service:

Most every cafe, bar and albergue and hotel in Spain offers free wifi. If you need to ask for a password ask for the “clave”

Check your service providers roaming and data charges and see if they offer an international package. If you have an unlocked cell phone you can simply buy a local prepaid SIM Card from Movistar, Vodafone or Orange upon arrival at the airport in Madrid and add call minutes and data as needed. It will save you a lot of money in data and roaming charges in the long run. A 30 day unlimited call and text plus 15 gb data cost about €10 to €20.

Pilgrims Passport - Credencial:

Every pilgrim on the Camino should carry his Passport and also a Pilgrims Passport or Credencial, which serves as proof that you are a pilgrim and also that you have walked the stages. Some Municipal Albergues do not require it but at Pilgrims Albergues it is required.

It is a good idea to get one beforehand as many times it is difficult getting one at the start of your camino if you are pressed for time. In Sevilla you can purchase one at the Cathedral in Lisbon.

The Credencial is like a passport that gets stamps at every Albergue or Hotel with their unique stamp and date of passage which serves as proof that you have walked that stage. Collecting the stamps along the way is a fun exercise and will bring back good memories when you go over them years later.



In order to get your Compostela Certificate that states that you have completed your pilgrimage to Santiago de Compostela you need to get 2 stamps a day on the last 100 kms of Camino.

Pretty much every bar and restaurant along the last stretch of the camino has stamps making this requirement a pretty easy and fun experience.

When you arrive in Santiago de Compostela you can get a very pretty Pilgrims Certificate issued for free with your name written in latin at the Pilgrims Office which is located just below the Plaza of the Cathedral going down the ramp by the Parador Nacional. For an extra 3 euros they will give you an official distance certificate, in case nobody believes you walked so much.

You can purchase a Credencial in advance from [Casa Ivar](#) online and he will mail it to you, else try the Cathedral in Lisbon.

Business Operating Hours:

Spain runs on EST European Standard time which is 1 hr ahead of GMT, and **Portugal is 1 hr behind**, but beware that Spain is famous for its SIESTA which means that from 1.30 to 4.30 pm most all shops CLOSE, but restaurants, bars and cafes stay OPEN!. To most first time pilgrims this is very confusing. It is also worth noting that most municipal albergues will not let you check in till after 1.30 pm even if you arrive early some will not even store your luggage, they lock the front door at 10 pm and you must leave by 8 am.



Monday - Friday:

SIESTA time: 1 pm- 3.30 pm

Stores: 9 am - 1 pm - SIESTA - 3.30 pm - 8.30 pm

Banks: 8 am - 1 pm

Restaurant: Lunch 1 pm - 4.30 pm, Dinner 8 - 12pm

Cafes: 6 am - 8.30 pm

Bar's: 9 am - 1 am

Pharmacies: 9 am - 1 pm - SIESTA - 3.30 pm - 8.30 pm There is always a Farmacia de Turno open 24 Hrs somewhere, usually there will be a sign on the door telling you where.

Supermarkets: Closed on Sundays, so be sure to stock up on Saturday.

Albergue Municipal Hours: Check in after 1.30 pm - Door Closed 10 pm - Check out 8 am

Saturday: In small towns and villages many shops and supermarkets close at 1 pm

Sunday: Most all shops except for some clothing stores and big shopping malls.

NOTE: It is also worth noting that a very high percentage of small businesses in Spain are closed for holidays in August and some catch up their vacation in September.

Camino Packing Guide

What to Pack for your Camino:

Two of the biggest mistakes people make when setting off on the Camino is overpacking and overthinking what they will need for a long walk on the Camino. I myself was very guilty of this on my first camino, this is why I am including a basic packing checklist as a guideline for you to follow so that you do not make the same mistake..

Weight is your biggest enemy when walking, if you don't pay attention to how much you are carrying in your backpack sooner or later your body or feet will pay the price...

A good rule of thumb is that your pack should not weigh more than 10% of your body weight. If you stick to that rule you will definitely have a much more pleasant and easy walk.



One thing you should know, that I didn't, is that there are washing machines or laundromats most anywhere you will stay along the way, so clean clothes are never a problem.

Many "pro" pilgrims only pack one extra change of clothes and do a quick hand wash upon of their t-shirt and underwear and socks upon arriving at wherever they are staying; whilst this is a great strategy if you want to walk with the least amount of weight and clothes, you will be forced to do your wash every day and will be worrying if your clothes will be dry by morning.

I personally recommend having 3 sets of underwear and t-shirts and socks, and 1 pair of long or convertible pants and some short pants, that way you don't have to be washing every day and get more time to explore and relax.

As far as footwear I highly recommend both boots and trail runners on the VLP as there is a lot of flat surface and a lot of rocky surfaces on the Sanabres. That said, whatever you decide to take, boots or trail runners, walk at least 50 km in them before you start your camino, that way you will not have as many problems with your feet. Good quality hiking socks are the second most important blister prevention tool, I can't stress this enough... do not use cheap tube socks... you will pay the price in blisters!

Having a pair of flip flops will make the walk to and from the showers in the albergues more pleasant and also give you feet some fresh air and relief after a long day's walk. I personally like to take two pairs of shoes either 2 trail runners or a pair of boots and trail runners, just so I can give my feet a break and change every now and then.

As far as sleeping bags go, most Municipal Albergues require you to use one or to use a sleeping bag liner as they do not provide blankets. Most provide you with disposable sheets that really are terrible, so taking a sleeping bag or liner for the summer months is recommended, as it will weigh you down less.

Just remember that each liter of water and all those snacks you carry also count to the total weight...

IMPORTANT: Your feet expand and flatten out considerably from walking many hours a day, so it is a good idea that you purchase your footwear about half to one size larger than you normally would. I personally recommend taking 2 pairs of shoes, as it is nice not to have to wear the same shoes all the time, especially after a long days walk. Next to your well worn in shoes, your socks are going to be the most important protection against blisters, so be sure you use good quality hiking socks, not the cheap 12 pack tube socks... good socks and some blister prevention tape make a big difference. I recommend Wigwam and SmartWool or Decatlon Merino Wool socks, they may be a bit more expensive at first but you will not be paying the price in blisters later.

Luggage - Backpack Forwarding - Storage:

You can always tell a true pilgrim from the rest as they most always are lugging their big backpack along as opposed to strolling along with a small day pack. Many short term or weekend pilgrims opt not to walk with their backpacks and have their luggage forwarded on from one stage to the next as they walk the Camino.

But using a luggage transport service is a good option if you have any physical ailments or problems or simply no longer want to burden yourself with your large backpack.

The cost per bag is anywhere from €5 to €12 per stage depending on service and time of year. In the summer most routes offer this service, in the winter months the service is limited and more expensive.



One thing to keep in mind is that you need have to have a specific location (hotel or private albergue) to send your luggage to, so you will need to make a reservation at a hotel or private albergue, as Municipal Albergues do not accept reservations or luggage (they are on a first come first served basis) and will not accept your bags if you are not there.

If you have an onward trip that doesn't involve backpacking after you arrive in Santiago de Compostela an option is to send your luggage to the Correos in Santiago or else to Casa Ivar in Santiago for safekeeping till you arrive. Once you finish the Camino you will be able to pick up your suitcase in the office that Correos has next to the Cathedral of Santiago (Rúa do Franco, 4). They store them for up to 45 days so you can walk the Camino calmly and worry-free. There is a small per day fee that they charge, but you will

have the peace of mind knowing your luggage is safe and sound. For mailing addresses and further details go to the websites below.

If you stay at the Seminario Menor in Santiago, you can lock up your backpack for a days in the lockers on the ground floor for only €2.

Else if you just want to leave your backpack somewhere for a few hours while exploring Santiago, Pilgrims House a few blocks from the Cathedral offers free backpack storage for a few hours.

For more information on all of these these services visit:

Transport:

[Correos](#)

[Jacotrans](#)

[Caminofacil](#)

Storage:

[Casa Ivar](#)

[Pilgrims House](#)

Camino Packing Checklist

- ☐ Hiking Backpack 28L to 40L - ca. 10% of your body weight when full

CLOTHING:

- ☐ 3x T-Shirts Merino or Quick Dry Wicking Synthetic. Avoid cotton (Heavy & Slow Drying)
- ☐ 1x Long sleeve shirt For protection from sun and cold.
- ☐ 1x Long Hiking Pants Or Convertible Pants - Flexible and Light and fast drying
- ☐ 1x Hiking shorts
- ☐ 3x Underwear Ex Officio Wicking - Fast Drying
- ☐ 1x Sweater - Fleece Polartec or Smartwool
- ☐ 1x Warm Down Jacket W From October to May
- ☐ 1x Light Rain Jacket For in town or light drizzles and windy Stages
- ☐ 1x Backpacking Poncho Over backpack type will keep you and your backpack dry!
- ☐ 1x Hat or Wool Cap Sun / Cold protection
- ☐ Gloves W From October to May

FOOTWEAR:

- ☐ 1 x Hiking Boots Be sure to break them in well before setting out on your camino!
- ☐ 1x Trail Runners For summer months and asphalt sections.
- ☐ 1x Flip Flops For albergue showers and airing feet
- ☐ 3 x Good Hiking Socks Merino Wool are best

SLEEPING:

- ☐ Sleeping Bag W Required in some Albergues.
- ☐ Sleeping Bag Liner S For warm weather instead of Sleeping bag
- ☐ Pillow Case Also can double as a laundry bag.
- ☐ Earplugs To get rest in Albergue

TOILETRIES & FIRST AID:

- ☐ Quick Dry Towel Most albergues don't offer towels
- ☐ Toiletry Kit Toothbrush, Travel Size Toothpaste, Razor, Soap + Shampoo, Q Tips
- ☐ First Aid Kit Ibuprofen, Vaseline, Compeed, Band Aids, Bandage, Blister Tape
- ☐ Sunscreen S&W
- ☐ Lip Balm With SPF Protection

HIKING GEAR:

- ☐ Water Bottle or Camelback 750cc to 1L Remember that each liter of water is 1kg you carry!

- | | |
|---|---|
| <input type="checkbox"/> Hiking Poles | They will give you extra support on downhill and on the uphill sections |
| <input type="checkbox"/> Knee Support Braces | If you have problems with your knees I recommend taking a pair |
| <input type="checkbox"/> Gaiters | Keeps gravel and mud out of boots and pants |
| <input type="checkbox"/> Headlight / Flashlight | For early morning start - Night in dorms |

ELECTRONICS:

- | | |
|--|---|
| <input type="checkbox"/> Euro Plug Adaptor | Most electronics are 110 - 220 V so no voltage converter needed |
| <input type="checkbox"/> Phone | Chargers, Cables, Check your roaming fees & international packages! |
| <input type="checkbox"/> Camera | Lenses, Chargers, Cables, SD Cards, Batteries |
| <input type="checkbox"/> Headphones | |
| <input type="checkbox"/> Watch - Fitness Tracker Charger | |

NON ESSENTIAL EXTRAS:

- | | |
|--|---|
| <input type="checkbox"/> Umbrella | For sun and rain / drizzle |
| <input type="checkbox"/> Swiss Army Knife | |
| <input type="checkbox"/> Power Bank | For extra charge for phone and other electronics |
| <input type="checkbox"/> Compression Sacks | Keep things organized and save some space in your backpack |
| <input type="checkbox"/> Backpack Rain Cover | |
| <input type="checkbox"/> Guide Book - Apps | I recommend apps over books as it can weigh as much as 3 t-shirts! |
| <input type="checkbox"/> Spoon, Fork, Knife | For on the go eating - The plastic ones you get on airline work great |
| <input type="checkbox"/> Small Day Pack | Small bag or backpack for shopping, sightseeing trips |

NOTE: If you forgot anything or need to replace any hiking gear, Decathlon is a major sporting gear chain that has large outlets along the Camino Portugués in Lisboa, Porto, Vigo and Santiago, They stock pretty much anything you may need for hiking at very reasonable prices and are of decent quality. You can also buy on Amazon.es and ship to their drop boxes that are available in most big cities in Spain.

[Decathlon.com](https://www.decathlon.com)

[Amazon.com](https://www.amazon.com)

[Rei.com](https://www.rei.com)

W= Recommended in Winter S = Recommended in Summer

LISBON TO SANTIAGO via PORTO STAGES

Start

Lisboa

Highlights of the Day: Streets of Lisbon -
Cathedral - Walk along the Douro River -
Riding Streetcars - Monastery

Worthwhile Seeing and doing:

[Cathedral](#)

Chiado Area - Shopping

Barrio Alto Bars - Nightlife

[Castelo St George](#) Castle

Ride the Street Cars

Ride [Elevador da Bica](#)

Eat a bifana at [Alonso's](#)

[Time Out Market](#) food court.

Graffiti Tour

Visit the the [Jeronimos Monastery](#)

Watch Sunset at [Miradouro Santa Catarina](#)

City views from [Miradouro Sao Pedro de Alcantara](#)



Shopping:

[LX Factory](#) - Hip industrial loft - shops

[EmbaiXada](#) - Cool mini boutique shopping

[Decathlon](#) - Hiking gear - Close to camino on the way out of Lisbon!

Day Trips:

[Cascais](#)**** - Cute but Touristy seaside town - 55 min train from [Cais do Sodre Station](#)

[Sintra](#)**** - Very touristy but has a nice old town - 55 min train from [Rossio Station](#)

Stay: [Lisbon Colors Apartments](#) Barrio Alto [W&D,K,B Incl](#)

[Raw Culture Lofts](#) Barrio Alto - Hip

[Browns Downtown Hotel](#) Central - Hip

[Hotel Mondial](#) Central

[Intendente 1865](#) Cheap

Eat: [Cervejaria Ramiro](#) - Seafood \$\$\$

[As Bifanas do Alonso](#) - Fast Food \$

[Zero Zero](#) - Great pizza and Garden

[The Green Affair](#) - Chiado - Vegan \$

[Copenhagen Coffee Lab](#) - Chiado - Coffee

[Chiado Cafe](#) - Good pastel de nata

Stage 1

Lisboa > Azambuja

Services: [A,H,S,R,B,C,P,\\$](#) - Rail, Bus

Population: 21.814

District: Lisbon

Region: Alentejo



Stage Distance: 47.7 km - 29.4 miles

Stage Difficulty: Easy

Terrain: Flat

Walking Surface: Street, Busy Road, Dirt Road

Scenery: City, Industrial, Fields

Highlight of the Day: Streets of Lisbon - Lisboa Cathedral
Walking alongside Douro River

Stay: [Casa de Rainha](#) K



Stage 2

Azambuja > Santarém***

Services: [A,H,Pa,S,R,B,C,P,Ti,\\$](#) Rail, Bus

Population: 58.1614

District: Santarem

Region: Lezíria de Tejo



Stage Distance: 32.1 km - 20.6 miles

Stage Difficulty: Easy

Terrain: Flat

Walking Surface: Dirt Road

Scenery: Fields

Highlight of the Day: View over Douro River
from Castle in Santarém

Stay: [Santarem Hostel](#)**** W,B Incl



Stage 3

Santarém > Golegã

Services: [A](#),[H](#),[S](#),[R](#),[B](#),[C](#),[P](#),[Ti](#),[\\$](#)

Population: 5.937

District: Santarem

Region: Lezíria de Tejo

2 November

Stage Distance: 37.6 - 23.4 Miles

Stage Difficulty: Easy

Terrain: Flat

Walking Surface: Dirt Road, **Dangerous Road!!**

Scenery: Open Fields, Villages

Highlight of the Day: Field with church outside of Golega

Stay: [Casa da Tia Guida](#)
[Lusitanus Hotel](#)



Stage 4

Golegã > Tomar****

Services: [A](#),[H](#),[Pa](#),[S](#),[R](#),[B](#),[C](#),[P](#),[Ti](#),[\\$](#)- Rail, Bus

Population: 40.776

District: Santarem

Region: Centro

Stage Distance: 31.5 km - 19.6 miles

Stage Difficulty: Easy

Terrain: A bit hilly

Walking Surface: Dirt Road, Narrow Roads

Scenery: Fields & Villages

Highlight of the Day: Old Town of Tomar,
[Convento de Cristo****](#), [Walking on Aqueduct](#)

Stay: [Hostel 2300 Thomar](#)***** [W&D](#),[B](#),[K](#)
Eat: [Taverna Antigua](#)*** Medieval Restaurant
[Hanne Cafe](#) Great coffee!!



Stage 5

Tomar > Alvaiázere

Services: [A](#), [H](#), [S](#), [R](#), [B](#), [C](#), [P](#)

Population: 7.278

Province: Leiria

Region: Centro

Stage Distance: 32.9 km - 20.5 miles

Stage Difficulty: Easy

Terrain: Hilly at first then flat.

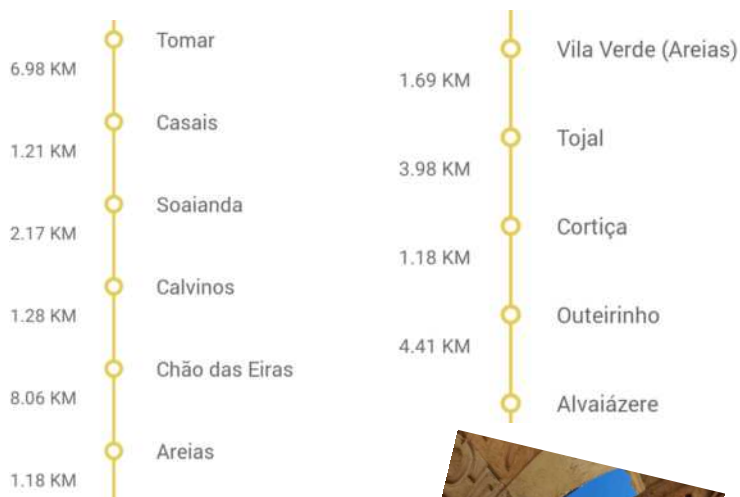
Walking Surface: Dirt Road, Asphalt Road

Scenery: Hilly

Highlight of the Day: Morning walk by river outside of Tomar

Stay: [O Bras Hotel](#) [D](#)

Eat: O Bras Restaurant



Stage 6

Alvaiázere > Rabaçal

Services: [A](#), [H](#), [S](#), [R](#), [B](#), [C](#), [P](#)

Population: na

District:

Region:

Stage Distance: 26.38 km - 16.4 miles

Stage Difficulty: Easy

Terrain: Flat for the most, some hills

Walking Surface: Road, Dirt Road

Scenery: Olive groves, Fields

Highlight of the Day: Olive Groves

Stay: [Albergue O Bonita](#) [W](#), [B](#), [L](#)

Eat: [O Cantinha do Clothilde](#)



Stage 7

Rabaçal > Coimbra*****

Services: [A](#),[H](#),[S](#),[R](#),[B](#),[C](#),[P](#),[Ti](#),[\\$](#) Rail, Bus

Population: 143.936

District: Coimbra

Region: Centro

Stage Distance: 37 km - 23 miles

Stage Difficulty: Easy

Terrain: Flat

Walking Surface: Dirt Road, Asphalt Roads, Streets

Scenery: Fields, Villages, Urban

Highlight of the Day: Exploring Coimbra and its University

Stay: [Hotel Astoria](#)**** B,Di

Eat: [Cordel](#)



Stage 8

Coimbra > Sernadelo

Services: [A](#),[H](#),[S](#),[R](#),[B](#),[C](#),[P](#)

Population: na

District: Averno

Region:

Stage Distance: 25.5 km - 15.9 miles

Stage Difficulty: Easy

Terrain: Flat

Walking Surface: Streets, Asphalt Road

Scenery: City, Villages & Open Fields

Highlight of the Day: Villages along the way.

Stay: [Residencial Hilerio](#) W,Di

Eat: Albergue restaurant**** Great food!



Stage 9

Sernadelo > Águeda

Services: [A](#),[H](#),[Pa](#),[S](#),[R](#),[B](#),[C](#),[P](#),[Ti](#),[\\$](#)

Population: 80.932

District: Aveiro

Region:

Stage Distance: 25.5 km - 15.8 miles

Stage Difficulty: Easy

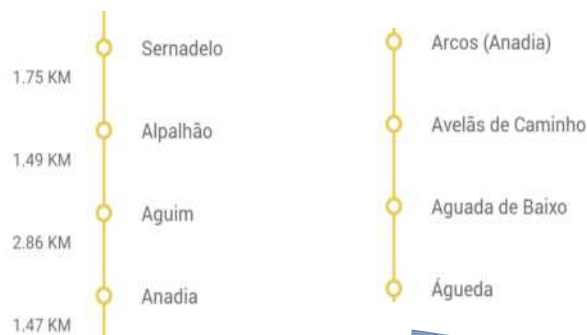
Terrain: Flat

Walking Surface: Road, Dirt Road

Scenery: Villages, Fields, Eucalyptus Forest

Highlight of the Day: Exploring the town of Agueda and it Umbrellas

Stay: [Albergue Hostel and Friends](#) W&D,B incl



Stage 10

Águeda > Pinheiro

Services: [A](#)

Population: na

District: na

Region: na

Stage Distance: 31.5 km - 19.6 miles

Stage Difficulty: Easy

Terrain: Flat

Walking Surface: Street, Dirt Road

Scenery: Fields, Eucalyptus Forest, Villages

Highlight of the Day: Mohino Garcia Albergue and Waterfall Shower

Stay: [Albergue Mohino Garcia](#)***** W&D,B,Di,K

Eat: Communal Meal Mohino Garcia



Stage 11

Pinheiro > Porto*****

Services: [A,H,S,R,B,C,P,\\$](#) [Air,Rail,Bus,Metro](#)

Population: 135.189

District: Porto

Region: Norte

Note: I took an unofficial route via the coast using Google maps, as the host said the official route was all roads and boring!

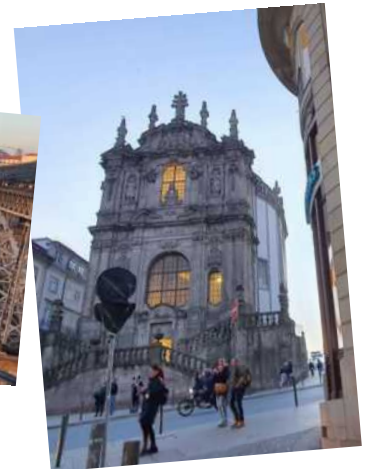
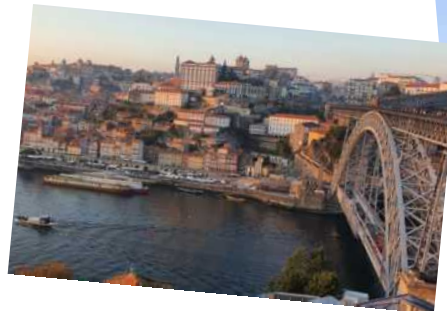
Stage Distance: 55.9 km - 34.8 miles

Stage Difficulty: Very Easy

Terrain: Flat

Walking Surface: Road, Dirt Road,
Wooden Board Walk

Scenery: Forest, Fields, Industrial, Beach,
Resort Towns



Highlight of the Day: Sunset on Bridge

Stay: [The Central House Porto Ribera](#)****

[Oporto House](#) **** B

Eat: [Mercado Bom Sucesso](#) - Good food court!

[Sagardi](#) - Tapas

Shop: [Decathlon](#) - Hiking gear

Stage 12

Porto > Vila do Conde****

Services: [A,H,S,R,B,C,P,Ti,\\$](#) [Air,Rail,Bus,Metro](#)

Population: 79.563

District: Porto

Region: Norte

Stage Distance: 41.9 km - 26.1 miles

Stage Difficulty: Very Easy

Terrain: Flat

Walking Surface: Streets, Wooden Boardwalk

Scenery: City, Beach, Fishing Villages, Resort Towns

Highlight of the Day: Walking on the boardwalk and the typical fishing villages, the modern HI Albergue

Stay: [Albergue Hosteling International](#)***** B Inc.

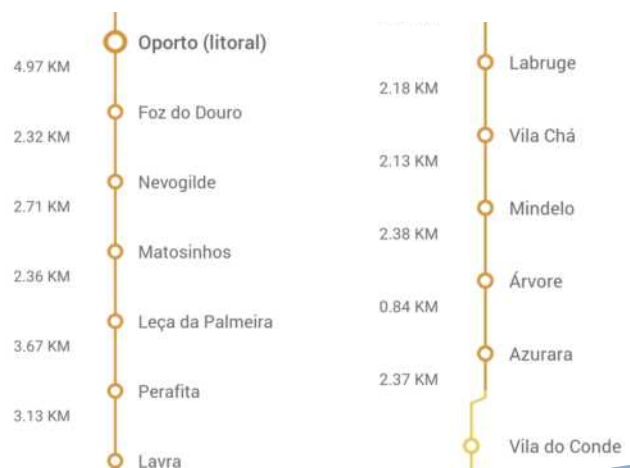
Fantastic Albergue!!!

[Hotel Brazao](#)**

Eat: [Restaurante Farol](#) - Seafood

[DARZ Burger](#)***** - Amazing burgers!!

— = Alternative Route — = Official Route



Stage 13

Vila do Conde > Antas

Services: [H,S,R](#)

Population: na

District:

Region: Norte

Stage Distance: 29.2 km - 18.2 miles

Stage Difficulty: Very Easy

Terrain: Flat

Walking Surface: Streets, Wooden BoardWalk

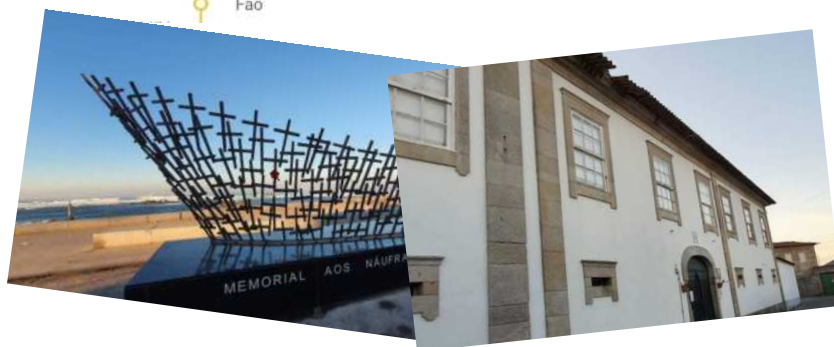
Scenery: Beach, Villages

Highlight of the Day: Viana de Castello
& Village of Antas

Stay: [Albergue Marhinas](#)

[Antas Guest House](#)**** W,B,K

Eat: [Restaurante Carrioca](#)



Stage 14

Antas > Carreço

Services: [A,H,S,R,B,C,P](#) Rail, Bus

Population: N A

District: Viana do Castelo

Region: Norte

Stage Distance: 21.07 km - 13.1 miles

Stage Difficulty: Easy

Terrain: A bit hilly

Walking Surface: Streets, Dirt Roads

Scenery: Villages, Forest

Highlight of the Day: Viana do Castelo,
Villages on the way. Hospitality at Albergue!

Stay: [Albergue Casa do Saradao](#)**** W&D,K

Eat: [Restaurante Sergio](#)**** Best steak in Portugal



Stage 15

Carreço > Caminha

Services: [A,H,S,R,B,C,P,T,\\$i](#) Rail, Bus

Population: 16.648

District: Viana do Castelo

Region: Norte

Stage Distance: 21.07 km - 13.1 miles

Stage Difficulty: Very Easy

Terrain: Flat

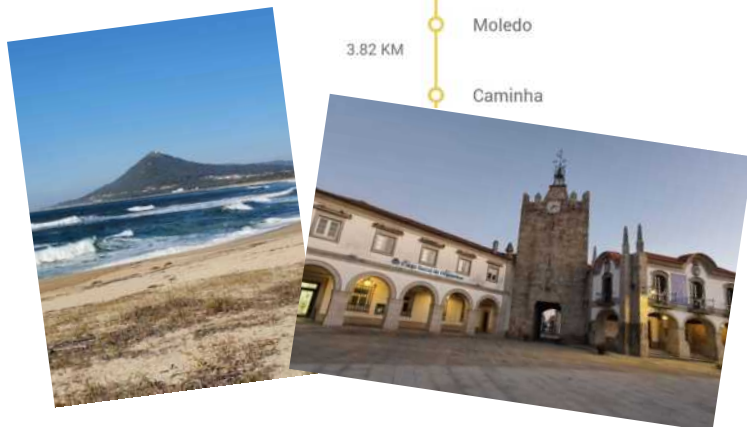
Walking Surface: Cobble Stone Streets,
Wooden Board Walk

Scenery: Villages, Rugged Seafront

Highlight of the Day: Walking along Rugged
Seashore and Beaches

Stay: [Hostel Arca Nova](#)*** K,V,B incl

Eat: [Solar do Pescado](#) (Michelin Guide Recommended)



Stage 16

Caminha > Baiona

Services: [A,H,Pa,S,R,B,C,P,\\$](#) Rail, Bus

Population: 12.134

Province: Pontevedra

Region: Galicia

18 November

Stage Distance: 41.8 km - 26 miles

Stage Difficulty: Easy - But Long

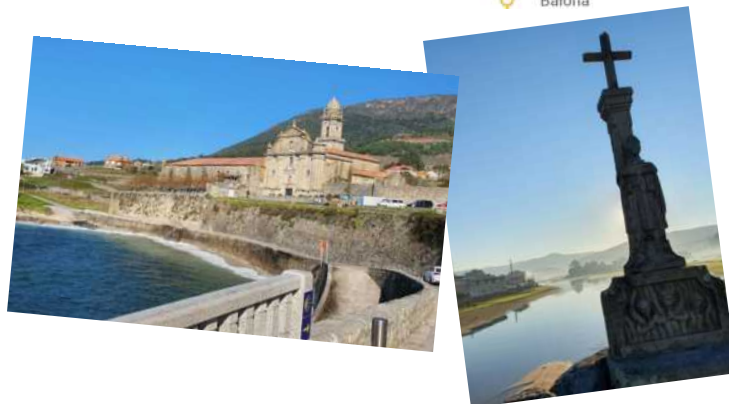
Terrain: Flat

Walking Surface: Wooden Board Walk,
Asphalt Road

Scenery: Rugged Seafront, Villages

Highlight of the Day: The speedboat ride
over to Spain - Seeing woman collect Percebes

Stay: [Albergue Estella do Mar](#)*** W&D,B,K



Stage 17

Baiona > Vigo****

Services: [A,H,S,R,B,C,P,\\$](#) Rail, Bus

Population: 293.567

Province: Pontevedra

Region: Galicia



Stage Distance: 33.3 - 20.7 miles

Stage Difficulty: Moderate - Long

Terrain: Flat

Walking Surface: Streets, Dirt Path, Roads, Boardwalk

Scenery: City, Forest, Beach, City

Highlight of the Day: Port of Baiona at sunrise

Exploring Vigo and its Ship Yards



Stay: [Albergue Municipal de Vigo](#)*** [W&D,K](#)

Stage 18

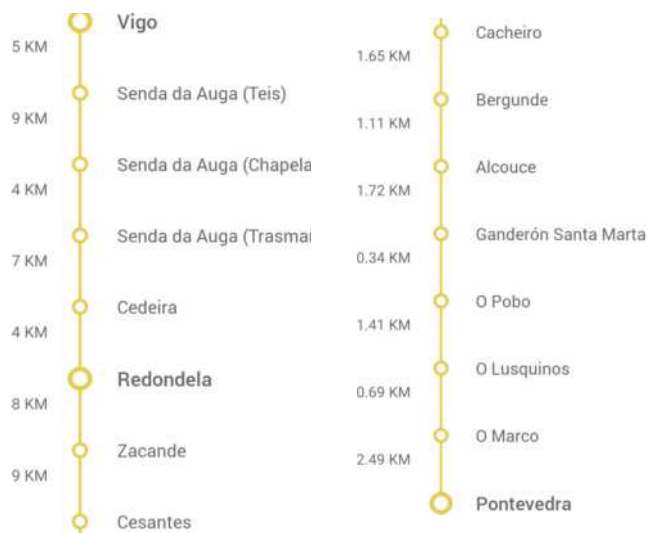
Vigo > Pontevedra

Services: [A,H,S,R,B,C,P,\\$](#) Rail, Bus

Population: 82.802

Province: Pontevedra

Region: Galicia



Stage Distance: 35.8 km - 22.3 miles

Stage Difficulty: Moderate - But Long

Terrain: Flat

Walking Surface: Streets, Dirt Path, Roads

Scenery: City, Forest, Beach, City

Highlight of the Day: Forest walk outside of Vigo

Villages along the way.

Stay: [Albergue dPaso](#)**** [W&D,K](#)

[Albergue Municipal Virxe](#)

Eat: [A Casa de Piedra](#)



Stage 19

Pontevedra > Caldas de Rei***

Services: [A,H,S,R,B,C,P,\\$](#) Bus

Population: 9.860

Province: A Coruna

Region: Galicia

Stage Distance: 22.8 km - 14.2 miles

Stage Difficulty: Moderate

Terrain: Hilly

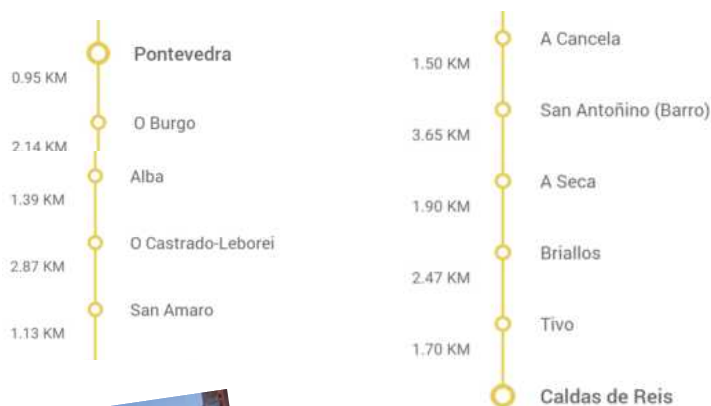
Walking Surface: Streets, Dirt Path, Roads

Scenery: City, Forest

Highlight of the Day: Soaking in
Hot Springs at Spa Davila and
Lunch at O'Munio in Caldas!

Stay: [Pension As Burgas****](#) B inc
[Hotel Spa Davila](#)

Eat: [O Muino****](#) - Fantastic Menu del Dia



Stage 20

Caldas del Rey > Padron

Services: [A,H,S,R,B,C,P,T,\\$i](#) - Rail, Bus

Population: 96.000

Province: A Coruna

Region: Galicia

Airport: SCQ

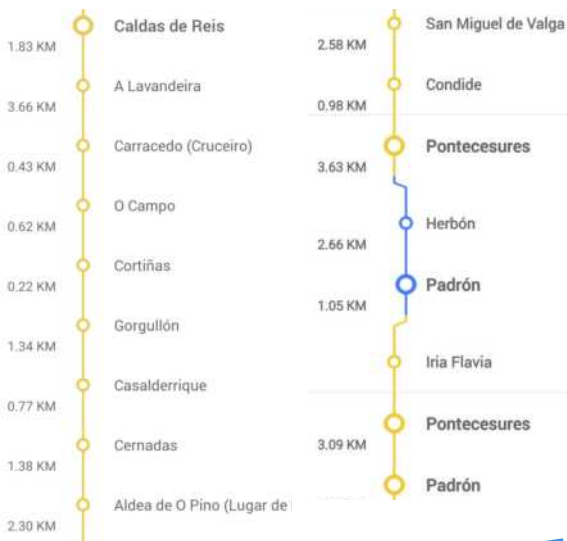
Stage Distance: 48.9 km - 30.4 miles

Stage Difficulty: Easy

Terrain: Mostly flat but with some hills

Walking Surface: Road, Walking Path, Streets

Scenery: Villages, Hilly Countryside



Stay: [Albergue de Peregrinos de Padron 46](#)

Eat: Piminetos de Padron!

Stage 21

Padron > Santiago de Compostela

Services: [A,H,Pa,S,R,B,C,P,T,\\$i](#) - Air, Rail, Bus

Population: 96.000

Province: A Coruna

Region: Galicia

Airport: SCQ

Stage Distance: 48.9 km - 30.4 miles

Stage Difficulty: Easy

Terrain: Mostly flat but with some hills

Walking Surface: Road, Walking Path, Streets

Scenery: Villages, Hilly Countryside

Highlight of the Day: Arriving in Santiago de Compostela
[Getting Compostela](#) - Meeting up with fellow pilgrims again

Worthwhile Seeing and doing:

Pilgrims Mass at the [Cathedral](#)

[Cathedral Museum](#)

[Portico de la Gloria Tour](#)

[Pilgrims Museum](#)

Coffee at the [Parador](#) Tea in garden at [Costa Vella Hotel](#)

Visit the [Pilgrims House](#)

Sunset on the [Plaza Obradoiro](#)

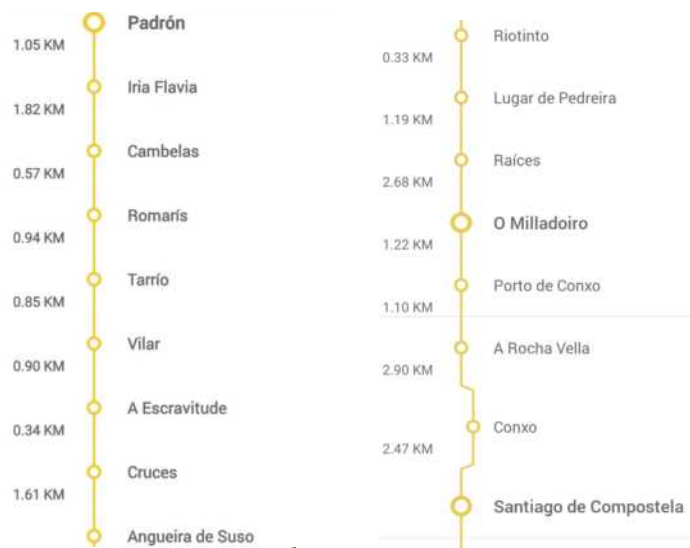
Walk to Finisterre!

Don't miss:

Get your Compostela Certificate at the [Pilgrims Reception Office!](#)

Eating at [A Horta d'Obratorio](#)

Pilgrims Mass



Stay: [Albergue Seminario Menor](#)***** W&D,B,K,V 15 min walk to Cathedral Cheap single rooms
[Seminario Mayor](#)*** B,L,D By Cathedral - Pilgrims get when asking when reserving
[Hotel Alda Aligia](#)**** W&D,B Central - Cozy rooms.
[Parador Naciona Hospital Real](#)**** B,L,D By Cathedral - Splurge
[Hotel Costa Vella](#) *** B Center - Hotel with very nice garden

Eat: [A Horta d'Obratorio](#)**** (Michelin Guide Recommended) Reservation needed
[Casa Manolo](#) - Good for groups
[Enxebre](#) - Close to Cathedral - Parador

Chill: [Cafe La Morena](#) - Great Coffee
[Cost Vella](#) - Nice Garden - Quiet Spot
[Pilgrims House](#) - Luggage storage - Quiet Spot - Camino Debrief

Services Codes: **A**= Albergue **H**= Hotel **Pa**= Parador **S**= Supermarket **R**= Restaurant **B**= Bar **C**= Cafe **P**= Pharmacy
Ti= Tourist Info **W**= Washing Machine Only **W&D**= Washer-Dryer **B**=Breakfast **L**=Lunch **D**=Dinner **K**= Kitchen
V=Vending Machine **** = Fantastic Worth a visit!

I hope you enjoyed this guide and that you get good use out of it. If you have any questions or comments, please feel free to contact me at rolf@magener.com

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