

CAMINO PORTUGUES DA COSTA

PORTO TO SANTIAGO DE COMPOSELA

10 STAGES

The Camino Portugués has several routes, one of the most popular is the Caminho da Costa that starts in the city of Porto, one of the most picturesque cities in the world.

Along the way, pilgrims can enjoy the unique culture and cuisine of Portugal, including delicious seafood, fresh pastries, and local wines, the route passes through the picturesque towns and villages of the Portuguese and Spanish coastline up to Vila do Conde, Vaina do Castelo, Vigo, Pontevedra and Padron before reaching Santiago de Compostela.

From Porto it is only about 5 or 6 days till you arrive at the Spanish border as the Coastal route or the Portuguese is very flat, making walking through countless tiny villages a pleasure. Viana do Castello just 2 days from the Spanish border is the perfect resting point in case you need a break or want to savor Portugal a bit more.

The early morning boat ride over to Spain from Caminha can be chilly, but it is a short one.The last few days of the camino through Galicia from Baiona to Santiago are a bit more challenging physically than the walks in Portugal, but the beauty of the Galician countryside and villages you get to make it all worthwhile.

The Camino da Costa Português da Costa is one of the most pretty and most diverse of all caminos. With each step you take along it, the scenery, architecture, people, food and culture slowly merge from one to another, the closer you get to Santiago you may also start to notice certain changes that have taken place inside of you.

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

Bon Camino… Good Way!

Wishing you a Bon Camino!!

Guide Index

The Basics

When to go Page 3
Physical preparation Page 3
Guide Books, Maps and Apps Page 4
Finding your way Page 4
Lodging Page 4
Eating and Food Page 6
Getting there and away Page 7
Safety, Health & Insurance Page 8
Money Page 8
Business Operating Hours Page 8
Cell Phone and Wifi Service Page 8
Camino Passport - Compostela Page 12
Camino Packing Guide Page 10
What to Pack for your Camino Page 10
Luggage - Backpack Transfer Service & Storage Page 10
Camino Packing Checklist Page 12

Camino Portugues Stages

Stage 1 Porto > Vila do Conde Page 15
Stage 2 Vila do Conde > Antas Page 16
Stage 3 Antas > Carreçeo Page 16
Stage 4 Carreço > Camhina Page 17
Stage 5 Caminha > Baiona Page 17
Stage 6 Baiona *> Vigo* Page 18
Stage 7 Vigo > Pontevedra Page 18
Stage 8 Pontevedra > Caldas de Reis Page 19
Stage 9 Caldas de Reis > Padrón Page 19
Stage 10 Padrón > Santiago de Compostela Page 20

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 Portugues da Costa usually lasts anywhere from 10 to 14 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 Portugues 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 open in the wintertime 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, especially as this Camino Portuguese is very flat.

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:

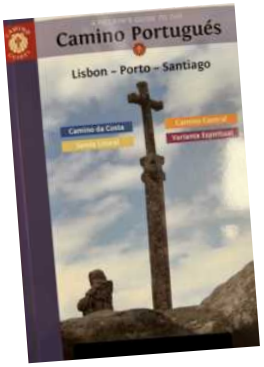
- Wear proper fitting and well broken-in footwear.
- Make sure your backpack weighs as little as possible. (aim for less than 10% of your body weight)
- Walk at your own pace… and remember it is not a race.
- Listen to your body.
- Know your limits.

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…

Remember to stop and rest, pace yourself!

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 tshirts!
For this reason I recommend smartphone app such as Buen Camino, Gronze or Camino Ninja instead, as they provide much os 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: for Android:

A Pilgrim Guide Series
Wise Pilgrim Series

Apps for iPhone:

Buen Camino
Camino Ninja
Wise Pilgrim
Camino Tool
Gronze

Apps

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 yellows arrows to indicate the right way at the various tricky crossroads along the trail leading to Santiago.



On this route you will usually also see a blue arrow pointing in the opposite direction guiding pilgrims on the way to Fatima, a famous pilgrimage site in Portugal.If you want to walk this route in the opposite direction you can follow the blue arrows all the way from Santiago.

Nowadays they 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 lamposts 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 albergues are run by the Xunta de Galicia and are usually very nice and modern.Private Albergues tend to be more comfortable than the Municipal ones and offer blankets and washing machines, are also more expensive.

but

Most albergues have a kitchen where one can cook, most private albergues will offer a communal dinner and basic breakfast at an additional charge.

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.

In Spain my favorite place to stay are Paradores Nacionales which are government run hotels that usually are found in fantastic historic locations. There are two on this Portugues, one in Baiona 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 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, 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.

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.

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...

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!

In Portugal I highly recommend the Central House Hostel in Porto, Hosting International in Vila do Conde which is in a wonderfully restored palace and also has private rooms and the Casa do Sardao in Carreco which has a 9.8 Rating on Bookings for a good reason. Once in Spain I recommend the Albergue Estela do Mar in Baiona and the

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. I would still highly recommend staying at the H.I. in Vila do Conde as it is amazing and Antas Guest House in Antas.

Most hotels and 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.

Accomodation 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
Hostelworld.com
Hotels.com
Trivago.com
Agoda.com
Paradores.es
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 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 or Tortilla or a Bocadillo 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 and Pastel de Nata 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 Portugues: In Lisbon try a Biffana at Bifanas Alonso, in Tomar eat a Medieval Meal at Taverna Antigua, Villa do Conde, DARZ Burger is one of the best burger joints outside of the USA, in Carracao Restaurante Sergio make an amazingly good steak, and just before you cross the border to Spain in Caminha celebrate at Solar do Pescado. In Caldas de Rey eat at O'Muno just as you cross the bridge into town and don't forget to eat some Pimientos de Padrón… in Padrón!

Getting there and away:

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

AIR: Porto (OPO) is 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. RyanAir and Easyjet offer very inexpensive flights from many cities in Europe.. Getting into town is pretty straight forward as both are on the metro or taxi.

Traveling by train or bus I is also a good option.



RAIL: 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

As of 2021 there are several new low cost choices such as IRYO and Ouigo that may serve Santiago soon. If you travel from Madrid North you will be leaving the Chamartin Train Station which is reachable via the Madrid Metro. 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 Santiiago to get fully booked days ahead, especially during long weekends and holidays.

For timetables and reservations:
RENFE
Ouigo
IRYO

Buses in Portugal and Spain 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 RedeExpressos are the two main companies operating in Portugal, but note that Flixbus doesn't always stop at the main bus terminal or the same terminal as RedeExpressos.

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.



For timetables and reservations:
ALSA.com
AVANAZA.com
MONBUS.com
FlixBUS.com
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 Porto

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Safety, Health & Insurance:

Spain is a very safe country, but petty crime 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.

To keep my passport and extra credit cards safe, I use a hidden RF blocking pocket from Eagle Creek that attaches to my belt and tucks it into my pants. For the nighttime or when 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/

Doctors, dentists and Hospitals and Clinics in Portugal and 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 in Spain they are called Ambulatorios. Most every town and village will have a pharmacy that can be spotted form 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”.

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: Spain and Portugal 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 cellphone you can simply buy a local prepaid SIM Card from Movistar, Vodaphone 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 all the stages.

In Municipal Albergues and Pilgrims Albergues it is required.

The Credencial is like a passport that gets stamps at every Albergue or Hotel with their stamp, their unique stamp and date of passage which serves as proof that you have walked that Stage.

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**.



Bars and restaurants along the camino will also offer stamps making this requirement a pretty fun experience.

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

Collecting the stamps along the way is a fun exercise and will bring back good memories when you go over them years later.

NOTE: It is a good idea to get one beforehand as many times it is quite difficult getting one along the way. You can purchase a Credencial in advance from Casa Ivar and they will send it to you, else the Tourist office or Cathedral in Porto at your starting point are your best places to try to get one.

Business Operating Hours:

Portugal uses UTC Spain runs on UTC +1, Spain runs on EST European Standard time which is 1 hr ahead of GMT, 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.



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

Farmacies: 9 am - 1 pm - SIESTA - 3.30 pm - 8.30 pm but there is always a Farmacia de Turno open 24 Hrs somwhere, usually there will be a sign telling you where.

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. *Supermarkets are closed on Sundays,* so be sure stock up on Saturday.

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**.

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

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; whist 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 to take trail runners on the Coastal route as most all of the walk is on flat trerrain and well kept trails, but walk at least 30 km in them before you start your walk, that way you will not have as many problems with blisters and sore feet. High 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.

Luggage - Backpack Transfer Service & 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.

Using the luggage transport service is a good option if you have any physical ailments or problems or simply don't want to burden yourself with a large backpack.,

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.



The cost per bag is anywhere from €5 to €12 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.

If you have an onward trip that doesn't involve backpacking after you arrive in Santiago de Compostela an option is to send your non backpacking luggage to the Correos in Santiago or else send it to Casa Ivar in Santiago for safe keeping 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.

If you stay at the Seminario Menor in Santiago, you can lock up your backpack for several 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 the Pilgrims House close to 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 in Santiago:
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, Blister & BandageTape
☐ Sunscreen	S&W	

☐ Lip Balm	With SPF Protection

HIKING GEAR:

☐ Hiking Poles	They will give you extra support on downhill and on the uphill sections
☐ Knee Support Braces	If you have problems with your knees I recommend taking a pair
☐ Gaiters	Keeps gravel and mud out of boots and pants
☐ Water Bottle/Camelback	750cc to 1L Remember that each liter of water is 1 more kg you carry!
☐ Headlight / Flashlight	For early morning start - Night in dorms
☐ Phone	Chargers, Cables and Adapters
☐ Camera	Chargers, Cables, SD Card, Batteries
☐ Headphones	
☐ Watch - Fitness Tracker	Don't forget the Charger!

NON ESSENTIAL EXTRAS:

☐ Umbrella	For sun and rain / drizzle
☐ Swiss Army Knife	
☐ Power Bank	For extra charge for phone and other electronics
☐ Compression Sacks	Keep things organized and save some space in your backpack
☐ Backpack Rain Cover	
☐ Guide Book - Apps	I recommend apps over books as it can weigh as much as 3 t-shirts!
☐ Spoon, Fork, Knife	For on the go eating - The plastic ones you get on airline work great
☐ 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 online outlets and in Porto, Vigo and Santiago. They stock pretty much anything you may need for hiking at very reasonable prices. You can also buy on Amazon.es and ship to their drop boxes that are available in most big cities and towns in Spain and Portugal.

Decathlon.com

Amazon.com

Rei.com

W= Recommended in Winter S = Recommended in Summer

PORTO TO SANTIAGO STAGES

Start

*Porto*****

Services: *A,H,S,R,B,C,P,$ Air,Rail,Bus,Metro*
Population: 135.189
District: Porto
Region: Norte



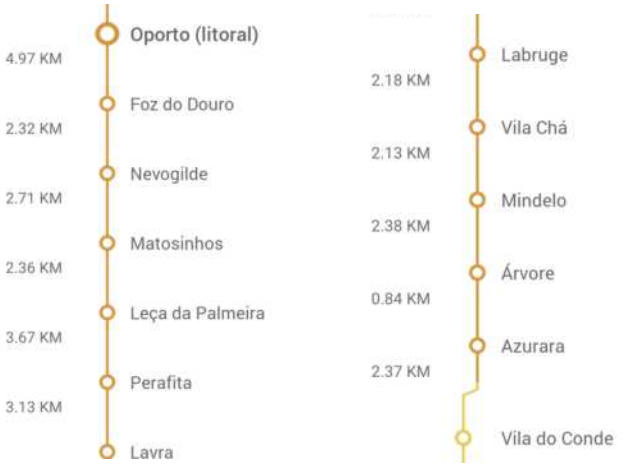
Highlight of the Day: Sunset by the Bridge

Stay: The Central House Porto Ribera****
Oporto House **** B
Eat: Mercado Bom Successo - Good food court!
Sagardi - Tapas
Shop: Decathlon - Hiking gear

Stage 1

*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 modernHI Albergue

Stay: Albergue Hosteling International***** B Inc.
Fantastic Albergue!!!
Hotel Brazao
Eat: Restaurante Farol - Seafood
DARZ Burger - Amazing burgers!!

— = *Alternative Route* — = *Official Route*

Stage 2

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

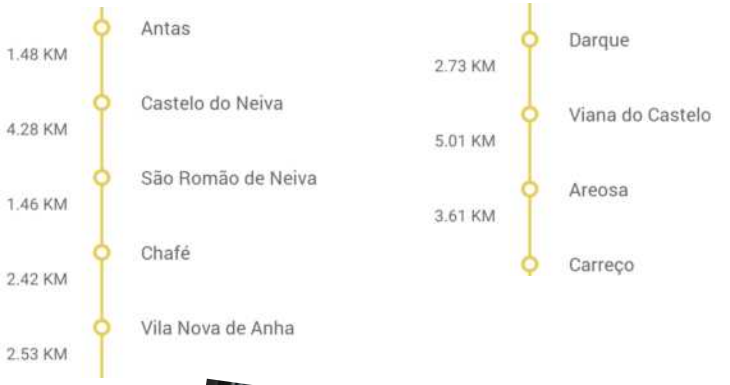
Stay: Albergue Marhinas
Antas Guest House**** W,B,K
Eat: Restaurante Carrioca



Stage 3

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: Vianan do Castelo, Villages on the way. Hospitality at Albergue!

Stay: Albergue Casa do Saradao**** W&D,K
Eat: Restaurante Sergio**** Best steak in Portugal



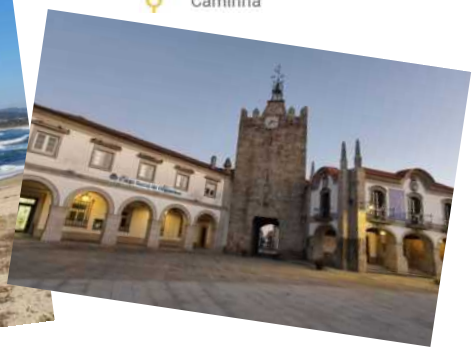
Stage 4

Carreço > *Caminha*

Services: *A,H,S,R,B,C,P,Ti,$ 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: CobbleStone Streets, Wooden BoardWalk
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 5

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
Parador de Baiona

Stage 6

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, Boardwlk.
Scenery: City, Forest, Beach, City

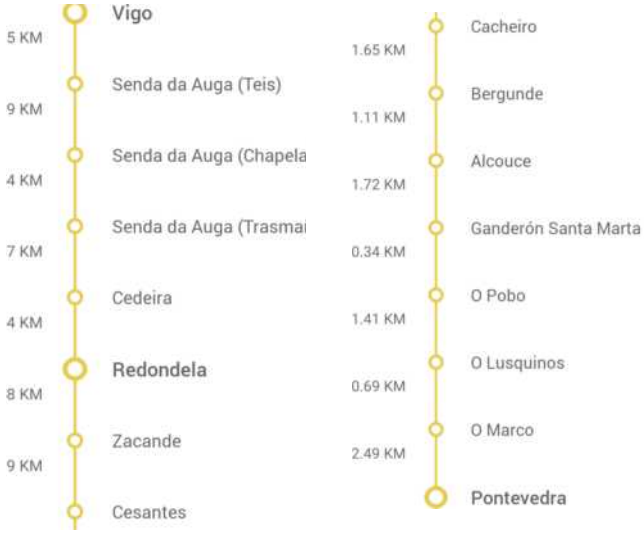
Highlight of the Day: Port of Baiona at sunrise
Exploring Vigo and its Ship Yards

Stay: Albergue Municipal de Vigo*** W&D,K

Stage 7

Vigo > *Pondevedra*

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 8

Pontevedra > *Caldas de Reis****

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***
Albergue Celenis K,WD
Eat: O Muino**** **-** Fantastic Menu del Dia

Stage 9

Caldas de Reis > *Padrón*

Services: *A,H,Pa,S,R,B,C,Rail, Bus*
Population: 26.000
Province: A Coruna
Region: Galicia





Stage Distance: *20.9 km - 13 miles*
Stage Difficulty: Easy
Terrain: Mostly flat but with some hills
Walking Surface: Road, Walking Path, Streets
Scenery: Villages, Hilly Countryside



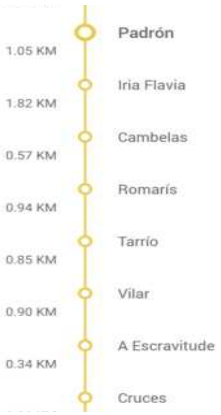
Highlight of the Day: Eating pimientos de Padton in Padron!

Stay: Albergue de Peregrinos de Pardon
Albergue O Perdon

Stage 10

Padrón > *Santiago de Compostela*

Services: *A,H,Pa,S,R,B,C,P,Ti,$ - Air, Rail, Bus*
Population: 96.000
Province: A Coruna
Region: Galicia
Airport: SCQ





Stage Distance: *18.9 km - 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.

Worthwhile Seeing and doing:
Pilgrims Mass at the Cathedral
Cathedral Museum
Portico de la Gloria Tour
Pilgrims Museum
Coffee at the ParadorTea 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 Reall**** 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**! $**= ATM Bank

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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OR SCAN QR CODE WITH YOUR PHONE

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