

# Litoral Way Portuguese Camino

## Walking stages

### Table of Contents

Stage 1. Se Cathedral, Porto to Vila Chã, 26 km/16 mi	2
Stage 2. Vila Chã to Aguçadoura, 20 km/12,4 mi	3
Stage 3. Aguçadoura to Esposende, 16 km/10 mi	4
Stage 4. Esposende to Viana do Castelo, 25 km/15,5 mi	6
Stage 5. Viana do Castelo to Caminha, 27 km/16,7 mi	7
Stage 6. Caminha (Portugal) to Viladesuso (Spain), 24 km/15 mi	8
Stage 7. Viladesuso to A Ramallosa, 19 km/11,8 mi	10
Stage 8. A Ramallosa to Vigo, 22 km/11,8 mi	11
Stage 9. Vigo to Redondela (the Central Route), 16,5 km/10,2 mi	12
Stage 10. Redondela to Pontevedra, 20,6 km/12,8 mi	13
Stage 11. Pontevedra to Caldas de Reis, 21 km/13 mi	15
Stage 12. Caldas de Reis to Padron, 18,5 km/11,5 mi	16
Stage 13. Padron to Santiago de Compostela, 25,5 km/15,8 mi	18

# Litoral Way Portuguese Camino

## Walking stages

### Porto to Santiago de Compostela, 274 km/170 mi

#### Stage 1. Se Cathedral, Porto to Vila Chã, 26 km/16 mi

- Distance - 26 km/16 mi
- Time - 5-6 hours
- Accumulated ascent - 242 m
- Accumulated descent - 273 m
- Walking surface - 15 km/9,3 mi – asphalt, 10 km/6,2 mi – boardwalks, 1 km/0,6 mi – cobbled
- Walking along the coast – 23,5 km/14,6 mi are along the Douro River and coast

#### Stops along the route stage 1

\*MA - municipal albergue    \*\*PA - private albergue

Distance	Name	Facilities
0-6 km/0-3,7 mi	Porto	Along the Douro River, restaurants and cafes. You can skip the first 6 km by taking a tram #1 or #18 from the Cathedral to Passeio Alegre.
6 km/3,7 mi	Foz de Douro	São João Baptista Fortress and Barra do Douro Lighthouse
10,5 km/6,5 mi	Matosinhos Information office	You can get a stamp and find out where to buy a Credential. The first official Camino sign since the Cathedral.

# Litoral Way Portuguese Camino

## Walking stages

10,5-13 km//6,5-8 mi	Through Matosinhos	Restaurants, shops, cafes, ATMs
13 km/8 mi	Tourism information office	You can get a stamp or find out where to get a Credential
13 km/8 mi	Leça da Palmeira	Hotels, restaurants, bars, shops
13-26 km/8-16 mi	Along the coast	Several cafes and restaurants along the beach. Some of them are closed in winter
15-26 km/9,3-16 mi	On the boardwalk	
17 km/10,5 mi	Aldeia Nova	Guesthouses, restaurant, bar
20 km/12,4 mi	Aguadela	A big supermarket, 400 m away from the Camino. It's the last big shop for the day.
23 km/14 mi	Praia de Angeiras	Orbitur Campsite, guesthouse
24 km/15 mi	Labruge, a small town	MA (900 m away from the route, inland), guesthouse, cafes, restaurants
26 km/16 mi	Vila Chã, a small town	MA (800 m from the Camino, inland), guesthouses, campsite, cafes, restaurant

### Stage 2. Vila Chã to Aguçadoura, 20 km/12,4 mi

- Distance - 20 km/12,4 mi
- Time - 4-5 hours (moving time)
- Ascent - 88 m
- Descent - 75 m
- Walking surface - 7,7 km/4,7 mi - boardwalk; 8 km/5 mi - tar road; 4 km/2,4 mi - cobbled; 300 m/0,3 mi - sand
- Walking along the coast - 17 km/10,5 mi out of 20 km/12,4 mi

# Litoral Way Portuguese Camino

## Walking stages

### **Stops along the route stage 2**

<b>Distance</b>	<b>Name</b>	<b>Facilities</b>
0-6 km/0-3,7 mi		Along the coast on the boardwalk
2,5 km/1,5 mi	Praia de Mindelo	Hotels, restaurants, a shop
4,8 km/3 mi	Praia do Árvore	Hotels, restaurants, cafes, a shop
5,5 km/3,4 mi	Praia da Azurara	A guesthouse, cafes
6-12 km/3,7-7,4 mi		The route goes inland through Vila do Conde
7,5 km/4,6 mi	Vila do Conde	MA, PA, hotels, restaurants, cafes, supermarkets, ATMs, pharmacies
7,5 km-9,3 km/4,6-5,7 mi	Vila do Conde	Along the river
9,3 km/5,7 mi		The Fortress of São João Baptista
9-15 km/5,6-9,3 mi		On the promenade along the beach, cafes and restaurants
13 km/8 mi	Póvoa de Varzim	MA (donation), hostel, hotels, restaurants, shops, ATMs, pharmacies
14 km/8,6 mi		The Litoral Way and Coastal Route merge
15-20 km/9,3-12,4 mi		Along the coast
16 km/10 mi	O Ver a Mar	Hostel, hotels, restaurants, cafes
20 km/12,4 mi	Aguçadoura	MA, guesthouses, a shop, a restaurant, a bar

### **Stage 3. Aguçadoura to Esposende, 16 km/10 mi**

- Distance - 16 km/10 mi
- Time - 3-4 hours (moving time)
- Ascent - 93 m
- Descent - 88 m

# Litoral Way Portuguese Camino

## Walking stages

- Walking surface - 5,5 km/3,4 mi - boardwalk; 6,5 km/4 mi - tar road; 3 km/1,8 mi - cobbled; 1 km/0,6 mi - footpath
- Walking along the coast - 12 km/7,4 mi out of 16 km/10 mi (2 km/1,2 mi along the river)

### Stops along the route stage 3

Distance	Name	Facilities
0-4 km/0-2,4 mi		On a boardwalk along the beach
4 km/2,4 mi		A bar
7 km/4,3 mi		The Litoral Way and Coastal Route split
8,5 km/5,2 mi		A restaurant
9,2 km/5,7 mi	Apulia	PA, hotels, restaurants, cafes, shops, pharmacy, beach
11 km/6,8 mi	Fão	Hostels, guesthouses, restaurants, cafes, shops
12 km/7,4 mi		A campsite, a restaurant
13 km/8 mi	The bridge over the Cavado River	The Litoral Way and Coastal Route merge
13,5 km/8,3 mi		A rest stop
13,8 km/8,5 mi		PA, restaurant
14,4 km/9 mi		The Litoral Way and Coastal Route split
16 km/10 mi	Eposende	Hostels, hotels, restaurants, bars, supermarkets, ATMs, pharmacies

# Litoral Way Portuguese Camino

## Walking stages

### Stage 4. Esposende to Viana do Castelo, 25

km/15,5 mi

- Distance - 25 km/15,5 mi
- Time - 5-6 hours (moving time)
- Ascent - 202 m
- Descent - 200 m
- Walking surface - 4 km/2,4 - boardwalk; 5,5 km/3,4 mi - tar road; 6,5 km/4 mi - cobbled; 7 km/4,3 mi - footpath/gravel road; 2 km/1,2 mi - sand/rocks
- Walking along the coast - 13 km/8 mi out of 25 km/15,5 mi

#### **Stops along the route stage 4**

Distance	Name	Facilities
0-1,7 km/0-1 mi	Esposende	Along the promenade, both routes are the same
1,7 km/1 mi		A restaurant. The routes split
1,7-4 km/1-2,4 mi		On a boardwalk along the beach
4 km/2,4 mi		The end of the boardwalk, continue along the beach
5-8,5 km /3,1-5,2 mi		On a sandy footpath along the coast
8,5 km/5,2 mi		The Litoral Way turns inland
9 km/5,6 mi		A campsite
11 km/6,8 mi		A beautiful bridge with a waterfall, both routes merge before the bridge and split after it
16 km/10 mi		The Litoral Way is back to the coast
16,5 km/10,2 mi	Amorosa	Hotels, restaurants, cafes, shops
17-18 km		On a boardwalk along the beach

# Litoral Way Portuguese Camino

## Walking stages

/10,5-11 mi		
18-20 km /11-12,4 mi		On a footpath through the bush
20 km/12,4 mi		The Camino turns inland
21 km/13 mi		A campsite
23,5 km/14,6 mi		The Eiffel Bridge to Viana do Castelo, the routes merge
24 km/15 mi		The routes split after the bridge
25 km/15,5 mi	Viana do Castelo	MA, PA, hotels, restaurants, bars, supermarkets, ATMs, pharmacies

### Stage 5. Viana do Castelo to Caminha, 27 km/16,7 mi

- Distance - 27 km/16,7 mi
- Time - 6-7 hours (moving time)
- Ascent - 140 m
- Descent - 132 m
- Walking surface - 3,5 km/2,1 mi - boardwalk; 16 km/10 mi - tar road; 2,5 km/1,5 mi - cobbled; 5 km/3,1 mi - footpath/gravel;
- Walking along the coast - 20 km/12,4 mi out of 27 km/16,7 mi (2 km/1,2 mi are along the river in Viana do Castelo)

#### Stops along the route stage 5

Distance	Name	Facilities
0-2,5 km/0-1,5 mi	Viana do Castelo	Along the river
1,4 km/0,8 mi		Santiago da Barra Fortress
1,8 km/1,1 mi		Sanctuary of our Lady of the Agony

# Litoral Way Portuguese Camino

## Walking stages

2,5 km/1,5 mi		A hotel
2,5-11,5 km /1,5-7 mi		Walking along the coast
3-3,5 km/1,8-2 mi		A promenade with restaurants
9 km/5,6 mi		A cafe
10 km/6,2 mi		Two old windmills
11 km/6,8 mi		Praia de Paco Beach
11,5-14 km /7,1-8,6 mi		The Litoral Way goes inland
14-24 km /8,6-15 mi		The route goes along the coast
19 km/11,8 mi	Vila Praia de Âncora	Hostels, hotels, restaurants, bars, supermarkets, ATMs, pharmacies, beach
19-20,5 km /11,8-12,7 mi		Walking along the promenade
20 km/12,4 mi		The routes merge
20-24 km /12,4-15 mi		A stunning coastal walk
24 km/15 mi	Moledo, a small town	A hostel, guesthouses, restaurants, cafes, shops, ATM, a beach
25-27 km /15,5-16,7 mi		A long stretch along the road
27 km/16,7 mi	Caminha	MA, PA, hotels, restaurants, cafes, supermarkets, ATM, pharmacy

# Litoral Way Portuguese Camino

## Walking stages

### Stage 6. Caminha (Portugal) to Viladesuso (Spain), 24 km/15 mi

- Distance – 24 km/15 mi
- Time – 5-6 hours
- Accumulated ascent – 274 m
- Accumulated descent – 270 m
- Walking surface – 12,2 km/7,5 mi – tar road/asphalt; 2,2 km/1,4 mi – boardwalk; 9,6 km/6 mi – footpath/gravel road
- Walking along the coast – 22 km/13,6 mi out of 24 km/15 mi

#### **Stops along the route stage 6**

<b>Distance</b>	<b>Name</b>	<b>Facilities</b>
	Caminha pier	A boat ride from Caminha (Portugal) to A Pasaxe (Spain). Check departure times and book your ticket <a href="#">online</a>
0 km	A Pasaxe	A small pier. Spain is 1 hour ahead of Portugal.
0-6 km/0-3,7 mi		Along the river and the coast
2,4 km/1,5 mi		A hotel/restaurant
6 km/3,7 mi	A Guarda	MA, PA, hotels, restaurants, cafes, supermarkets, ATM, pharmacy, beach
8 km/5 mi		A small beach, the routes merge
8,2 km/5,1 mi		A restaurant
11-12,6 km /6,8-7,8 mi		On a cycling route along the road
14 km/8,6 mi	Portecelo, a small town	Hotels, a bar with a seaview
15,5 km/9,6 mi		Guesthouse

# Litoral Way Portuguese Camino

## Walking stages

17 km/10,5 mi	A Mariña	Guesthouse
20 km/12,4 mi	Oia	Hotels, restaurants, cafes, a shop, a monastery, a beach
23 km/14,2 mi		A Hotel
24 km/15 mi	Viladesuso	PA, hotels, restaurants, cafes, a shop

### Stage 7. Viladesuso to A Ramallosa, 19 km/11,8 mi

- Distance – 19 km/11,8 mi
- Time – 4-5 hours
- Accumulated ascent – 84 m
- Accumulated descent – 91 m
- Walking surface – 18 km/11 mi – tar road/asphalt; 1 km/0,6 mi – footpath/gravel road
- Walking along the coast – 17 km/10,5 mi out or 19 km/11,8 mi

#### Stops along the route stage 7

Distance	Name	Facilities
2,6 km/1,6 mi	Porto Mougas	PA, guesthouses
4 km/2,4 mi	Pedra Rubia	A campsite/restaurant
7 km/4,3 mi	A Ermida	A hotel/cafe, campsite
8 km/5 mi		The Litoral Way and Coastal Route split
8-15 km/5-9,3 mi		On a cycling route along the coast
10 km/6,2 mi		A viewpoint
13 km/8 mi		A restaurant
14,2 km/8,8 mi		Statue of Virxe da Rocha

# Litoral Way Portuguese Camino

## Walking stages

15 km/9,3 mi	Baiona	PA, hotels, restaurants, cafes, supermarkets, ATM, pharmacy, castle, beach
15-17 km /9,3-10,5 mi		Along the promenade
18 km/11,1 mi	Sabarís	PA, hotels, campsite, restaurants, cafes, supermarkets, ATM, pharmacy, beach
19 km/11,8 mi	A Ramalloso	PA, hotels, restaurants, cafes, supermarkets, ATM, pharmacy, beach

### Stage 8. A Ramalloso to Vigo, 22 km/11,8 mi

- Distance – 22 km/11,8 mi
- Time – 5 hours (moving time)
- Accumulated ascent – 140 m
- Accumulated descent – 134 m
- Walking surface – 18 km/11 mi – tar road; 2 km/1,2 mi – footpath/gravel road; 2 km/1,2 mi- boardwalk
- Walking along the coast - 18 km/11 mi out of 22 km/11,8 mi

#### Stops along the route stage 8

Distance	Name	Facilities
1,5-3,8 km /0,9-2,3 mi	A Ramalloso	Along Playa América Beach, many restaurants and cafes
4,5-5,5 km /2,7-3,4 mi		Restaurants, bars
5 km/3,1 mi	Praia das Canas (Nigran)	Hotel, restaurants, cafes, shops
7,5 km/4,6 mi		Guesthouse
8,3 km/5,1 mi	Saians	A restaurant, a bakery

# Litoral Way Portuguese Camino

## Walking stages

		Confusing signs, don't follow the arrow, continue along the road if you want to stay on the Litoral Way
8,5-9,8 km /5,2-6 mi		On a shoulder of a busy road along the coast
11 km/6,8 mi		Guesthouse
11-17 km /6,8-10,5 mi	Oia	On a long promenade, past several beach with many restaurants and cafes
12,5 km/7,7 mi		A bar
13 km/8 mi		A restaurant
18 km/11,1 mi	Bouzas	Hotels, restaurants, shops, ATM
18,5-20,5 km /11,5-12,7 mi	Vigo (suburbs)	Past the port and along busy roads in Vigo
22 km/13,6 mi	Vigo (center)	MA, hostel, hotels, restaurants, cafes, supermarkets, ATM, pharmacy

### Stage 9. Vigo to Redondela (the Central Route), 16,5 km/10,2 mi

- Distance – 16,5 km/10,2 mi
- Time – 3-4 hours (moving time)
- Accumulated ascent – 203 m
- Accumulated descent – 210 m
- Walking surface – 11,5 km/7,1 mi - tar road/asphalt; 5 km/3,1 mi – footpath/gravel road
- Walking along the coast - 8 km/5 mi (between 5 km/3,1 mi and 13 km/8 mi) beautiful coastal views from the route

# Litoral Way Portuguese Camino

## Walking stages

### Elevation profile stage 9



### Stops along the route stage 9

Distance	Name	Facilities
0-3 km/0-1,8 mi		The Camino goes through the city
5-13 km/3,1-8 mi		On the slope of the hill, through villages and forest
9 km/5,6 mi		A beautiful waterfall
14 km/8,6 mi		The beginning of a steep descent
16,5 km/10,2 mi	Redondela (the Coastal and Central routes merge)	MA, PA, hotels, restaurants, cafes, supermarkets, ATM, pharmacy

### Stage 10. Redondela to Pontevedra, 20,6 km/12,8 mi

- Distance - 20,6 km/12,8 mi
- Time - 4-5 hours
- Total ascent - 425 m

# Litoral Way Portuguese Camino

## Walking stages

- Total descent - 400 m
- Walking surface - 13 km/7,4 mi - asphalt, 7,5 km/4,6 mi - footpath/gravel
- Walking on the road - 500 m/0,3 mi

### Elevation profile stage 10



### Stops along the route stage 10

Distance	Name	Facilities
2 km/1,2 mi	Cesantes	PA, hotel, bar
2,7 km/1,6 mi		PA
6,5 km/4 mi	Soutoxuste	Hotel, restaurant, bar, shop
7,5 km/4,6 mi	Arcade	PA, hotel, restaurants, bars, shops, ATM
9 km/5,5 mi	Pontesanpaio	Hotel, bar, ATM
9,6-11,6 km /6-7,2 mi		Walking through the forest
15,5 km/9,6 mi		A bar, a shop, a chapel where you can stamp your Credential
15,8 km/9,8 mi		A split on the Central Route. Most people take the complementary route because it goes through the

# Litoral Way Portuguese Camino

## Walking stages

		forest instead of the “official” route along the road
16-19 km/10-11,8 mi		Walking on a footpath through the forest
20 km/12,4 mi	Pontevedra	MA, PA, hotels, restaurants, cafes, supermarkets, ATMs, pharmacy

### Stage 11. Pontevedra to Caldas de Reis, 21 km/13 mi

- Distance - 21 km/13 mi
- Time - 4-5 hours
- Total ascent - 275 m
- Total descent - 270 m
- Walking surface - 12 km/7,4 mi - asphalt, 9 km/5,6 mi - footpath/gravel
- Walking on the road - 0 km, 1 km on a footpath along the road

#### Elevation profile stage 11



#### Stops along the route stage 11

# Litoral Way Portuguese Camino

## Walking stages

Distance	Name	Facilities
0-1,4 km /0-0,8 mi	Pontevedra	Cafes, restaurants, shops, hotels, ATMs
3 km/1.8 mi	The route splits	The optional route of the Portuguese Camino - <a href="#">the Spiritual Variant</a>
9 km/5,5 mi	A Portela	Cafe Pousada Peregrino
9,5 km/5,9 mi	A Portela	Private Albergue
9,5-10,5 km/5,9-6,5 mi		Walking next to the road on a footpath
11,5 km/7,1 mi		A vending machine, a bar
15 km/9,3 mi		A couple of cafes
16,5 km/10,2 mi	Briallos	Municipal Albergue (300 m from the Camino follow the signs)
18 km/11 mi		Cafe
19,5 km/12 mi	Tivo	Private Albergue/bar Vintecatro
21 km/13 mi	Caldas de Reis	PA, hotels, guesthouses, supermarkets, restaurants, cafes, ATMs, pharmacies

### Stage 12. Caldas de Reis to Padron, 18,5 km/11,5 mi

- Distance - 18,5 km/11,5 mi
- Time - 4-5 hours
- Ascent – 283 m
- Descent – 296 m
- Walking surface - 11 km/6,8 mi - asphalt, 7,5 km/4,6 mi - footpath/gravel
- Walking on the road - 0 km

# Litoral Way Portuguese Camino

## Walking stages

### Elevation profile stage 12



### Stops along the route stage 12

Distance	Name	Facilities
2-5,2 km /1,2-3,2 mi		Walking through the forest
5 km/3,1 mi		A 40-kilometers to Santiago sign
5,4 km/3,3 mi	O Cruceiro	Bar, guesthouse
5,8 km/3,6 mi		Church of Santa Mariña de Carracedo
7,2 km/4,4 mi		Cafe
8,5 km/5,2 mi		Bar
9,6 km/5,9 mi	O Pino	Municipal Albergue
9,8 km/6 mi		A rest area in the forest
10-11,5 km /6,2-7,1 mi		Walking through the forest
12 km/7,4 mi	San Miguel de Valga	Cafe, restaurant
14,6 km/9 mi		Rest area

# Litoral Way Portuguese Camino

## Walking stages

15,5 km/9,6 mi		A water fountain
15,6 km/9,6 mi		A coffee stall
16,5 km/10,2 mi	Pontecesures	MA, hotels, shops, restaurants, cafes, ATMs, pharmacies
18,5 km/11,5 mi	Padron	MA, PA, hotels, supermarkets, restaurants, cafes, ATMs, pharmacies

### Stage 13. Padron to Santiago de Compostela, 25,5 km/15,8 mi

- Distance – 25,5 km/15,8 mi
- Time – 6-7 hours (moving time)
- Ascent – 526 m
- Descent – 266 m
- Walking surface - 20,5 km/12,8 mi - asphalt, 5 km/3,1 mi - footpath/gravel
- Walking on the road - 600 m on a quiet road

**Elevation profile stage 13**



# Litoral Way Portuguese Camino

## Walking stages

### **Stops along the route stage 13**

<b>Distance</b>	<b>Name</b>	<b>Facilities</b>
2-3 km /1,2-1,8 mi		Along a busy road
2,2 km/1,3 mi		Restaurant, cafe
2,7 km/1,6 mi		Hotel, restaurant
3-4 km /1,8-2,4 mi		Walking through villages
5,5 km/4,3 mi		Private Albergue O Logar de Jesus
6,2 km/3,8 mi	A Esclavitude	Guesthouses, shop, restaurant, bar,
8,9 km/5,5 mi		A rest area
9 km/5,5 mi	Areal	Guesthouse
9,5 km/5,9 mi	Picaraña	Several hotels and restaurants along the route
10-11 km /6,2-6,8 mi		Walking through the forest
11 km/6,8 mi	O Faramello	MA, PA, restaurant, bar
12,4 km/7,7 mi	Teo	Hotel/restaurant
13,8 km/8,5 mi		Cafe/shop
14,2 km/8,8 mi	Pedreira	Private Albergue/cafe
17,6 km /10,9 mi	O Milladoiro	PA, hotels, supermarkets, restaurants, cafes, ATMs, pharmacies
20,5 km /12,7 mi		Cafe/souvenir shop
23 km/14,2 mi		A route split both routes go to the Cathedral, one is a bit longer

# Litoral Way Portuguese Camino

## Walking stages

24 km/14,9 mi	Santiago de Compostela	MA, PA, hotel, ATM, supermarket, pharmacy, restaurant, bar
25,5 km /15,8 mi	Cathedral and Obradoiro Square	The end of the Camino Portuguese