

## PORTUGAL & SPAIN - CYCLING THE CAMINO PORTUGUÉS

7-days / 6-nights inn-to-inn GUIDED, supported cycle touring from Porto to Santiago de Compostela



An easy to moderate cycling tour, suitable for all experienced riders, from UNESCO listed Porto, crossing the Portuguese mainland to Ponte de Lima, before following the Lima River to the Atlantic Sea, tracing the coastline northwards to Santiago de Compostela in Spain. The route has had relevance since the 12<sup>th</sup> Century and the independence of Portugal from the Moors.

We follow historic roads and paths, including the Via XIX, built in 1<sup>st</sup> Century AD, which link the cities of Braga and Astorga through Ponte de Lima, Tui, Pontevedra, Santiago and Lugo. This was one of the most relevant Roman roads ever built. We discover the wild Atlantic beauty and sandy beaches of northern Portugal and southern Spain, visiting the Cies Islands National Park with its "best beach in the world". See Viana do Castelo, Caldas de Rey and the famous Cathedral of Santiago de Compostela.

Travelling in small groups with expert cycling guides and mini-bus support, this itinerary offers a choice of accommodation staying in 4- or 5-star inns and hotels or upgrade to historical Paradors such as the Hostal dos Reis Católicos 5-star Parador in Santiago on Obradoira Square near the Cathedral. We take the time to savour traditional regional cuisine in Portugal and Galicia, enjoying local seafood and excellent wines along the way.

**Departs:** Burgos or León 15<sup>th</sup>, 29<sup>th</sup> March; 12<sup>th</sup>, 26<sup>th</sup> April; 10<sup>th</sup>, 24<sup>th</sup> May; 7<sup>th</sup>, 21<sup>st</sup> June; 5<sup>th</sup> July; 30<sup>th</sup> August; 13<sup>th</sup>, 27<sup>th</sup> September, 11<sup>th</sup>, 25<sup>th</sup> October 2020

Extra departure dates available for a minimum of six participants – at any time of year, please ask for details.

**Costs from:** from \$5070 per person (twin share) Single room supplement from \$965

**Includes:** 6 nights' accommodation in 4 and 5-star hotels; 6 buffet breakfasts, 5 dinners (with wine), 4 picnic/restaurant lunches, refreshments and snacks during the cycling; English speaking cycle guide; support vehicle with trailer and driver; multi-gear hybrid touring bike with handle bar bag & helmet if required; water bottle, luggage tags & bike jersey; gratuities for baggage, restaurants and hotel service.

**Not included:** Meals not mentioned, drinks, personal expenses or tour guide gratuities.

**Bike hire:** Touring bikes are included - upgrade to a carbon road bike or an E-bike for a supplement.

**Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations**

## Suggested itinerary – From Porto to Santiago:

### Day 1 Arrive Porto

Make your way to Porto to meet the other group members and visit Porto Cathedral, the Tower “*de los Clérigos*”, Church do Carmo, Plaza de la Libertad and, of course, the popular Duero river with its several bridges, Don Luis I being the most famous of all of them. Tonight’s hotel is surrounded by museums, in a most prestigious art gallery district.

### Day 2 Porto – Ponte de Lima

**cycling @ 40km**

After breakfast, transfer from Porto to Barcelos to begin today’s cycling. From Barcelos cycle a mainland route until reaching Ponte de Lima, one of the prettiest and charming towns in northern Portugal. The population is settled south of the Lima River and it has been the main crossing point of this river since the Romans built a bridge in the year 1 BC. Spend the night at a beautiful manor house hotel dating back to the 16<sup>th</sup> Century, located near the Lima River. The hotel is perfectly set in green scenery, surrounded by vineyards and lush forest.

### Day 3 Ponte de Lima – Viana do Castelo

**cycling @ 48km**

After breakfast we head upstream along the Lima River to Ponte da Barca, a little village with a medieval bridge crossing to continue to the other side of the river to Lagoas natural reserve, where we have lunch. After lunch, there is a van transfer to our overnight stop in Viana do Castelo, where we can see the old town and visit some local restaurants for dinner. Being a port town, it’s a great chance to indulge in some fresh local cuisine; the fish is not to be missed, especially the local cod.

### Day 4 Viana do Castelo – Baiona

**cycling @ 36km**

Today the first ride is along the coastline to the border town of Caminha, from where we will take a boat to Spain. On reaching Spain, we continue our way to the hotel in Baiona. On the way there, there is the option to take a bus to visit Santa Tecla Mountain which is worth it for some beautiful views.

### Day 5 Baiona - Daytrip to Cies Islands National Park

**cycling @ 14km**

In the morning we take a ride around Baiona to visit some of the highlights of its historic medieval centre. After the ride, enjoy a short boat trip to Cies Islands, well known for its crystal clear waters and spectacular landscapes. These islands, a refuge for pirates back in the day, are currently an uninhabited paradise, which you can only visit in summer periods and with a very restricted number of visitors per day.

### Day 6 Santiago de Compostela

**cycling @ 16km**

This morning there is a transfer from Baiona to Portonovo, a small coastal town located in a natural environment inside Rías Baixas and opposite the Cies Islands National Park. From Portonovo, cycle past Cambados, a fishermen village inhabited from AD 6 and 5, according to some Celtic settlements found there. We then ride through vine-clad landscapes and visit Rubianes Palace, which dates back from year 1411. After lunch, there is a transfer to the Parador de Santiago, where we can share our experiences and stories with fellow pilgrims in the Plaza Obradoiro, outside the Santiago de Compostela Cathedral.

### Day 7 Depart Santiago

Arrangements end in Santiago after breakfast.

If you wish to travel back to Madrid the bus departs after breakfast. The journey takes about 7 hours; we stop for lunch on the way (not included) and usually arrive into Madrid in the early evening.

**Outdoor Travel** offers guided or self-guided cycling and walking holidays in many areas of Europe. We offer famous cycling trails such as the river rides from **Passau to Vienna** along the Danube or along the **Inn Bike Trail** from Switzerland to Austria. Travel too from **Vienna to Budapest** through Austria, Slovakia and Hungary, from the mountains near **Bolzano to Venice** in Italy, or across **Tuscany** or **Umbria**. If you prefer a leisurely cycle, ride around **Lake Constance** in Germany, Switzerland and Austria, or if you are up for a challenge, take on the **Camino de Santiago** in Spain or the **Coast to Coast** crossing in England. Other **Outdoor Travel** cycling destinations include Spain, France, Ireland, England and Scotland, Poland, the Czech Republic, Romania, China, Vietnam, Japan, South Africa, North America and New Zealand.

We also offer group guided **Bike and Barge** cycling cruises in many destinations including along the canals & rivers of **France, Belgium, Holland and Germany**, the **Amalfi Coast** or **Venetian Lagoon** in Italy or the **Dalmatian Coast** of Croatia, the many beautiful **islands of Greece**, or **Vietnam**.

### Contact Outdoor Travel for more details and reservations

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