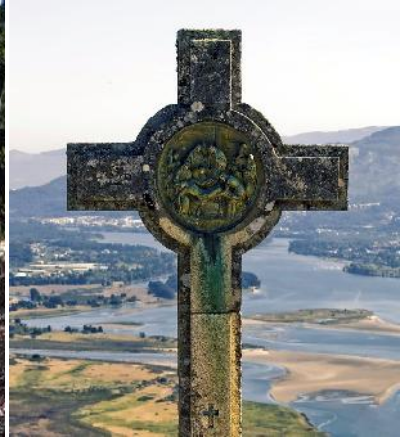
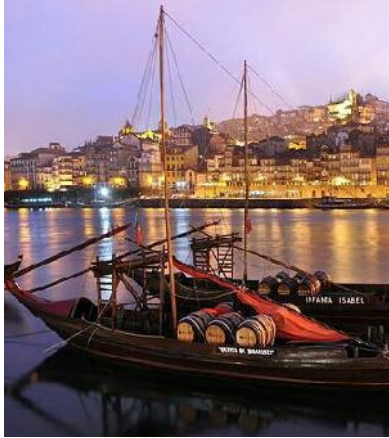


CAMINO PORTUGUÉS - PILGRIMAGE WALKING

Portugal to Spain - Porto to Tui to Santiago de Compostela – one or two-week **SELF-GUIDED** walks



Take a journey where you can imagine the hardships, the pleasures and passions of the early medieval pilgrims. Follow an infinitely varied succession of paths and trails that offer a direct link to history through towns and villages, fine churches, ancient monuments and to the great cathedral of the Apostle Saint James.

Today, you can experience the same route as the medieval travellers, walking the most unspoilt sections of the route on a self-guided inn-to-inn walk, staying in family-run hotels with your baggage transferred each day. Most pilgrims to Santiago de Compostela follow the French route from Le Puy, through the Pyrenees to Léon and across Northern Spain. Today the Camino Portugués trail is rarely used, so it is ideal for those looking to get away from the crowds. Our route follows the traditional pilgrim trail considered to be the '*inspired*' way. Much of the route across northern Portugal follows the original Roman military road that connected Portugal with Spain and France and you will pass by Roman milestones, cross Roman bridges and walk through unspoilt countryside where you will meet along your way the warm and welcoming people of north Portugal.

Extra nights are available in Porto, Tui, Santiago de Compostela, or at any place along the route, at extra cost. Upgrades to accommodation are limited but may be possible for a supplement. In Santiago there may be the opportunity to upgrade to the historic and impressive 5-star Parador Hotel in the main square next to the Cathedral for a supplement. Accommodation availability – particularly at the Parador and during holiday or festival periods – is very limited so book early to avoid disappointment.

CAMINO PORTUGUÉS - PORTO TO TUI

Departs: Daily from May to October

Includes: 6 nights' accommodation in a twin room with en-suite facilities in comfortable family-run hotels (usually 2-3-star), 6 breakfasts, 1 dinner, daily luggage transfers, transfer Day 2, walking maps and route notes.

Not included: Dinners on 5 nights, lunches, admission fees or personal expenses

Cost from: **\$1385** per person twin-share. Single room supplement \$345. Solo Traveller Supplement \$365

CAMINO PORTUGUÉS - TUI TO SANTIAGO DE COMPOSTELA

Departs: Daily from May to October

Cost from: **\$1330** per person twin share. Single room supplement \$395. Solo Traveller Supplement \$305

Includes: 6 nights' accommodation in a twin room with en-suite facilities in family run comfortable hotels (usually 2-3-star), 6 breakfasts, 1 dinner, daily luggage transfers, walking maps and route notes.

Not included: Dinner on 5 nights, lunches, admission fees or personal expenses

Call OUTDOOR TRAVEL on 1800 331 582 for details and reservations

Suggested itinerary - Porto to Tui:

Day 1: Arrive in Porto

Plan to arrive mid afternoon to your accommodation, typically a 3-star, family run hotel.

Day 2: Porto – Matosinhos – Vila do Condé

walking @ 22 km

From Porto to Matosinhos Beach by tram or local bus (paid locally), then walk alongside the wild Atlantic Ocean on sandy beaches, past historic sites like the archaeological remains of the Iron Age Castro San Paio.

Day 3: Vila do Condé to Barcelos

walking @ 28 km

A long but interesting and varied day walking the woodland trails around Los Arcos. Half of this stage is along quiet country lanes, mostly screened by eucalyptus and pine forest offering shelter from wind and shade from the sun. Allow time at the end to discover the origins of the “Barcelos Cockerel”.

Day 4: Barcelos to Ponte de Lima

walking @ 34 km

This is the longest and most arduous of all stages but also the most beautiful. It includes two hill passes (*portelas*) separating the two river valleys of Neiva and Lima. The beautiful natural landscapes will lift your spirits as nearly half the route is on pathways through vineyards and woodland. For those seeking a shorter walk there is the possibility to shorten the distance using public transport or a taxi arranged locally.

Day 5: Ponte de Lima to Rubiaes

walking @ 19 km

Today the route passes by the vineyards of the famous “vina verde” wine. This stage also marks our steepest climb up to the Labruja valley and the high pass through the mountain ridge and into the Coura valley via the Alto de Portela Grande. Overnight Rubiaes with dinner included on this night.

Day 6: Rubiaes to Tui

walking @ 20 km

A day that begins in Portugal and ends in Spain. Apart from a short climb to leave the Coura valley, most of the route is downhill on quiet country roads and forest pathways first to the walled town of Valença, and then over the river Minho / Miño, which forms the border between Portugal and Spain, to the historic town of Tui. Two bridges connect Tui and Valença and there are normally no formalities in crossing what is the busiest border-point in Northern Portugal. On arrival in Tui you may like to stroll through the picturesque streets of the town and take time to visit the 12th Century cathedral.

Day 7: Tui

Walking tour arrangements end after breakfast.



Suggested itinerary - Tui to Santiago de Compostela:

Day 1: Arrival in Tui

Plan to arrive in the mid-afternoon for your overnight stay here. Tui in Galicia (Spain) is located on the left bank of the Miño River across from the Portuguese town of Valença. Occupied in a very chequered history by both the Moors and Christians the town was even raided by Vikings. Today the town centre has a hilltop Romanesque Cathedral (built between 11th and 13th Century with some Gothic features) and two museums, one dedicated to archaeology and religious art and the other to the diocese.

Day 2: Porrino to Redondela

walking @ 16 km

Start with a short transfer to Porrino, then walk mostly along quiet country roads and wooded pathways, following the beautiful Louro river valley. Then a steep climb to Monte Cornedo and onto the plateau of Chans das Pipas. The final part of the day is all downhill into the attractive town of Redondela, on the beach. Dinner is included on this night.

Day 3: Redondela to Pontevedra

walking @ 19 km

An interesting stage along the coastal inlet of the Ria de Pontevedra. Climb through mixed forest around the Alto de Lomba before going down to the sea at Arcade and then a second uphill stretch following ancient stone paths before dropping down to the provincial capital at Pontevedra.

Day 4: Pontevedra to Caldas de Reis.

walking @ 24 km

Most of this stage is along gentle river valleys, using natural pathways through woodland offering shade and drinking fountains. We pass through several lovely small villages on the way to Caldas de Reis.

Day 5: Caldas de Reis to Padron.

walking @ 19 km

A beautiful walk, with one short climb, through the Bernana River valley, then down to the Valga Valley to the place it is said where Saint James arrived in Iberia. Overnight Padron

Day 6: Padron to Santiago de Compostela.

walking @ 24 km

The final day takes us through pine, eucalyptus and oak woods, and the inevitable stretches of main road that get busy as we near the city. There is a detour to Castro Lupario (the stone ruins of Lupa's hill fortress) before we ascend to Santiago de Compostela, where we spend the night.

Day 7: Santiago

Tour ends after breakfast.

We highly recommend you add extra nights in Santiago (at extra cost) to soak up the atmosphere, visit the Cathedral and explore further. You may also like to upgrade your accommodation to a 4-star hotel or to the historic 5-star Parador located in Cathedral Square (for an additional supplement).



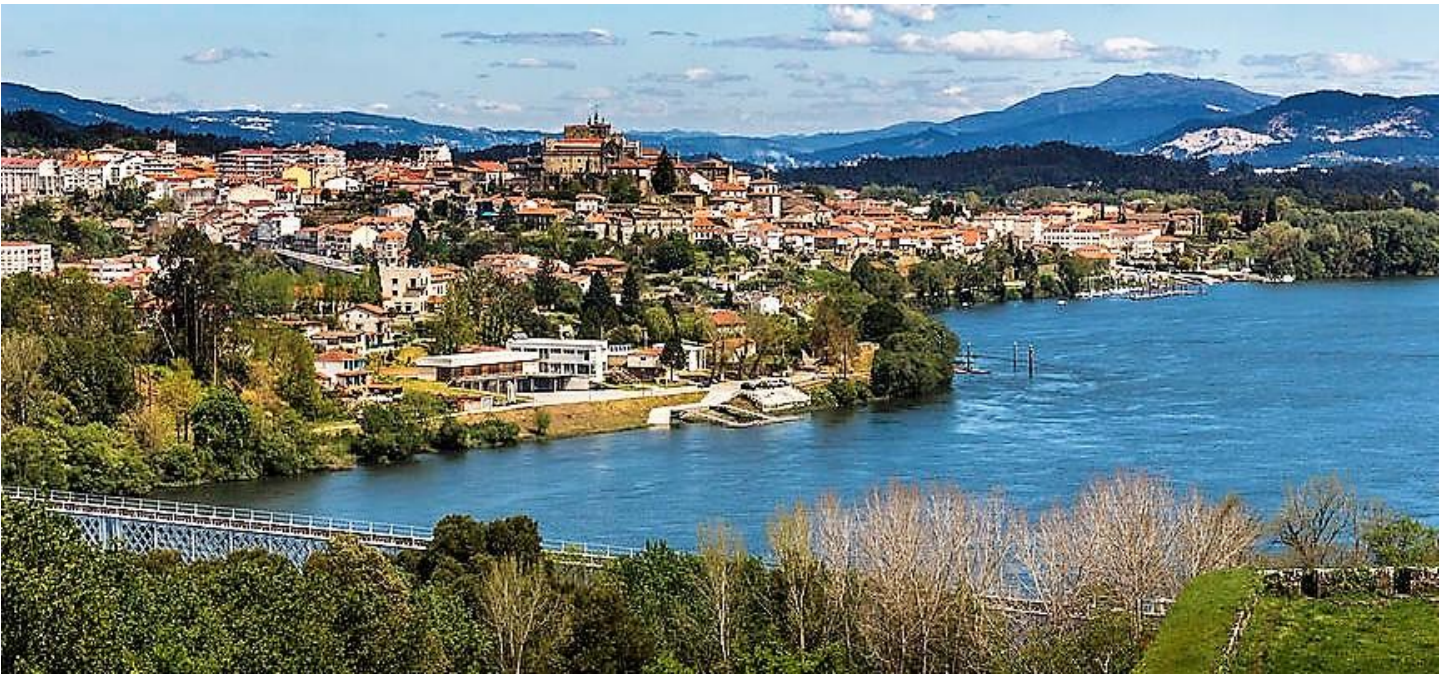
Other Outdoor Travel walking holidays: guided in small groups or self-guided with inn-to-inn luggage transfers and meals – are available in many parts of Europe including the French Route of the Camino from Le Puy in central France to Santiago, the original Camino Primitivo along the northern coast of Spain or the wild Atlantic way from San Sebastian. We can also offer the continuation from Santiago to Finisterre.

An alternative and increasingly more popular pilgrimage walking route is the 8-week **Via Francigena**, the pilgrims' **Road to Rome** in Italy, offered in one-week stages from the Alps in Switzerland through Tuscany and the Appenine Mountains to Rome and the Vatican.

Outdoor Travel also offers guided or self-guided walking holidays with inn-to-inn luggage transfers and meals in many parts of the UK, Ireland and across Europe including Wainwright's famous **Coast-to-Coast** trail, **Hadrian's Wall** or walks in the **Lake District**. We also offer Ireland's **Ring of Kerry**, the **Dordogne** or **Pyrenees** or **Provence** in France, Alpine walking in Austria, the famous **Tour du Mont Blanc** in France, Switzerland and Italy, and scenic walks in Spain, Germany or Italy.

Contact Outdoor Travel for more itinerary details and reservations

- Call toll free on 1800 331 582 or (03) 57551743 or Fax (03) 57501020
- Email: info@outdoortravel.com.au
- Web: <http://www.outdoortravel.com.au>
- Mail: Outdoor Travel Pty Ltd, PO Box 286, Bright, VIC 3741, Australia



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