



Camino de Santiago: Portuguese Coastal Way – Spiritual Variant

Prepared for Slattery, Keller & Schweiger May 2026

Welcome to your personalized pilgrimage itinerary. This document serves as your comprehensive daily walking guide, detailing each stage of your journey from the coastal beauty of Oia to the historic finish line in Santiago de Compostela.

Each section below outlines your specific path, including estimated distances, terrain types, and the unique cultural landmarks you will encounter each day. Walking along the Atlantic cliffs, this guide will ensure you know exactly what to expect on your way to the Praza do Obradoiro. (Cathedral Santiago)

Scan QR Code for your personal Mobile Guide & Itinerary





Arrival Day

Wednesday, 13 May 2026 – Arrival in Galicia

Your journey begins with your arrival in Oia.

- **Pick Up:** The Yeatman Hotel
- **Time:** 11:30 am – 12 noon.

You will be met in the Yeatman Hotel by Andre and Julia, who will assist you with a private transfer to your hotel in Oia. This first day is intentionally unstructured, allowing you to recover from travel, settle in, and gently transition into the Camino experience. You have the possibility of a massage at the hotel if you'd like to unwind from your trip.

In the evening, you will enjoy a relaxed welcome dinner.



Stage 1: OIA – BAIONA

Thursday 14 May

Here is the detailed itinerary for John & Shaunda for the section of the Portuguese Coastal Way, from the Monastery of Santa María de Oia to the Parador Nacional de Baiona.

The stretch from Oia to Baiona is one of the most serene and visually stunning sections of the entire coastal route, blending natural beauty, maritime heritage, and expansive ocean views.

Itinerary: Oia to Baiona

- **Distance:** Approximately 17–18 km (or 10.9 miles).
- **Duration:** 4.5 – 5.5 hours.
- **Difficulty:** Easy to moderate, with a mostly flat coastal path.
- **Terrain:** Primarily paved or compact dirt, with high sun exposure.

Section	Approx. Distance	Description and Points of Interest
Monastery of Oia → Mougás	6 km 3.73 miles	Starts at the impressive 12th-century Cistercian Monastery of Santa María de Oia on the ocean's edge. The route follows the coastal road north or the <i>Estrada Real</i> . You will pass through quiet lanes, nature trails, small stone houses, and traditional fishing spots. The terrain is flat.
Mougás → As Mariñas → Cabo Silleiro	8 km (4+4) 4.97 miles	The coast becomes wilder with rocky outcrops. You will pass As Mariñas, a rural area with the ocean as a constant companion. You approach Cabo Silleiro, marked by its iconic lighthouse, one of the most dramatic viewpoints on the Coastal Way.
Cabo Silleiro → Parador de Baiona	3–4 km 1.86 – 2.49 miles	The path descends from the cape along a promenade and scenic road into Baiona. Entering the outskirts, you pass the <i>Virxe da Rocha</i> statue. The landscape softens with sandy beaches and palm trees. The stage ends at the Parador, a historic fortress with panoramic views of the bay and the Cíes Islands.



STAGE 2: BAIONA – VIGO (MUSEO DO MAR)

Friday 15 May

The route passes several beaches and offers views of the Cíes Islands at every turn. Most of the route is marked with **green arrows** (alternate route arrows) and is an attractive option due to its minimal elevation changes, although navigating the pedestrian promenades can be challenging.

Itinerary: Baiona to Vigo (Martime Museum)

- **Distance:** 23 km – 12.3 Miles
- **Duration:** 4 – 5 hours.
- **Terrain:** Promenade, asphalt, and sidewalks.

Parador (Baiona) → A Ramallosa Bridge	6 km 3.73 miles	Coastal walking out of Baiona through Sabarís. Cross the Miñor River estuary via the historic A Ramallosa Bridge (major landmark).
A Ramallosa → Praia América	2 km 1.24 miles	Easy continuation toward Praia América, one of the best-known beaches on this stretch.
Praia América → Panxón → Patos	4 km 2.49 miles	Beach-town promenade and quiet streets through Panxón (incl. the Votive Temple of the Sea), continuing toward Patos.
Patos → Saiáns / Canido	6 km 3.73 miles	A scenic coastal run linking beaches and residential lanes as you approach Vigo's outer neighbourhoods.
Saiáns / Canido → Samil Beach	3 km 1.86 miles	Reaches Samil, Vigo's most famous beach, with a long, straightforward promenade.
Samil Beach → Museo do Mar (Alcabre)	2 km 1.24 miles	Finish at the Museo do Mar de Galicia in Alcabre, set in a former canning-factory site on the waterfront.



STAGE 3: VIGO (SENDA DA AUGA) – REDONDELA

Saturday 16 May

This stage starts directly on the Senda da Auga / Camiño da Traída das Augas (Teis) and follows the Camino's typical wooded ridge route toward Rego Fondón, then continues via San Andrés de Cedeira before descending into Redondela.

Start Point: Senda da Auga, Cño. Fonte das Mozas, Vigo

Finish: Plaza de Rivadavia (Redondela)

Distance: 11.6 km (7.21 miles)

Difficulty: Easy (mixed paths/asphalt, with a long descent into Redondela)

Section	Approx. Distance	Description
Senda da Auga (Fonte das Mozas) → Rego Fondón	4.5 km 2.80 miles	Scenic water-path/woodland walking with intermittent urban edges. Reach Rego Fondón (small waterfall).
Rego Fondón → San Andrés de Cedeira	4.0 km 2.49 miles	Rolling wooded track and rural lanes. Pass Iglesia de San Andrés de Cedeira (good place to stamp your credential).
Cedeira → Plaza de Rivadavia (Redondela)	3.1 km 1.93 miles	Steady descent into Redondela to Plaza de Rivadavia, our stage finish. Redondela is where the Coastal and Central Portuguese routes converge.



STAGE 4: REDONDELA – PONTEVEDRA (IGLESIA PEREGRINA)

Sunday 17 May

This stage is significant because the Portuguese Coastal Way and the Central Way are already joined from Redondela onward. It is one of the most traditional Camino stages, with varied terrain including urban stretches, wooded paths, and village crossings.

Itinerary: Redondela (Plaza de Rivadavia) → Pontevedra (Praza da Peregrina)

Total Distance: 18.2 km – 11.31 miles

Duration: 4.5 – 5.5 hours (*official estimate approx. 4h 35m*)

Difficulty: Easy to Moderate (mostly flat to gently undulating, with a few steady climbs)

Terrain: Forest tracks, secondary asphalt, and urban streets

Section	Approx. Distance	Description and Points of Interest
Plaza de Rivadavia → Cesantes	3 km 1.86 miles	The route begins in the heart of Redondela, with the railway viaducts as a backdrop. You leave town via local streets and head toward the estuary side, with views across the Ría de Vigo toward San Simón and Santo Antón islands.
Cesantes → Igrexa de Santa María de Ponte Sampaio	6 km 3.73 miles	After Cesantes, the path enters the municipality of Soutomaior, mixing rural lanes and dirt tracks. You descend toward the Verdugo River and reach Ponte Sampaio. A key landmark is the Igrexa de Santa María de Ponte Sampaio, beside the historic bridge and the site of the 1809 battle against Napoleonic troops.
Ponte Sampaio → Bértola	5 km 3.11 miles	After crossing the bridge, the route climbs gently through one of the stage's most pleasant sections: woodland paths, quiet lanes, and small villages. You pass through the Bértola area, with fountains and cruceiros.
Bértola → Pontevedra outskirts (station area)	3 km 1.86 miles	The path gradually widens, returning to more asphalt as you approach Pontevedra. You pass through suburban



		outskirts and continue toward the station zone.
Station area → Praza da Peregrina	2 km 1.24 miles	Final urban walk into the historic centre (casco histórico). The stage ends at Praza da Peregrina, home to the Sanctuary of the Virgin Pilgrim, patron of the Portuguese Way in Pontevedra.

Stage Highlights:

- San Simón Island Views: Early estuary views toward San Simón and Santo Antón islands.
- Ponte Sampaio Bridge: Historic bridge crossing and one of the stage's defining landmarks.
- Arcade (Oysters): Classic Camino stop known for its oysters and local food.
- Praza da Peregrina: Iconic Pontevedra square and home of the Pilgrim Virgin sanctuary.



STAGE 5: PONTEVEDRA (IGLESIA PEREGRINA) – ARMENTEIRA MONASTERY

Monday 18 May

This stage marks the true beginning of the Spiritual Variant, shifting away from the main Portuguese Camino and moving from urban and coastal environments into a more remote, rural landscape. Leaving Pontevedra, the route follows the standard Camino briefly before branching toward Poio and the Monastery of San Xoán de Poio. From there, it continues to the coastal village of Combarro before turning inland.

The second half of the stage defines the day, with a sustained ascent through forest and countryside toward the Monastery of Santa María de A Armenteira. While the elevation gain is steady rather than extreme, the length of the climb requires controlled pacing. The reward is a quiet and atmospheric arrival at one of the most significant spiritual sites on the entire route.

Distance: 21 km – 13 miles

Duration: 5 – 6 hours walking time

Difficulty: Moderate to Challenging (long stage with sustained uphill second half)

Terrain: Urban streets, village roads, coastal paths, and extended forest ascent tracks

Section	Distance	Description and Points of Interest
Pontevedra (Iglesia Peregrina) → Spiritual Variant turn-off / Poio area	3–4 km / 1.86–2.49 miles	Leave Pontevedra following the Camino Portugués out of the city. After several kilometers, the Spiritual Variant branches away from the main route toward Poio. This opening section is straightforward and allows for a steady start to the day.
Poio → Monastery of San Xoán de Poio → Combarro	6–7 km / 3.73–4.35 miles	Continue through Poio, passing the Monastery of San Xoán de Poio, a key heritage landmark. The route then leads toward Combarro, a standout coastal village known for its traditional granite architecture and seafront hórreos.



Combarro → Inland ascent (main climb begins)	5–6 km / 3.11–3.73 miles	Leaving Combarro, the Camino turns inland, and the main climb begins. This is the most demanding part of the stage, with a sustained uphill route through rural lanes that gradually transition into forested terrain. A steady, consistent pace is recommended.
Upper ascent → Monastery of Santa María de A Armenteira	4–5 km / 2.49–3.11 miles	The final section continues through quiet woodland and countryside. The approach becomes more secluded and atmospheric, culminating at the Monastery of A Armenteira, a 12th-century Cistercian complex set in a tranquil valley.

Stage Highlights:

- Spiritual Variant Transition Point: Early in the stage, the route diverges from the main Portuguese Camino, marking the start of a more remote and reflective section of the journey.
- Monastery of San Xoán de Poio: A significant religious and cultural landmark, providing an early point of interest before reaching the coast.
- Combarro: One of Galicia's most distinctive coastal villages, known for its preserved historic center and iconic seafront grain stores.
- Sustained Ascent to Armenteira: The defining physical challenge of the day, with a long and steady climb through increasingly quiet and natural surroundings.
- Monastery of Santa María de A Armenteira: The focal point of the stage and one of the most important sites on the Spiritual Variant, offering a strong sense of arrival after the inland ascent.



STAGE 6: ARMENTEIRA – VILANOVA DE AROUSA (TOURIST OFFICE)

Tuesday 19 May

This is the famous “Ruta da Pedra e da Auga” (Route of Stone and Water), also known as the Path of the Mills, characterized by a long scenic descent from A Armenteira through riverside woodland, vineyards, and rural villages before reaching the coast of the Arousa Estuary and finishing in Vilanova de Arousa.

Distance: 23 km / 14.3 miles

Duration: 5.5 – 6.5 hours

Difficulty: Moderate (mostly downhill or flat overall, but uneven/slippy sections on the river trail)

Terrain: Riverside dirt paths, forest trail, rural roads/secondary asphalt, village streets, and coastal promenade/seafront paths

Section	Approx. Distance	Description and Points of Interest
Monastery of A Armenteira → Start of Ruta da Pedra e da Auga	1 km 0.62 miles	The stage begins with a gentle descent from the monastery. Yellow arrows guide pilgrims quickly into the woodland and toward the river trail.
Ruta da Pedra e da Auga (Path of the Mills) → Pontearnelas	7–9 km 4.35–5.59 miles	The most iconic stretch of the stage. The route follows the river through shaded forest, passing numerous historic water mills, stone features, and small cascades. Footing can be uneven (roots, stones, and occasional mud), especially after rain.
Pontearnelas / Ribadumia valley section	4–5 km 2.49–3.11 miles	After the mill route, the path opens into a flatter agricultural landscape with vineyards (D.O. Rías Baixas), orchards, and rural roads as you move through the Ribadumia area.



Ribadumia / inland villages (Deiro / Vilar area) → coastal approach	7–8 km 4.35–4.97 miles	The Camino continues through quiet rural settlements and transitions toward the estuary. This section is generally easier underfoot and more open than the river trail.
Coastal approach / Entrance to Vilanova de Arousa → Tourist Office (Mar de Santiago / Maritime Station area)	2–3 km 1.24–1.86 miles	Final stretch into Vilanova de Arousa along the seafront/promenade area. The route finishes in the town near the maritime station/tourist office area, where pilgrims prepare for the Traslato boat stage.

Stage highlights

- Ruta da Pedra e da Auga: The signature riverside trail of the Spiritual Variant, with historic mills and lush woodland.
- Ribadumia vineyards (Rías Baixas): Scenic rural transition after the river trail.
- Vilanova de Arousa (Mar de Santiago / Tourist Office): Standard end point for the walking stage and gateway to the Traslato maritime route.



STAGE 7: VILANOVA DE AROUSA → PONTECESURES (Boat) → PADRÓN

Wednesday 20 May

This stage is one of the most distinctive on the entire Camino. Instead of walking, it follows the Traslatio, the traditional maritime and river journey believed to have carried the remains of Saint James into Galicia. The day begins at the port of Vilanova de Arousa, where you board a boat and travel inland along the Ría de Arousa and into the Río Ulla, tracing the symbolic route of the Apostle's arrival.

The journey by water offers a completely different perspective of the Camino, moving through a landscape defined by estuary, riverbanks, and historic markers. Along the route, you will pass the 17 stone crosses (cruceiros) placed in the water, which commemorate this sacred passage.

After disembarking in Pontecesures, a short and easy walk brings you into Padrón, where the Spiritual Variant reconnects with the Portuguese Camino and the story of Saint James becomes tangible at the Church of Santiago and the Pedrón stone.

Total Distance: Boat journey + ~3 km walk (1.86 miles)

Estimated Duration:

- **Boat:** ~1.5 hours
- **Walk:** 30–45 minutes
- **Difficulty:** Easy (minimal walking, flat terrain)
- **Terrain:** River route by boat, followed by flat riverside path into Padrón

Section	Approx. Distance	Description and Points of Interest
Vilanova de Arousa (Port) → Pontecesures (Traslatio Boat Route)	25 km / 15.5 miles	Depart from the maritime station in Vilanova de Arousa and board the boat for the Traslatio journey. The route follows the Ría de Arousa before entering the Río Ulla, retracing the traditional path associated with the arrival of Saint James. Along the way, you will pass the 17 stone crosses (cruceiros) positioned in the water, marking this



		historic and symbolic route.
Pontecesures (Dock) → Padrón (Iglesia de Santiago / Pedrón)	3 km / 1.86 miles	After disembarking at Pontecesures, follow the clearly marked Camino route along the riverbank toward Padrón. This is a flat, straightforward, and short final section. Finish at the Iglesia de Santiago de Padrón, home of the Pedrón stone, traditionally linked to the arrival of Saint James.

Stage Highlights:

- The Traslato (Maritime Pilgrimage Route): This stage uniquely replaces walking with a historic boat journey, retracing the legendary arrival of Saint James into Galicia via sea and river.
- Ría de Arousa to Río Ulla Transition: Experience the gradual shift from open estuary to inland river, a defining geographical and symbolic feature of the Spiritual Variant.
- The 17 Stone Crosses (Cruceiros): Visible from the boat, these crosses mark the sacred water route and are among the most recognizable elements of the Traslato journey.
- Short and Easy Final Approach to Padrón: The final 3 km walk from Pontecesures is flat and relaxed, providing an easy transition back onto the Camino trail.
- Padrón – Church of Santiago & the Pedrón Stone: The stage concludes at one of the most meaningful pilgrimage sites on the Camino, where tradition holds that Saint James first arrived in Galicia



STAGE 8: PADRÓN – SANTIAGO

Thursday 21 May

The last stage culminates at Santiago Cathedral.

Itinerary: Iglesia de San Xoán de Calo, Teo to Santiago de Compostela (Praza do Obradoiro)

- **Distance:** 9 km – 5.6 miles
- **Duration:** 2.5 hours
- **Difficulty:** Moderate (several gentle climbs, constant asphalt)
- **Terrain:** Asphalt, forest tracks, and urban streets

Section	Approx. Distance	Description and Points of Interest
Iglesia de San Xoán de Calo (Teo) → A Casalonga / Osebe area (join Camino flow)	2.5–3 km 1.55–1.86 miles	Start at Iglesia de San Xoán de Calo and head northwest toward the Camino Portugués corridor near A Casalonga / Osebe (Teo). This connector section is local road and village access until you merge into the established pilgrim route.
A Casalonga / Osebe → O Milladoiro	4–5 km 2.48–3.11 miles	Once on the Camino corridor, continue through the suburban-rural transition toward O Milladoiro, one of the classic final approach points before Santiago. This section mixes paved stretches with Camino-waymarked paths and gentle gradients.
O Milladoiro → Rocha Vella / Conxo approach	2–2.5 km 1.24–1.55 miles	Leave O Milladoiro on the traditional descent toward Santiago. The route drops toward the city via the Rocha Vella / Conxo approach, transitioning from the outer urban edge into the historic pilgrim entry corridor.
Conxo area → Historic Center entry (Porta Faxeira / Alameda side)	1.5–2 km 0.93–1.24 miles	Continue through Conxo and into Santiago's urban streets, following Camino signage toward the old town. This is the emotional final approach where the route becomes fully city-based and pilgrim traffic increases.



Historic Center entry → Praza do Obradoiro (Cathedral)	0.7–1 km 0.43–0.62 miles	Final stretch through the casco histórico, traditionally passing toward Porta Faxeira / Rúa do Franco (depending on exact path taken and local restrictions) and finishing at Praza do Obradoiro, in front of the Cathedral of Santiago.
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Stage Highlights:

- Iglesia de San Xoán de Calo (Teo): A peaceful, local Galician church setting for a more intimate final-day start.
- O Milladoiro: The classic final approach settlement before Santiago and a key emotional milestone for pilgrims.
- Conxo Approach: Traditional descent into Santiago through one of the historic southern entry zones.
- Praza do Obradoiro: The final arrival at the Cathedral, framed by the Hostal dos Reis Católicos, Pazo de Raxoi, and the Cathedral façade.

Friday, 22 May – Santiago de Compostela

Departure.