

Camino de Santiago: Portuguese Coastal Way Variant (137 km - 85 miles)

Prepared for the Wertz and Thrush Group

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 the QR code on your mobile device to access your
Camino Companion Daily Guide.**



Follow the yellow arrows and shells along your way.





Stage 1: OIA – BAIONA Monday 20 April

First 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 -10 miles.
- **Estimated 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 Highlights

- **Monastery of Santa María de Oia:** A striking oceanfront monastery that creates a powerful and memorable start to the Camino.
- **Atlantic Coastal Walking:** Continuous sea views and the sound of waves accompany you along one of the most scenic coastal stretches.
- **Wild Coast & Cabo Silleiro:** Rugged coastline leading to the iconic lighthouse, offering panoramic views over the Atlantic.
- **Descent into Baiona:** A beautiful transition from raw coastline to sheltered bays, beaches, and a more relaxed seaside atmosphere.



STAGE 2: BAIONA – VIGO (MUSEO DO MAR) Tuesday 21 April

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 for cyclists due to its minimal elevation changes, although navigating the pedestrian promenades can be challenging.

Itinerary: Baiona to Vigo (Sea Museum)

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

Section	Approx. Distance	Description and Points of Interest
Tourism Office (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 Highlights

- **Coastal Walking with Cíes Island Views:** Continuous oceanfront paths with stunning views of the Atlantic and the iconic Cíes Islands.
- **A Ramallosa Bridge & Estuary Crossing:** A key historic landmark marking your transition along the Miñor River into the next coastal stretch.
- **Samil Beach to Museo do Mar Finish:** A beautiful final section along Vigo's most famous beach.



STAGE 3: VIGO (SENDA DA AUGA) – REDONDELA

Wednesday 22 April

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 and Points of Interest
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 Highlights

- **Senda da Auga (Water Route of Vigo):** A unique and scenic start following historic water channels above the city, offering a rare combination of woodland tranquillity and elevated views over Vigo and the Ría.
- **Forest Ridge Walking:** One of the most pleasant walking sections on the Coastal Way, with shaded paths, soft terrain underfoot, and a consistent, gentle flow ideal for an easy stage.
- **Rego Fondón Waterfall:** A small but picturesque natural stop along the route, adding a quiet moment of interest within the forested landscape.
- **Iglesia de San Andrés de Cedeira:** A traditional Galician church and a well-known pilgrimage stamping point, offering a cultural pause before the final descent.
- **Descent into Redondela:** A long, gradual downhill section with expanding views as you approach the town, marking a transition from rural paths back into a lively Camino hub.
- **Plaza de Rivadavia Arrival:** A charming and authentic Galician town square, providing a rewarding and relaxed finish to a shorter, scenic stage.



STAGE 4: REDONDELA – PONTEVEDRA (IGLESIA PEREGRINA)

Thursday 23 April

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

Estimated 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) – CALDAS DE REIS

Friday 24 April

The route begins at the **Iglesia de la Virgen Peregrina** in Pontevedra, leaving the historic centre before crossing the Río Léz. It continues through Alba and rural Galicia, passing eucalyptus forests, vineyards, and small hamlets before reaching the thermal town of Caldas de Reis, known for its Roman heritage and hot springs.

Total Distance: 21.1 km – 13.11 miles

Estimated Duration: 5 hr walking time

Difficulty: Easy (longer stage with gentle but consistent undulation)

Terrain: Urban streets, cobblestone paths, country roads, forest tracks, and rural trails

Section	Approx. Distance	Description and Points of Interest
Iglesia Peregrina → Puente del Burgo (Río Léz)	1–2 km 0.62–1.24 miles	The stage begins in Pontevedra’s historic centre at the iconic pilgrim church. You soon cross the medieval Puente del Burgo over the Léz River, marking your transition from city to countryside.
Puente del Burgo → Alba / San Caetano	3–4 km 1.86–2.49 miles	Leaving the city, the Camino passes through the outskirts and into quieter residential and semi-rural areas. The terrain is gentle and ideal for settling into a rhythm early in the day.
Alba → San Amaro / Valbón area	5–6 km 3.11–3.73 miles	This section moves through classic Galician countryside, with vineyards, small farms, and shaded forest paths. Expect a mix of dirt trails and quiet roads with light elevation changes.
Valbón → Tivo / Caldas outskirts	5–6 km 3.11–3.73 miles	The route becomes increasingly rural, passing through hamlets and woodland. This is a steady, rolling section without major climbs but can feel long due to distance.
Caldas outskirts → Caldas de Reis (Town Centre)	2–3 km 1.24–1.86 miles	The final approach follows the Bermaña River into Caldas de Reis. The stage ends in this historic spa town, famous for its thermal waters, Roman bridges, and relaxed atmosphere.

Stage Highlights

- Puente del Burgo: A historic medieval bridge marking your departure from Pontevedra.
- Thermal Springs of Caldas de Reis: A traditional spa town where pilgrims have relaxed for centuries.
- Bermaña River Walk: A tranquil and scenic final approach into town.



STAGE 6: CALDAS DE REIS – PADRÓN

Saturday 25 April

The route begins in the thermal town of Caldas de Reis, following the Río Bermaña before gradually ascending through woodland and rural Galicia. Passing through small villages such as Santa Mariña and Cruceiro, the Camino continues through shaded forest tracks and quiet country roads, eventually descending into Padrón, a town deeply connected to the legend of St. James and the final days before reaching Santiago.

Total Distance: 18.5 km – 11.50 miles.

Estimated Duration: 4 hr 30 min walking time

Difficulty: Moderate (steady ascent in the first half, followed by a gentle descent)

Terrain: Cobbled streets, forest tracks, rural paths, country roads, and village lanes

Section	Approx. Distance	Description and Points of Interest
Caldas de Reis → Santa Mariña de Carracedo	5–6 km 3.11–3.73 miles	Depart Caldas crossing the Bermaña River before a gradual ascent through shaded woodland. This early section is peaceful and sets a steady rhythm for the day.
Santa Mariña → Cruceiro / O Pino area	4–5 km 2.49–3.11 miles	The route continues through small Galician villages and forest paths. Expect a mix of dirt trails and quiet roads with gentle elevation changes.
O Pino area → San Miguel de Valga	4–5 km 2.49–3.11 miles	This middle section alternates between woodland and open countryside. The terrain becomes easier, with flatter stretches allowing for a more relaxed pace.
Valga → Iria Flavia (Outskirts of Padrón)	3–4 km 1.86–2.49 miles	Approaching Padrón, you pass through Iria Flavia, historically significant as one of Galicia's oldest settlements and closely tied to the Camino story.
Iria Flavia → Padrón (Town Centre)	1–2 km 0.62–1.24 miles	The final stretch leads into Padrón, where tradition holds that the remains of St. James first arrived in Galicia. The stage ends in this historic and symbolic town.

Stage highlights

- **Thermal Town Departure:** Leaving Caldas de Reis with its Roman spa heritage and riverside setting.
- **Shaded Forest Trails:** Long stretches through eucalyptus and oak forests provide shelter and tranquillity.
- **Iria Flavia:** A historically significant site linked to the arrival of St. James's remains.
- **Padrón:** One of the most important towns on the Camino, rich in pilgrimage history and known for its famous Padrón peppers.



STAGE 7: IGREXA DA ESCRAVITUDE – SANTIAGO DE COMPOSTELA (CATHEDRAL)

Sunday 26 April

The route begins at the **Sanctuary of A Escravitude**, one of the most symbolic religious sites on the Portuguese Camino. From here, the path ascends gently through woodland and small Galician villages before reaching Milladoiro, where you will catch your first distant view of the Cathedral spires. The final kilometres lead you into the historic centre of Santiago, culminating in your arrival at the Cathedral in Praza do Obradoiro.

Total Distance: 15.2 km – 9.44 miles

Estimated Duration: 3 hr 45 min walking time

Difficulty: Moderate (steady ascent toward Milladoiro, followed by urban approach)

Terrain: Rural paths, forest tracks, village roads, suburban streets, and historic city paving

Section	Approx. Distance	Description and Points of Interest
Igrexa da Escravitude → Angueira de Suso	3–4 km 1.86–2.49 miles	Depart the sanctuary and move through quiet rural terrain. The path is gentle, passing through woodland and small hamlets, allowing for a calm and reflective start to the final stage.
Angueira de Suso → O Faramello	4–5 km 2.49–3.11 miles	The route continues through shaded forest paths and traditional Galician countryside. This section includes gradual elevation gain, with a peaceful and steady rhythm.
O Faramello → Milladoiro	4–5 km 2.49–3.11 miles	The most sustained ascent of the day brings you to Milladoiro. From here, pilgrims traditionally catch their first view of Santiago Cathedral in the distance—a defining emotional moment of the Camino.
Milladoiro → Santiago (Historic Centre)	3–4 km 1.86–2.49 miles	The Camino transitions into suburban streets before entering Santiago’s historic centre. The route becomes more urban, with a steady flow of pilgrims converging toward the city.
Historic Centre → Santiago Cathedral (Praza do Obradoiro)	0.5–1 km 0.31–0.62 miles	The final approach winds through narrow stone streets before opening into the Praza do Obradoiro. Your journey concludes at the Cathedral of Santiago de Compostela, one of the most iconic pilgrimage destinations in the world.

Stage Highlights:

- **Sanctuary of A Escravitude:** A deeply spiritual starting point tied to pilgrimage tradition.
- **Galician Woodland and Villages:** A calm and reflective route through classic rural Galicia.
- **First View of Santiago (Milladoiro):** The Cathedral first appears on the horizon.
- **Praza do Obradoiro & Cathedral:** The symbolic and physical end point of the Camino journey.



SANTIAGO TO PORTO

Monday, 27 April 2026

- **Transfer Arrangement**

Your driver will collect you from your hotel in Santiago de Compostela after breakfast for your private transfer to Porto.