



CAMINO PORTUGUES | PORTUGAL

The Bike Lane

Cycling Along Camino Portugues: Our Self-Guided Adventure

Dates

2025 May 23 - 29

Duration

7 days (5 days of cycling)

Accommodation

3* hotels and BnBs along the way

Skill level

Intermediate

Self-guided tour

Includes E-bike, accommodation, route notes, Pilgrim pack and 24-hour support

“Get ready to turn your Camino dreams into reality, but with a twist! While everyone’s raving about the classic Camino Frances, we’re here to shine a spotlight on its coastal cousin – the Camino Portugués. Trust us, it’s a game-changer! As a crew of local trip planners, we’ve cooked up the ultimate self-guided cycling adventure along the last 170 miles of this hidden gem, from Porto to Santiago de Compostela. Say goodbye to endless prep work because we’ve got all the logistics covered. Get ready to pedal your way beside Atlantic waves, along rugged coastlines, and between medieval towns bursting with centuries of history and mouthwatering seafood. It’s a journey that’ll make you dive deep into the vibrant cultures of northern Portugal and Spain as you draw closer to the City of the Apostle.”

Adventure highlights

★ Coastal route

Cross the often overlooked coastal route to Santiago de Compostela, right beside crashing Atlantic waves!

★ Self-guided & pedal-powered tour

Camino Portugues at your own pace on a cycling tour – shorten your journey & discover millennium-old history

★ Save time on research and preparation

Accommodation, luggage transfers, route instructions, bike and 24/7 support are included

Itinerary

Get ready for a 7-day cycling adventure along the scenic Camino Portugués, from Porto to Santiago de Compostela. Cycle through charming villages, along sandy beaches, and coastal boardwalks, experiencing the beauty of northern Portugal and Spain. Explore historic towns like Pontevedra and Baiona, savoring local cuisine and culture along the way. Conclude your journey in Santiago de Compostela, where you can visit the magnificent Cathedral and stroll through the historic center. Enjoy comfortable accommodations, hearty breakfasts, and seamless luggage transfers throughout this unique pilgrimage.

2025 May 22 / Thur - Optional Pre-Day?? Arrival in Porto, or Lisbon and take train to Porto

Hotel night can be arranged (extra \$)

2025 May 23 / Friday - Day 1: Arrival in Porto

Upon your arrival in Porto, check into your accommodation and start exploring the city. The entire old city of Porto became a UNESCO World Heritage Site in 1996 and there's plenty going on here. Set on the bank of the Douro River near the Atlantic Ocean, the city is perhaps best known internationally for its famous Port wine. A wine that goes down very well on the countless terraces and restaurants in Porto!

2025 May 24 / Saturday- Day 2: Porto to Póvoa de Varzim

After breakfast, it's time for your coastal Camino de Santiago cycling adventure to start! From the city center of Porto, you will head out along the Douro River to the Atlantic coastline which you will follow north. Passing by beach resorts, you may be tempted more than once to dip your toes in the sea today. To shorten the day you can take the metro to the coast to start from there. The end of Day 2 will have you in the linked coastal villages of Vila do Conde and Póvoa de Varzim, where your accommodation is located.

Meals: Breakfast

Distance: 26 miles (37 km)

2025 May 25 / Sunday- Day 3: Póvoa de Varzim to Viana do Castelo

Enjoy another delicious breakfast and get ready for another day of cycling the Camino Portugues! As you make your way to the market town of Barcelos for your last night in Portugal, enjoy the change of scenery from beach to quiet country lanes, screened by eucalyptus and pine woods. Once there, you can have a picnic or even a swim in the Rio Este and visit a parish church dedicated to St Peter and reputedly ordered by St James himself on his evangelisation of the peninsula.

Meals: Breakfast

Distance: 33 miles (46 km)

2025 May 26 Monday - Day 4: Viana do Castelo to Baiona

After breakfast you'll continue along the coast of Portugal. You'll be following a boardwalk for a while before cycling parallel to the coast road on a very safe cycling path. Take advantage of the small villages you are crossing as well as the viewpoints. Stop somewhere along the way to have something to eat or simply relax. You will cross the border to Spain on a ferry and arrive in Baiona via the cycle path again. Baiona is a jewel of a town. Small enough to be quiet yet big enough to have plenty to do and see.

Meals: Breakfast

Distance: 39 miles (63 km)



2025 May 27 / Tuesday - Day 5: Baiona to Caldas de Reis

Leaving Baiona, the first part of the day is again marvelous, with wild coast cycling along a cycle path. You will be stopping in Vigo, the largest town of the region. From here you and your cycle will take the train from Vigo to Santo Antonino. From there you will again cycle along the path to your destination - Caldes de Reis. Day 5 ends in the lovely town of Caldes de Reis, where you can take a dip in the thermal pools, visit the ruins of the Castro Lupario fort, and enjoy a lovely relaxing evening. It is a great historical center and a vibrant atmosphere waiting for you here.

Meals: Breakfast

Distance: 13 miles + train ride + 8 miles



2025 May 28 / Wednesday - Day 6: Caldas de Reis to Santiago de Compostela

Your final day will only be a half day at best - and you will see some of the oldest wayside crosses of Galicia. And as you make your way towards Agro des Monteiros, you will be able to see the spires of the cathedral in Compostela. In the late morning, arrive in the City of the Apostle, where you can complete your journey with a visit to the Cathedral, a stroll around the old town, and tapas in one of its bustling bars.

Meals: Breakfast

Distance: 26 miles (65 km)



2025 May 29 / Thursday - Day 7: Santiago de Compostela at leisure

After breakfast, your Camino Portugues bike tour will have come to an end. If you wish to stay in the area, we recommend that you take your time and visit the magnificent historic center or explore some other nearby locations. You will drop your bicycles before the end of the day.

Flights out can be arranged anytime this day.

Meals: Breakfast



Things to know

What's included?

What you get on this adventure:

- **7-day cycling tour with 5 days of cycling along the last 170-mile section of Camino Portugués**
- **Carefully chosen 2-3* hotels or equivalent**
- **Breakfasts**
- **Luggage transfers from hotel to hotel**
- **Trip notes**
- **E-Bike**
- **Bike insurance**
- **Repair kit**
- **24/7 Customer service**
- **Holiday pack — pilgrim passport, luggage tag, route notes or guidebook if you have requested a hard copy (this will be waiting for you at your first accommodation)**
- **Pre-departure meeting (a week or two before the departure, online meeting)**

What's not included:

- Transportation to the starting point
- Lunches, dinners, and drinks
- Travel and medical insurance – recommended

How fit do I need to be?

Cycling the Camino Portugués requires great fitness and stamina. You'll be cycling between 23 and 40 miles (37-65 km) per day, sometimes on long and steep climbs. Keep in mind that the adventure includes 5 consecutive cycling days. Expect varying terrain, with some sections being uneven, unpaved, or on loose ground. This trip is ideal for those who cycle regularly, and it's even better if you have experience of riding on uneven/unpaved terrain. If you're joining this cycling tour, we expect you to be fit and healthy, ready to take on an achievable challenge!

What about the terrain?

The terrain for the last 170 miles (270 km) of the Camino Portugués varies, offering a mix of flat sections, gentle slopes, and occasional challenging climbs. As you approach Santiago de Compostela, you'll encounter a diverse landscape, including rural paths, paved roads, forest trails, and cobblestone streets through quaint villages and historic towns. While some parts may be relatively easy to cycle, others might require more effort, especially if there are steep ascents or rough terrain. Overall, you can expect a rewarding but occasionally demanding journey as you pedal their way to the final destination.

What do I need to bring?

Here's what you'll need:

- Comfortable, season-appropriate riding or athletic clothing, preferably moisture wicking or synthetic material
- Padded shorts
- Peaked helmet
- Sneakers or sport shoes
- Breathable outside layer or jacket
- Sunglasses
- Water bottle or hydration bladder
- Daypack
- Biking gloves are optional but recommended
- Toiletries (sunscreen, hand sanitizer, bug spray, etc.)

What does a self-guided tour entail?

By going on a self-guided Camino Portugues bike tour, you're able to cycle at your own pace and enjoy the journey without worrying about the logistics of it all. The guiding company who put this all together is Follow the Camino. They've been leading pilgrims along their journey since 2007 and they were the first ever operator to organize tours along Camino de Santiago.

There are many perks of choosing a self-guided tour. Apart from not having to adjust to the group, you'll have the accommodation, breakfasts, luggage transfer, and route instructions sorted. You'll be staying in carefully-selected hotels and guesthouses and there's no need to print out anything upon checking-in – your guides booked and arranged everything for you, all you have to do is show your I.D.

This is a hassle-free trip so if you want to focus on enjoying your cycling pilgrimage in the Spanish bucolic countryside, these self-guided tours are the perfect match.

When will I receive information about my accommodation and route?

Your guides will send you a pre-departure pack by post. The pack contains your pilgrim passport, luggage tag, route notes or guidebook if you've requested a hard copy. In case there are certain complications with receiving the pre-departure pack, it will wait for you at your first accommodation.

You'll have to download the route notes and vouchers yourself. The cycling route notes are here to assist you. We recommend that you always familiarize yourself with the daily journey ahead. You'll also download the vouchers yourself. These vouchers contain all the information about your confirmed accommodation – there will be an address, their phone number, any special instructions on how to get there, and a small map.

You will find a 24/7 support phone number on the bottom of each voucher. Keep in mind that there's no need to print out the vouchers, as your reservations will be confirmed.

What about my luggage?

The luggage transfer is limited to 1 bag per person with a maximum weight of 15 kg per bag. The size of the bag doesn't matter. Additional bags will be transferred by your arranger A Wild Adventure. Please note that boots or smaller bags attached to the main bag count as an extra bag and will be charged 10 euro per move.

When moving onto your next accommodation, we ask you to have the luggage ready by 9am at the reception. Make sure to use your luggage tags – ideally, write your trip reference and your mobile phone number if you wish. Your luggage should be at the next hotel by 6pm at the latest.

Getting to the starting point

Your adventure starts in Porto, the second largest city in Portugal. To get there, most people fly into **Porto Airport**. Alternatively, you can fly into **Lisbon Airport** and take a train or a bus ride to Porto. Once there, get to your accommodation, do a check in, and collect your bike.

Safety measures along Camino Portugues, Portugal and Spain

We highly recommend that you cover all your bases with both emergency medical and travel insurance. With medical insurance, if you have an accident or medical emergency on or off the mountain, you'll avoid paying out of pocket for costly expenses. This covers everything from hospital treatments to emergency air transportation and more.

Travel insurance covers canceled flights, natural disasters and other scenarios that may interrupt your travel plans.

We also expect you to respect local regulations and take measures to protect yourselves, your guides, and the communities you're traveling to. For more information on travel recommendations and restrictions in Portugal and Spain, please refer to **Portugal's tourist board website** and **Spain's foreign travel advice**.

If you need assistance selecting the right insurance for your group, **let us know** and we will be happy to help!

Camino Portuguese Coastal Trail

