

THE CAMINO PORTUGUÉS



About the Author

Originally from Melbourne, after graduating from university, Kat moved to Japan. Working as an adventure tour guide in Japan helped Kat develop her skills to seek out the local hotspots and also develop a love for hiking. 'A wise man climbs Mt Fuji, a fool climbs it twice' is a popular Japanese saying – so Kat climbed it seven times. From Japan to Canada to London where Kat is now based, she quit her office job in 2013 to walk the Camino de Santiago and has never looked back. She has since completed multiple Caminos and walked over 10,000km in Spain, Portugal, England, Italy, Japan and America, including the 4240km Pacific Crest Trail from Mexico to Canada. Kat is happiest hiking and discovering local foods, and ate more than 100 *pastel de natas* in the making of this guide.

THE CAMINO PORTUGUÉS

FROM LISBON AND PORTO TO SANTIAGO –
CENTRAL, COASTAL AND SPIRITUAL CAMINOS

by Kat Davis

CICERONE

JUNIPER HOUSE, MURLEY MOSS,
OXENHOLME ROAD, KENDAL, CUMBRIA LA9 7RL
www.cicerone.co.uk

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First edition 2018
ISBN: 978 1 85284 932 0

Printed by KHL Printing, Singapore
A catalogue record for this book is available from the British Library.
All photographs are by the author unless otherwise stated.



Route mapping by Lovell Johns www.lovelljohns.com
Contains OpenStreetMap.org data © OpenStreetMap
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Updates to this guide

While every effort is made by our authors to ensure the accuracy of guidebooks as they go to print, changes can occur during the lifetime of an edition. Any updates that we know of for this guide will be on the Cicerone website (www.cicerone.co.uk/932/updates), so please check before planning your trip. We also advise that you check information about such things as transport, accommodation and shops locally. Even rights of way can be altered over time.

The route maps in this guide are derived from publicly-available data, databases and crowd-sourced data. As such they have not been through the detailed checking procedures that would generally be applied to a published map from an official mapping agency, although naturally we have reviewed them closely in the light of local knowledge as part of the preparation of this guide.

We are always grateful for information about any discrepancies between a guidebook and the facts on the ground, sent by email to updates@cicerone.co.uk or by post to Cicerone, Juniper House, Murley Moss, Oxenholme Road, Kendal, LA9 7RL.

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Front cover: top left and bottom right – Central and Coastal Camino waymarks; top right – St James tile painting on a wayside shrine; bottom left – mosaic at the Roman Villa in Rabaçal; middle – Santiago Cathedral; others – Portuguese tiles along the Camino

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Symbols used on route maps

	route
	alternative route
	start point
	finish point
	start/finish point
	woodland
	urban areas
	regional border
	international border
	station/railway
	peak
	building/Albergue de Peregrinos
	restaurant/café
	church or chapel
	cathedral or convent
	stone cross/cemetery
	castle or fort
	bridge
	water feature/waterfall
	viewpoint
	picnic area
	tourist office
	bus stop or bus station
	other feature
	ferry

Relief in metres

400–600	
400–600	
200–400	
0–200	

SCALE: 1:100,000

0 kilometres 1 2
0 miles 1

Contour lines are drawn at 50m intervals and highlighted at 200m intervals.

GPX files

GPX files for all routes can be downloaded for free at www.cicerone.co.uk/932/GPX.



Cathedral of Santiago de Compostela



ROUTE SUMMARY TABLES

Central Camino

Stage no.	Start	Finish	Distance (km)	Distance from Lisbon (km)	Distance from Santiago (km)	Page
Stage 1	Lisbon	Alpriate	21.8	21.8	599.7	43
Stage 2	Alpriate	Vila Franca de Xira	19	40.8	580.7	48
Stage 3	Vila Franca de Xira	Azambuja	19.5	60.3	561.2	54
Stage 4	Azambuja	Santarém	32.5	92.8	528.7	59
Stage 5	Santarém	Golegã	34.2	127	494.5	65
Stage 6	Golegã	Tomar	30.4	157.4	464.1	72
Stage 7	Tomar	Alvaiázere	32.5	189.9	431.6	81
Stage 8	Alvaiázere	Rabaçal	31.7	221.6	399.9	87
Stage 9	Rabaçal	Coimbra	28.7	250.3	371.2	94
Stage 10	Coimbra	Sernadelo	25	275.3	346.2	103
Stage 11	Sernadelo	Águeda	23.6	298.9	322.6	109
Stage 12	Águeda	Albergaria-a-Velha	16.1	315	306.5	115
Stage 13	Albergaria-a-Velha	São João da Madeira	29	344	277.5	119
Stage 14	São João da Madeira	Grijó	18.8	362.8	258.7	127
Stage 15	Grijó	Porto	15.5	378.3	243.2	131
Subtotal Lisbon to Porto			378.3	378.3	243.2	
Stage 16	Porto	Vairão	25	403.3	218.2	139
Stage 17	Vairão	Barcelos	30.4	433.7	187.8	145
Stage 18	Barcelos	Ponte de Lima	33.5	467.2	154.3	155
Stage 19	Ponte de Lima	Rubiães	17.9	485.1	136.4	162
Stage 20	Rubiães	Tui	19.5	504.6	116.9	167
Stage 21	Tui	Mos	23.1	527.7	93.8	176
Stage 22	Mos	Pontevedra	29.1	556.8	64.7	183
Stage 23	Pontevedra	Caldas de Reis	21.2	578	43.5	194
Stage 24	Caldas de Reis	Padrón	18.6	596.6	24.9	200
Stage 25	Padrón	Santiago	24.9	621.5	0	208
Subtotal Porto to Santiago			243.2	621.5	0	
Total km			621.5			

Coastal Camino joining the Central Camino at Redondela

Stage no.	Start	Finish	Distance (km)	Distance from Porto (km)	Distance from Santiago (km)	Page
Stage 1	Porto	Vila do Conde	28	28	237.3	219
Stage 1A	Porto	Vila do Conde	33	33	237.3	228
Stage 2	Vila do Conde	Esposende	23.8	51.8	213.5	233
Stage 3	Esposende	Viana do Castelo	25.5	77.3	188	242
Stage 4	Viana do Castelo	Caminha	26.8	104.1	161.2	250
Stage 5	Caminha	Mougás	25	129.1	136.2	258
Stage 6	Mougás	A Ramallosa	16	145.1	120.2	265
Stage 7	A Ramallosa	Vigo	21.5	166.6	98.7	271
Stage 8	Vigo	Redondela	14.5	181.1	84.2	279
Continue on Central Camino						
Stage 22	Redondela	Pontevedra	19.5	200.6	64.7	183
Stage 23	Pontevedra	Caldas de Reis	21.2	221.8	43.5	194
Stage 24	Caldas de Reis	Padrón	18.6	240.4	24.9	200
Stage 25	Padrón	Santiago	24.9	265.3	0	208
Total km			265.3 (or 270.3 via Stage 1A)			

Coastal Camino joining the Central Camino at Valença/Tui

Stage no.	Start	Finish	Distance (km)	Distance from Porto (km)	Distance from Santiago (km)	Page
Stage 1	Porto	Vila do Conde	28	28	225.1	219
Stage 2	Vila do Conde	Esposende	23.8	51.8	201.3	233
Stage 3	Esposende	Viana do Castelo	25.5	77.3	175.8	242
Stage 4	Viana do Castelo	Caminha	26.8	104.1	149	250
Link route 3	Caminha	Tui	32.1	136.2	116.9	290
Continue on Central Camino						
Stage 21	Tui	Mos	23.1	159.3	93.8	176
Stage 22	Mos	Pontevedra	29.1	188.4	64.7	183
Stage 23	Pontevedra	Caldas de Reis	21.2	209.6	43.5	194
Stage 24	Caldas de Reis	Padrón	18.6	228.2	24.9	200
Stage 25	Padrón	Santiago	24.9	253.1	0	208
Total km			253.1			

Link routes between the Central and Coastal Caminos

Route no.	Start	Finish	Distance (km)	Page
Link route 1	Vila do Conde	São Pedro de Rates	13.7	284
Link route 2	São Pedro de Rates	Esposende	17.2	287
Link route 3	Caminha	Tui	32.1	290

Spiritual Variant (Variante Espiritual)

Stage no.	Start	Finish	Distance (km)	Distance from Pontevedra (km)	Distance from Santiago (km)	Page
Stage 1	Pontevedra	Armenteira	20.4	20.4	82.4	298
Stage 2	Armenteira	Vilanova de Arousa	23.5	43.9	58.9	304
Stage 3	Vilanova de Arousa	Padrón (by foot)	34	77.9	24.9	309
Stage 3	Boat passengers disembark in Pontecesures, 2.2km from Padrón					
Total walking km (boat option)			46.1			
Total walking km (all walking)			77.9			



Painting of St James on the ceiling of Igreja de Santiago, Castelo do Neiva (Coastal Camino Stage 3)

INTRODUCTION

Starting in Portugal's capital, Lisbon, and ending in Santiago de Compostela in Spain, the 621km Portuguese Camino – 'Caminho Português' in Portuguese and 'Camino Portugués' in Spanish – has attracted pilgrims for many centuries. Count Henrique and Dona Teresa, the parents of Portugal's first king, visited the Apostle's tomb in 1097 (they later ordered an inn to be built for 'pilgrims, the poor and the sick' in Albergaria-a-Velha on the Central Camino); Queen (later Saint) Isabel undertook the journey in 1325 and 1335; while Jérôme Münzer (1494, a doctor from Nuremberg) and Giovanni Battista Confalonieri (1594, an Italian priest) wrote accounts so detailed that modern-day hikers will recognise shared experiences. There have been countless other voyagers, both the faithful and the intrepid, across the years.

The Camino follows Roman roads and crosses ancient bridges; it passes through villages, farmland and forests (and provides memorable Atlantic views on the Coastal Camino). Along the way there are four sites that are now designated UNESCO World Heritage Sites – Tomar's magnificent Knights Templar castle, Coimbra University (one of Europe's oldest), and the old towns of Porto and Santiago. Conímbriga Roman site with its exceptional mosaics is also a must-see. Walkers with time to spare might take a scenic river cruise down the Douro in Porto before continuing north and into the Minho region. There's a wonderful *albergue* (hostel) in Ponte de Lima, Portugal's oldest village, and

before leaving Portugal there's a chance to marvel at Valença's ancient fort with panoramic views of medieval Tui over the River Minho in Spain.

The Coastal Camino passes through historic shipbuilding and fishing ports, important during Portugal's 'Age of Discoveries'. On this route, hikers can enjoy fresh seafood and experience an Atlantic sunset from Mt Santa Luzia above Viana do Castelo, one of the best views of the Camino.

On the approach to Santiago, many people visit the Roman altar stone believed to be that which the boat carrying the body of St James moored up against in Padrón. Then it's a case of catching your breath and reflecting on your journey as you enter the old town of Santiago de Compostela, finishing at the steps of the magnificent cathedral in Praça do Obradoiro.

The list of cultural highlights is extensive, but often it's encounters with other people that make the longest-lasting memories; the Portuguese are friendly, genuine and kind-hearted – so don't be surprised if you're invited for coffee and a *pastel de nata* (sweet pastry) soon after being introduced!

ST JAMES AND THE BEGINNINGS OF SANTIAGO DE COMPOSTELA

St James the Great (Sant Iago), son of Zebedee and Salome, brother of John was a fisherman and disciple of Jesus. He is believed to have left Jerusalem to preach in the Iberian Peninsula but after

Liberdade just before Rua das Pretas. If you can't get to Pastéis de Belém, try the second-best custard tarts at **Manteigaria** opposite Praça Luís Camões, near Baixa-Chiado metro.

Where to eat: try **Time Out Market** in Cais do Sodre or **Casa da Índia** near Praça Luís de Camões for traditional Portuguese food. At **Cervejaria Trindade** you can eat in a beer hall in a former 13th-century monastery surrounded by azulejos (tiles); touristy but worth it!

Accommodation: **Largo da Se Guest House** (Calçada do Correio Velho 3, tel 218 861 393, www.largodase-guesthouse.com, 7 rooms, opposite the cathedral). **Lisbon Destination Hostel** (Rossio Train Station, second floor, tel 213 466 457, www.followyourdestination.com, shared and private rooms). **Lisbon Story Guesthouse** (Largo de São Domingos 18, tel 218 879 392, www.lisbonstoryguesthouse.com, 11 rooms, next to Praça Rossio). **Artbeat Rooms** (Rua de São Nicolau 23, tel 960 375 698, www.artbeatrooms.com, 7 rooms, central Baixa location).

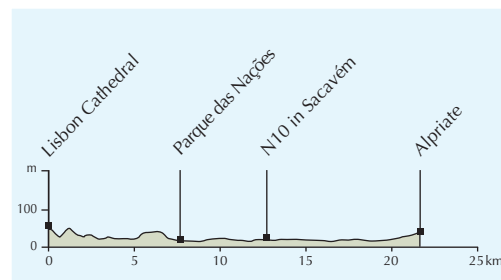


STAGE 1

Lisbon to Alpriate

Start	Lisbon Cathedral
Finish	Albergue de Peregrinos, Alpriate
Distance	21.8km
Total ascent	161m
Total descent	170m
Difficulty	Easy
Time	5–6hr
Cafés	Lisbon, Parque das Nações (7.5km), Sacavém (12.7km), Granja (20.2km +130m), Alpriate (21.8km)
Accommodation Note	Lisbon, Parque das Nações (7.5km), Alpriate (21.8km) You can get a credential from Lisbon's cathedral or Basílica dos Mártires. The albergue in Alpriate has limited space (12 beds).
Waymarking	Follow both blue Fátima and yellow Santiago waymarks until Santarém (Stage 4).

Starting at Lisbon's cathedral, this initial stage takes you past the Fado and tile museums before arriving in Parque das Nações with nearby Oriente train station and accommodation – a convenient stop-off if you want more time to explore the city's delights. The route then continues along a scenic esplanade by the River Tagus where you can look out for flamingos, before following the Trancão tributary and ending in Alpriate.





Find the yellow arrow on the bottom right corner of the cathedral entrance facade and take the street to the right, Cruzes da Sé, heading east. Continue into Rua de São João da Praça, through Largo de São Rafael, take the right fork at the orange building onto Rua de São Pedro, then keep right into **Largo do Chafariz de Dentro (580m)**. ► Cross the square onto Rua dos Remédios, go uphill and straight into Rua do Paraíso, under an arch, into Rua do Mirante then downhill. KSO across a junction into Rua da Cruz de Santa Apolónia, passing **Café Santa Clara** (RH corner), and go straight onto Calçada da Cruz da Pedra, passing the Santa Apolonia container terminal (RHS) then taking the right fork onto Rua Madre de Deus. Shortly after, pass the **Museu Nacional do Azulejo. 2.7km**

This **decorative tile museum** is housed in the opulent 16th-century Mosteiro da Madre de Deus and includes a panoramic Lisbon pre-earthquake cityscape. (Rua da Madre de Deus 4, www.museudoazulejo.pt, closed Mondays, €5.)

Continue under the railway line into Rua de Xabregas, Calçada Dom Gastão, Rua do Grilo, Rua do Beato, then pass old warehouses on Rua do Açúcar. Keep right at the leafy **Praça David Leandro da Silva** opposite the former splendid wine warehouse Abel Pereira da Fonseca (**2.2km**). ► Go straight into Rua Fernando Palha. At the next junction cross Av Infante Dom Henrique, turning left then **immediately right** onto Rua do Vale Formoso. Follow this for 1.2km before going through an underpass then take the first right onto Rua Gaivotas em Terra, then left onto Av Fernando Pessoa. Pass a Pingo Doce supermarket (LHS) before reaching a roundabout at the beginning of the **Parque das Nações. 4.8km/7.5km**

Developed for the 1998 World Expo, 'Nations Park' includes an Oceanarium, Casino, Vasco da Gama Tower, cable car, gardens, monuments and the impressive Oriente station, designed by Santiago Calatrava.

Accommodation nearby: **Pousada de Juventude-Parque das Nações** (Rua de Moscavide, tel 218 920 890, www.pousadasjuventude.pt, shared

The Museu do Fado is across the road: www.museudofado.pt, closed Mondays, €5.

Built in 1917, grapevines surround the large wine barrel-like round windows.

and private rooms, kitchen, €16+, +2.1km). **TRYP Lisboa Oriente** (Av Dom João II, tel 218 930 000, www.tryporiente.com, +1km). *****Hotel Ibis Lisboa Parque das Nações** (Rua do Mar Vermelho, tel 213 180 049, www.ibis.com, +1.1km). ******VIP Executive Arts Hotel** (Av Dom João II 47, tel 210 020 400, www.viphotels.com, +1.4km).

This is the longest waterway in Portugal and Spain, running for approximately 1007km from Spain's Serra de Albarracín to the Atlantic Ocean.

Cross the roundabout, passing the large Pavilhão do Conhecimento (science and technology museum, RHS), then turn right through the trees towards the Oceanarium and the River Tagus. ◀ Turn left to follow the river for the next 4km through the expo development. (For Oriente station and Vasco da Gama Mall with shops, supermarket and



Vasco da Gama tower, Parque das Nações



food court, turn left at the MEO Arena.) Pass the sail-shaped **Vasco da Gama Tower**. Vasco da Gama (1460–1524) was the first explorer to sail from Europe to India. The observation tower (145m) is Lisbon's tallest building. About 800m further on, pass a statue of Queen Catherine of Braganza then join a wooden boardwalk and go under **Ponte Vasco da Gama** (17km long!). After 1.1km reach the Trancão tributary and turn left, following the tributary under the IC2 and railway tracks (Sacavém station is on the LHS) to reach the N10 in **Sacavém**. ▶ 5.2km/12.7km

Turn right and cross the bridge, turning left immediately onto a dirt path and down to the river past a Toyota dealership (RHS). Shortly after, turn left onto a paved road, following as it bends right, then left and under a green pipe. Go under the A1 and follow the dirt road then path beside the tributary for 2.7km until the path veers right, away from the river and becomes a dirt road. After a further 2.6km pass the

The slightly hidden petrol station (LHS) sells water and there is a *café* diagonally left behind the park.

ruins of the large **Quinta do Monteiro Mor** (RHS, 17th century, with obscene graffiti). **6.2km/18.9km**

Veer right here, then in 1.2km pass the dilapidated red **Quinta do Brasileiro** (RHS, with tower) and pass a small bridge (don't cross it unless you're going to the **café** in **Granja** +130m). Join a paved road passing factories then KSO across the roundabout and for a further 850m into Largo de Alpriate, ending the stage at the blue-and-white painted Albergue de Peregrinos (RHS) in **Alpriate**. **2.9km/21.8km**

ALPRIATE, 38M

A peaceful hamlet with two cafés and a welcoming albergue run by Via Lusitana volunteers.

Where to eat: **Café Grillus** +50m, turn right after the albergue. **Café Nadia** +280m, opposite the soccer field.

Accommodation: **Albergue de Peregrinos** (Largo de Alpriate 13, tel 915 595 213, www.alpriate.vialusitana.org, 12 beds, kitchen, €8).

STAGE 2

Alpriate to Vila Franca de Xira

Start	Albergue de Peregrinos, Alpriate
Finish	Vila Franca de Xira train station
Distance	19km
Total ascent	118m
Total descent	140m
Difficulty	Easy
Time	5hr
Cafés	Alpriate, Póvoa de Santa Iria (3.8km), Praia dos Pescadores (5.2km), Alverca (9.4km), Alhandra (15km), Vila Franca de Xira (19km)
Accommodation	Alpriate, Vila Franca de Xira (19km)
Notes	The route passes Alverca, Alhandra and Vila Franca de Xira train stations, providing options for alternative stages.

This stage follows quiet back roads, dirt paths, peaceful boardwalks through wetlands and a short section along the N10 highway before joining a delightful riverside path for the approach to Vila Franca de Xira.

Leaving the albergue, follow the arrows in front of the yellow house then turn right onto Rua da Vinha. After 850m take the right fork onto a farm track and follow this to a paved road then turn right. Just before the tunnel, turn left onto a dirt track. KSO to reach a road (with a car yard in front) and turn right then go under the A1. Continue for 1km to a large roundabout (with a fountain) on the edge of **Póvoa de Santa Iria**. **3.8km**

Take the diagonal right onto the N10 and pass **Café Estrela do Tejo** (RHS) then take the next left, crossing a bridge over the railway tracks. KSO across a road onto a dirt path, turning left to cross a wooden bridge then passing abandoned buildings. Follow the footpath as it bends right

