

# Self-Guided Cycling: Portuguese Coastal Camino

Trip Code: SGPB

Version:



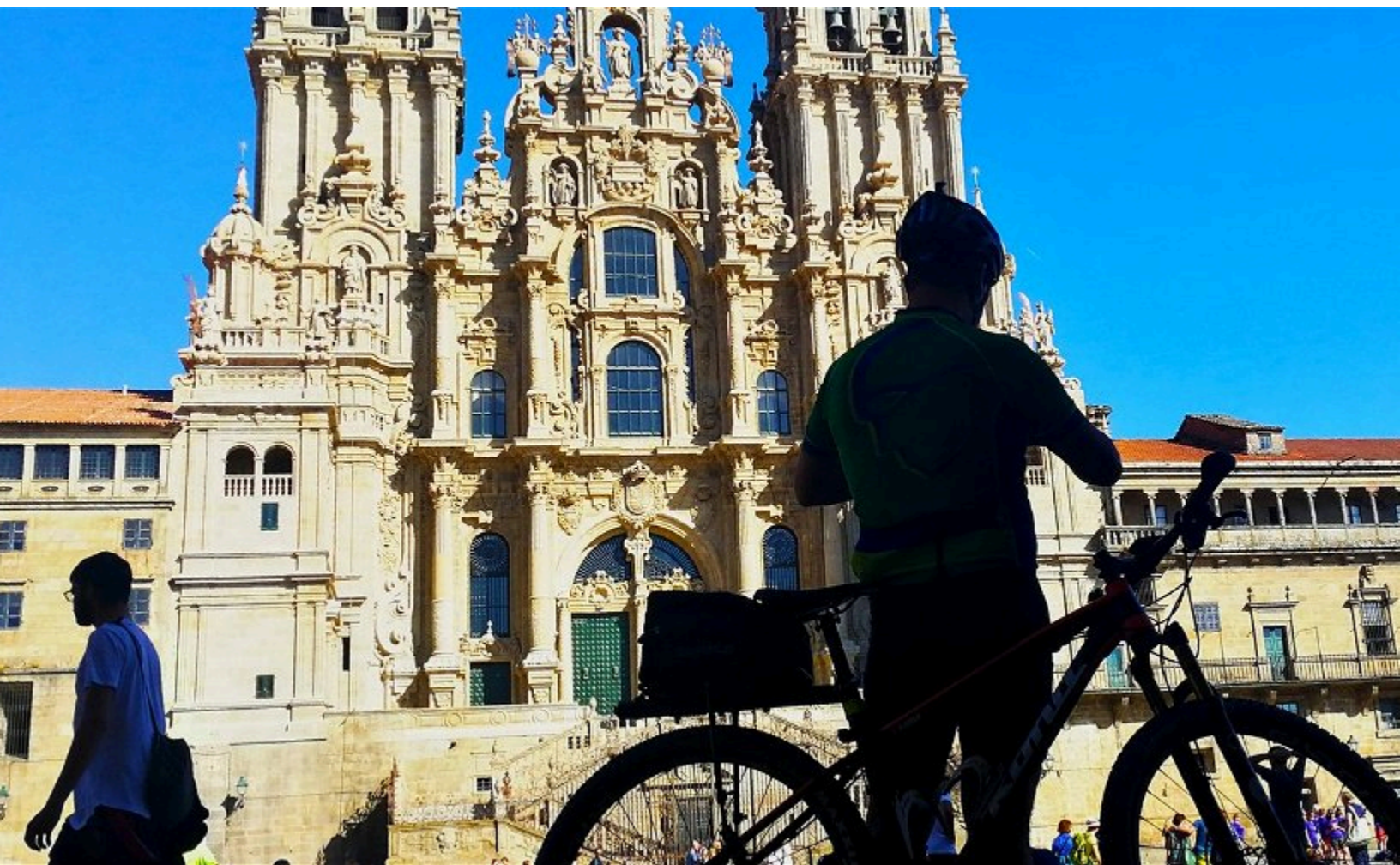
CYCLE



SELF-GUIDED



LEISURELY



## HIGHLIGHTS

- Complete the Camino on two wheels from Porto to Santiago de Compostela
- Discover under the radar beach resorts and relax on their beautiful beaches
- Explore historic Porto, home of Port wine and opulent buildings dressed in azulejo decoration

- Ride the funicular in Vianna do Castelo for breath-taking views and bathe in the hot springs of Caldas de Reis

## AT A GLANCE

- Self-Guided
- 7 days cycling
- 259km of the Portuguese Coastal Camino
- Daily departures available
- Bike hire included
- Suitable for 2+ travellers
- Join at Porto / End in Santiago de Compostela

## ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Introduction

The Portuguese Coastal Camino is a Camino for those wanting to explore Northern Portugal and Galicia on two wheels, whilst enjoying the benefits of the coastal location and having the satisfaction of completing a pilgrimage from Porto to Cathedral de Santiago in just 9 days. Starting in the UNESCO city of Porto this self-guided cycling holiday will take you on a journey through quaint traditional villages to inviting blue flag beaches and to the hot springs of Caldas de Reis. All perfectly blended with the history and heritage of the Camino as you follow the route of countless pilgrims before you.

Cycling on quiet back roads, boardwalks and cycle paths for up to 50 km per day you can look forward to a warm welcome at the end of each ride at our fantastic selection of small hotels and guesthouses. Staying on a B&B basis you can enjoy the ultimate flexibility and feast on fresh seafood with a glass of Vino Verde wherever you desire.

## Is this holiday for you?

This Camino is perfect for those looking to take on a spiritual challenge, your first self-guided cycling holiday, or those who simply desire to see the quieter side of Portugal. Get away from the busy beaches of the south, and discover Galicia with all its splendid traditions. Guided by the traditional scallop shells and your route notes, you will be cycling an average of 50 km a day on easy cycle paths or quiet roads. The Portuguese Coastal Route is relatively flat, taking you along Portugal's beautiful coast and into Galicia. Staying in a great selection of hotels and guesthouses, we will transport your luggage for you so all you need to do is relax and enjoy the journey.

# Itinerary

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## Holiday Information

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### What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Bike hire
- City taxes
- Self-guided information pack containing your map and route notes
- Pilgrim kit including a pilgrim passport and shell
- Luggage transfers

### What's not Included

- Travel insurance
- Travel to Porto
- Travel from Santiago
- City taxes (payable locally) usually under 5 Euros per person per night
- Public buses and taxis
- Visas (if applicable)
- Some meals as described in the Meal Plan
- Personal equipment
- Any additional activities/excursions indicated as optional

## Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit, about the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook and all your relevant documents no later than 3 weeks before your holiday start date. We will send your documents using a signed for courier so that you can track your package and know that they are safely on their way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our sales team. Your pack will be sent to the lead booker so please remind them to pack it before you set off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start date, please do inform our sales team so that we can make alternative delivery arrangements.

## Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for most of our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking holiday for your family, a centre based trip is a fantastic option as it allows you to easily opt out of a days walking if a day of building sand castles, swimming in the pool or visiting museums is calling instead.

Please discuss this further with our sales team who will be happy to assist in picking the best trip for your family.

## Joining Arrangements & Transfers

This trip starts at your hotel in Porto. All of our self-guided holidays are sold on a land only basis allowing you the flexibility to choose the travel method which best suits you. The nearest airport for this trip is Porto Airport with many departures from regional UK airports.

The public transport network from Porto is extremely good. If you are flying into Porto Airport it is possible to take the Metro to Porto city for approximately €3. The journey takes approximately 30 minutes and the metro runs every 20 minutes. For more information please visit [www.metrodoporto.pt](http://www.metrodoporto.pt)

Alternatively, we offer a private transfer from Porto Airport to your accommodation. Please ask our sales team for a quotation.

The trip ends in Santiago de Compostela. It is possible to return to Porto via Flixbus or train. The journey takes approximately 6 - 7 hours for more information visit [www.rome2rio.com](http://www.rome2rio.com) Alternatively, it is possible to fly direct to London from Santiago de Compostela Airport or we can offer a private transfer from Santiago de Compostela to Porto Airport. Please ask our sales team for a quotation.

## Meal Plan

This trip is on a bed and breakfast basis to allow you the most flexibility during your trip.

## Food & Water

Water is drinkable from the taps on this holiday. Please fill your personal bottles for your day in the morning. We do not encourage the purchasing of single use plastic bottles.

The Portuguese are passionate about food. It is a reason for celebration, time with family and socialising with friends, and as is typical on the Med, evening meals are enjoyed late into the evenings with a glass of wine. Portugal's national obsession is Bacalhau, a dried salted cod which will feature heavily on menus alongside other delicious seafood. After all Portugal has almost 1800km of coastline. But it is not all just seafood as Portuguese cuisine is all about simple, fresh cooking with many meaty stews such as Cozido a Portuguesa which includes beef, pork and chicken served with fresh vegetables and usually accompanied by one of the countries fantastic wines.

Crossing the border into Galicia and you can see that this too is a region passionate about food. Galicia's cuisine is less about paella and more about delicious Pulpo a la Gallega, a traditional dish of the region that comprises of succulent boiled octopus on top of a bed of thinly sliced potatoes and topped with oil and paprika. And let's not forget the tasty treat of Santiago, the Tarta de Santiago made from ground almonds and covered in icing sugar and the cross of Santiago. Yummy!

## Accommodation

On this trip you will stay in a selection of comfortable 2\* or 3\* hotels each offering warm hospitality and close proximity to your route. Each hotel brings its own charm whether it's offering beautiful gardens in which to relax, an inviting communal lounge area or a swimming pool to cool down after a day on your bike.

All our accommodations are booked on bed and breakfast basis in a twin or double room and have wifi available too. Many accommodations have restaurants and some offer a set 'pilgrims menu', a tradition along the Camino and offer a hearty 3 course meal for approx. 15 euros payable locally. Please ask your host for more information.

It is possible to arrange additional nights accommodation if you would like to extend your time in Porto or Santiago. Please speak to our sales team for more information.

## Bike Hire

Bikes on this trip are 16 speed Trek mountain bikes with 29" wheels and all come equipped with 2 panniers for your daily essentials. We include a helmet with your bike on this trip but we strongly recommend you bring your own helmet for the best comfort.

We also recommend packing a gel seat for extra comfort, or a pair of padded cycling shorts, whilst there are plenty of opportunities to stop and explore it is always nice to have some padding for a comfortable ride.

E-bikes are also available at an additional supplement of £195. Please ask our sales team for details.

## Baggage Allowance

Your main luggage will be transferred between each of your hotels while you are out on your pilgrimage. We ask that you please ensure your luggage is under 15kg and that your luggage is ready for collection each morning. You will also need a daypack to carry your daily essentials with you.

# General Information

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## Passport & Visas

### Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

## Health & Vaccinations

### VACCINATIONS

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid. A good online resource is [Travel Health Pro](#).

### Severe Allergies

Please inform our KE Sales and support team of any severe allergies you may have before travel. We will always do our best to help but we are unable to guarantee an allergy free environment on our KE trips. We advise that you always carry your own treatment for the allergy with you such as 'adrenaline auto-injectors' if required. We also recommend that you discuss this with your accommodation on arrival so that they can better assist you.

## Currency

The currency for part or all of this holiday is the Euro.



## Preparing for your Holiday

The advantage of a self-guided cycling holiday is that you decide the pace. Having said this it is always sensible to get some additional exercise before going on an active holiday. After all, the fitter you are the more enjoyable your cycling will be. You should be comfortable with cycling an average of 50 km a day on a mix of terrains from rural paths (asphalt, cobbled and dirt), forest trails and roads. We advise you to dust off your bike and head out on a few rides before your holiday to help make your pilgrimage more enjoyable. We also offer e-bike upgrades for those seeking to make the journey more leisurely.

## Climate

The climate in this part of Portugal and Galicia is mild with wet winter months and warm pleasant summers for cycling with the cooling breeze of the Atlantic. The hottest months are July and August with temperatures reaching up to 25-30 degrees.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Books

The Portuguese: The Land and its People, Marion Kaplan

Pocket Porto, Lonely Planet



## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Please note that a paper copy of your travel insurance is required if you are travelling to Huaraz and the Huayhuash region.

# Equipment Information

## SelfGuided Cycling Equipment List

- Cycling shorts
- Cycle helmet
- Functional base layer
- T-shirts
- Scarf
- Hat
- Windproof jacket
- Fleece / extra layer
- Rain protection
- Rucksack (approx. 20 l)
- Small first aid kit for your rucksack

- Sunscreen
- Water bottle or hydration pack
- Camera (batteries/memory card)
- Mobile Phone (ensure your data package covers your destination)
- Handlebar mount that is compatible with your smartphone
- Power bank
- Waterproof phone cover
- Sun glasses
- Personal wash kit
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Tupperware for picnics

## Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers. [>> Find out more](#)

## Land Only Information

Please note our 'from price' listed is based on 4 persons on twin or double occupancy, however this trip is suitable for groups of 2 or more travellers, contact our sales team for a quote.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights accommodation before or after your self-guided trip, ask our sales team to find out more about this.

Our sales team will be happy to provide you a quote for scheduled flights or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

We offer some transfers to your hotel from the nearest airports, please refer to the 'joining arrangements and transfers' for further details for this trip.

## Why Choose KE

### why KE?

Experience the accomplishment of completing your Camino on two wheels whilst still having plenty of time to enjoy the fantastic beaches and rugged coast along the way. Plus we have included your hire bike in the cost of this trip and e-bikes are available too.

**Please Note** This document was downloaded on 03/07/2024 and the trip is subject to change