Portugal & Spain – Cycling along the Ocean to Santiago de Compostela

An 8-day cycling tour between medieval treasures, seafood and Atlantic landscapes

Tour Code: PT01C



A cycling journey across two remarkable countries: Portugal and Spain.

Ride the enchanting *Atlantic Coast* from **Porto (UNESCO World Heritage)** all the way to **Santiago de Compostela**: an inspiring route through fishing harbours, elegant seaside villages, sandy beaches, vineyards and medieval towns.
Portugal will surprise you with its colours, maritime atmosphere and slower pace — coastal villages, countryside paths and quiet roads that invite you to stop, taste and savour.
Then, crossing into Galicia, you enter a different world again: sea culture, Albariño vineyards, seafood tradition and centuries of history.
This itinerary follows a recognised variant of the **Portuguese Camino to Santiago** — possibly one of the oldest pilgrimage routes ever taken towards the resting place of Saint James.
You do not need to be a pilgrim to feel the depth of this route — for centuries, it has moved travellers of every kind.

An elegant journey, at the right pace

- approx. 40 km cycling per day
- Tapas, fresh fish & seafood in local taverns
- Wine tastings possible in Portugal and Spain
- Charming hotels — with the option to upgrade to historic **Paradores**

Route highlights

- Two countries – Portugal and Spain - in one trip
- Leisurely bicycle routes along the Atlantic coast in Northern Portugal and Galicia (Spain)

- Cozy, comfortable hotels by the sea some with an ocean view
- Four nights in Paradores, luxury historic hotels in Spain
- Golden beaches, river estuaries, lush countryside and green forests, throughout
- Traditional fishing villages frozen in time, engaged in the ancient art of fishing
- Unbeatable fresh fish and shellfish, accompanied by crispy regional white wines
- Porto, voted Best European City Destination in 2020 and one of UNESCO World Heritage Site
- Medieval towns rich in Romanesque, baroque and neoclassical architecture
- Transfer to and from the airport at the beginning and end of the tour
- Arriving in Santiago one of spiritual most symbolic destinations is a moment of pure joy. Visiting the Cathedral, filled with centuries of faith, art and energy, will be the perfect closing moment of this beautiful journey along the Atlantic, culture and tradition — by bike.

Why choose this journey?
Because here you live a legendary road — but from a different angle: your own pace, your bike, and the Atlantic wind as your travel companion.
It is a route where sea flavours, centuries of pilgrimage, and two cultures facing the ocean come together in a single line on the map.
This is not just a cycling holiday.
It is an experience that stays with you — not only on your GPS track, but inside you.



Starting days: Every Monday from 1st March to 30th November 2027. Upon request and with supplement (minimum 2-3 people) it is possible to start on another day.

Participants: minimum two people, solo traveller upon request

Level: 2,5 medium difficulty (on day 4 more level 3)
The first stages of this tour is easy and mostly flat. Then you cycle in a slight hilly countryside with some short steeper climbs. There is on day 4 a challenging stretch along a small trail steeply uphill. Here you have to walk and push up your bike. The daily distances are short and therefore you will have time to stop for a rest at interesting points along the route and to enjoy Portugal's fantastic coast or countryside, or taking some time off to explore Portuguese & Spanish towns and discover local culture and fine food. Cycling along cycle paths, asphalted roads and some trails, more difficult to cycle

You will cycle an average of 39,2 Km/24 mi per day, with some steep, but short climbs uphill and small to medium slopes. Cycle experience is needed.

Daily Km: min. 31,6 km / 19,6 mi – max. 48,3 km / 28,7 mi
Total km: 233 km / 145 miles

Program in short:

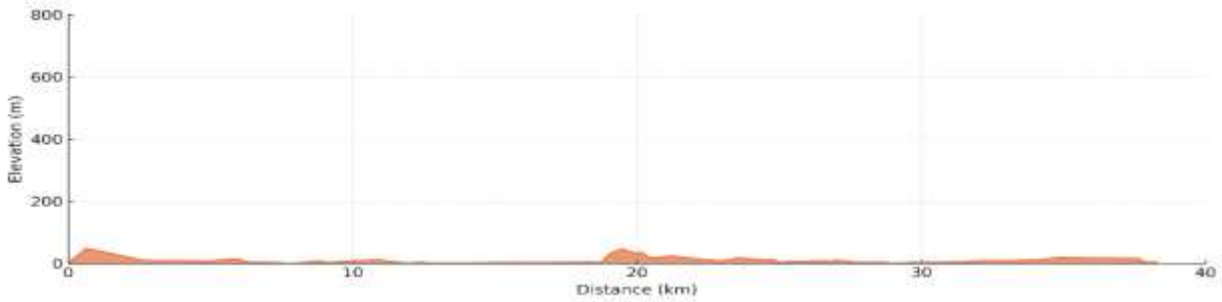
Day 1 Arrival at Porto
Day 2 Porto to Caminha (38,3 km / 23,8 mi)
Day 3 Caminha to Baiona (37,7 km / 23,4 mi + 15 km / 9 mi for the bridge)
Day 4 Baiona to Pontevedra (37,7 km /23,4 mi)
Day 5 Pontevedra to Cambados (31,6 km / 19,6 mi)
Day 6 Cambados to Carril (39,2 km / 24 mi)
Day 7 Carril to Santiago de Compostela (48,3 km/28,7 mi)
Day 8 end of tour after breakfast

Program day by day

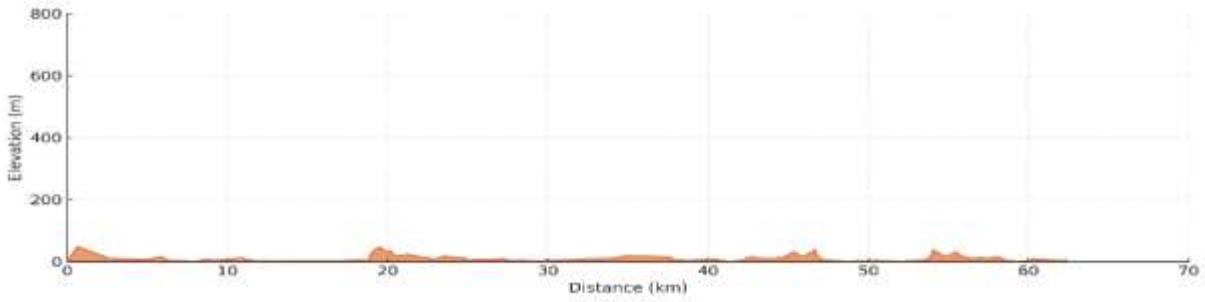
Day 1 Porto
Your journey starts in Porto, a UNESCO World Heritage City, world-famous for its wine, the Porto. Today you will have time to tour the city, visit one of the historic Port Wine lodges and discover the many food specialties the town has to offer. Stroll through the historic centre in the Ribeira medieval riverside neighbourhood; see the Dom Luis Bridge, with the traditional Rabelo boats moored in the Douro River. The town is full of monuments and landmarks, a real jewel!
If you choose the optional Wine Experiences Package, you have a guided visit and wine tasting to one of the historic Port Wine lodges included.
Overnight with breakfast in Porto.

Day 2 Porto to Caminha
This morning you'll have your bike fitting, then a transfer to the starting point in **Chafé**, just north of Porto and from here your journey begins. You'll cycle with the Atlantic Ocean at your side for most of the day, following quiet coastal roads and passing through **traditional fishing villages** that still preserve the rhythm and atmosphere of past centuries. This is also the land of **Vinho Verde**, the famous white wine of northern Portugal. Along the way you'll reach **Viana do Castelo**, a lively harbour town at the mouth of the Lima River. Dating back to Roman times, it later became the most important port in northern Iberia, and played a major role in the Portuguese maritime discoveries of the 16th century. Your overnight stay is in **Caminha**, a medieval town strategically set at the estuary of the Minho River. Overnight stay with breakfast in Caminha.

Short route:
Distance: 38 km /23,6 mi
Height: min. -2/ max. 49 m.
Ascent: + 175m



De langere route:
Distance: 62km/38,5 mi
Hoogte: min. -2/ max. 49 m.
Ascent: +347m

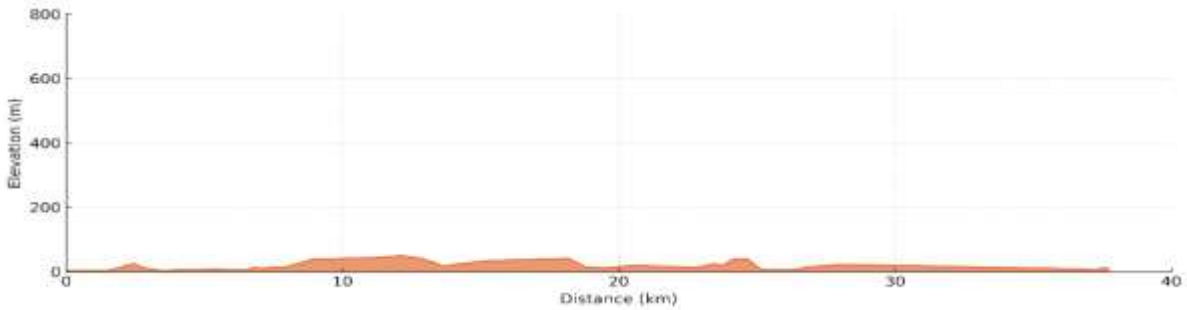


Day 3 Caminha to Baiona
This morning you'll leave Portugal and cross into Spain. There are **two options** to cross the Minho River:

- **taxi-boat / ferry from Caminha to Spain** (not included — on public holidays boats may not be available)
- **cycle across the Friendship Bridge ("Ponte da Amizade")** *(*this adds approx. 15 km / 9 mi to today's ride*)*

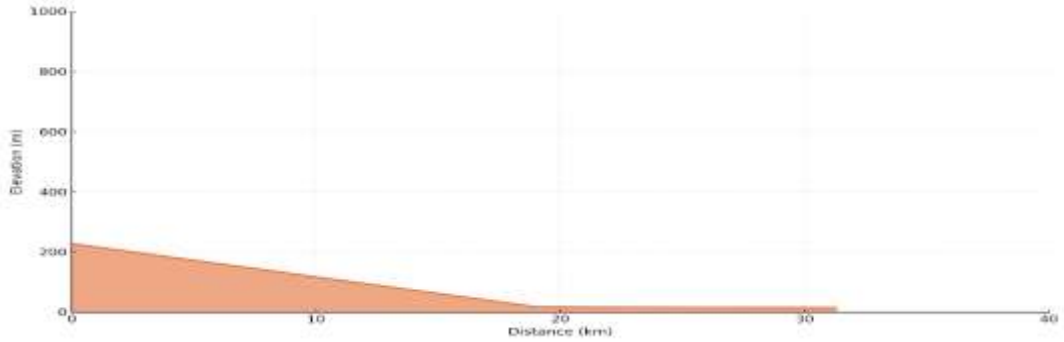
Once in **Galicia**, your route follows the Atlantic coastline, below the foothills of the Sierra de Argalo and the Sierra de la Grova mountains — a scenic ride with sea views and maritime villages. Today's destination is **Baiona**, a lively harbour town famous for fresh fish and seafood. Enjoy a stroll along the marina, walk the ancient walls of **Monterreal Fort**, or simply relax with a glass of Albariño and tapas on one of the waterfront terraces; sunsets here are unforgettable!
If you've choose the **Wine & Dine** option, tonight you'll enjoy a **Parrillada de Marisco** a feast of seven different seafood specialities paired with local Galician white wine. Overnight in Baiona.

Distance: 38 km/23,6 mi + 15 km/9 mi if you cycle without transfer to the bridge
Altitude: min. 1/ max. 57 m.
Ascent: + 302m



Day 4 Baiona to Pontevedra
Today's stage is one of the most beautiful of the tour: you'll ride through the green inland waterways of the **Rías Baixas**. Cycle north along the valley of the **Louro River**, through forests and the atmospheric Galician hills. From Redondela onwards, as you approach Vilaboa, the views open up again towards the Atlantic inlets, where the ocean flows inland between mountains and islands. You'll enter the fishing village of **Arcade**, known as the *oyster capital of Galicia*, a great stop for a snack break if you want to taste the most iconic local shellfish.
Today includes one **steep uphill trail section** where the terrain is not fully rideable. You'll need to **walk and push the bike** for a short stretch. After that you continue towards **Pontevedra**, your destination for tonight: a beautifully preserved historic town on the Lerez River, with pedestrian squares, lively cafés and lots of atmosphere. Don't miss the local farmers' market, the **Galician cheeses** here are genuinely worth tasting.

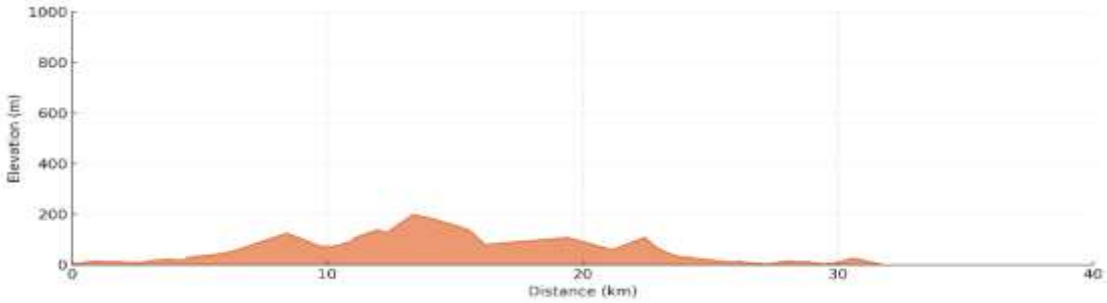
Overnight stay in Pontevedra.
Distance: 32 km /19,8 mi
Altitude: min. 1/ max. 315 m.
Ascent: 419m



Day 5 Pontevedra to Cambados
Today the Atlantic will be your horizon again. You'll ride north through coastal pine forests, small hamlets and wide open **Albariño vineyards**; this is the heart of the **Rías Baixas wine region**, home of one of the world's most celebrated aromatic white wines. Between the green of the landscape and the sparkling blue waters of the **Arousa estuary**, this ride is a perfect blend of nature, wine culture and seaside atmosphere.
Your destination is **Cambados**, the Albariño Wine Capital, one of the most attractive towns in Galicia. Don't miss the atmospheric fishermen's quarter of **Santo Tomé**, with its stone houses and façades decorated with scallop shells.
Here, you have optional experiences available (on request):

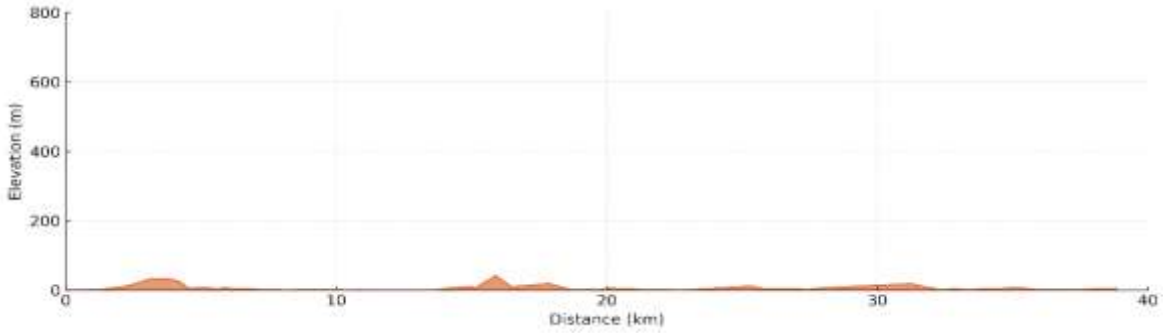
- **Wine & Dine Package** — a superb seafood dinner paired with Albariño, in one of the area's most popular local restaurants
- **Wine Tasting Package** — guided visit + tasting at a prize-winning Albariño winery

Overnight stay with breakfast in Cambados.
Distance: 32 km / 19,8 mi
Altitude: min. 1/ max. 212 m.
Ascent: + 441m



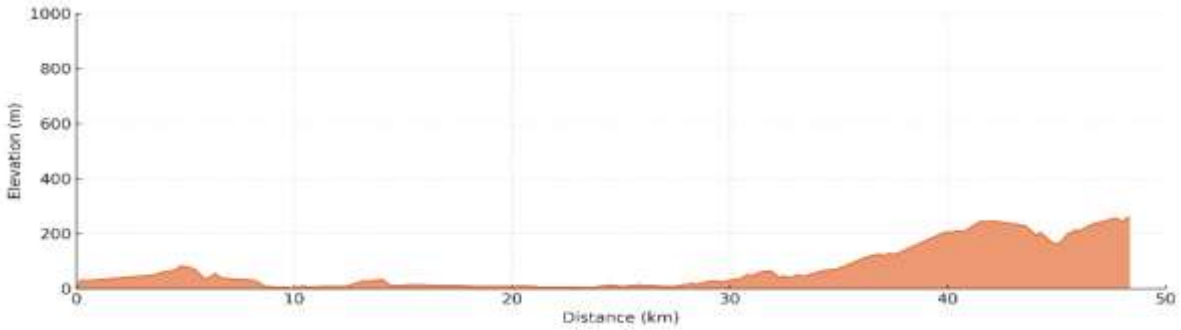
Day 6 Cambados to Carril
Today the **Ría de Arousa** will be the backdrop to your ride, a coastline shaped by centuries of maritime tradition, dotted with small fishing villages, waterfront taverns and local cuisine, especially mussels and seafood prepared in traditional ways. Along the route you'll cycle through quiet coastal communities and natural stretches that still feel authentic and untouched.
If you wish, you can stop on one of the **white-sand beaches** for a refreshing swim, or simply enjoy a slow walk along the shoreline, embracing the gentle rhythm of Atlantic life. Another option is a short **kayak or boat experience** *(not included)*, a beautiful way to admire the estuary up close, including the small island that holds the **largest laurel forest in Europe**.
A day filled with possibilities, ocean air and the flavours of the sea and whatever you choose to do, **don't forget your camera**: this is one of those landscapes that truly deserves to be captured.

Overnight with breakfast in Carril.
Distance: 39 km / 24,2 mi
Altitude: min. -1/ max. 45 m.
Ascent: + 205m



Day 7 Carril to Santiago de Compostela
Today you reach your final destination: **Santiago de Compostela**, one of Christianity's most important holy cities and, according to tradition, the resting place of the relics of the Apostle Saint James, Patron Saint of Spain. Leaving Carril, you cycle through a green landscape of forests, wetlands and small rural communities. You'll pass through **Padrón**, a beautiful town on the River Sar that according to a legend, it is the place where the body of Saint James first arrived by boat from Jerusalem. Approaching Santiago, you will feel that unique sense of emotion that for centuries has accompanied pilgrims on the Camino as they near the cathedral.
Once in the historic centre, start your visit with the magnificent **Cathedral of Santiago** and its impressive **Pórtico da Gloria**. Take time to admire the blend of architectural styles, the medieval cobbled streets and the emblematic squares such as **Praza do Obradoiro, Praza da Quintana** and **Praza do Toural**. Santiago is also a lively university town and is perfect for a final toast, a bite in a traditional restaurant, or simply sitting at a café and absorbing the atmosphere of this extraordinary final stage.

Overnight in Santiago de Compostela
Distance: 48 km / 29,8 mi
Altitude: min. 0/ max. 257 m.
Ascent: +578m



Day 8 Departure
Transfer to Porto airport or city centre.
End of the Tour and of our services.

Hotels: *** and **** hotels
If you choose the option with 4 nights in "Paradores" (with surcharge), evocative traditional accommodations located in castles, manor houses and stately homes, famous for the high standards of their hospitality and for their excellent traditional cuisine.

Bicycles:
Hybrid bikes and E-bikes with luggage rack, pannier; handlebar bag (one per two bicycles), lock (one per two bicycles), repair kit, inner tube e pump. E-bike have also a battery charger.

Transfer
Shared transfers
A transfer service from the airport until the starting point and from the ending point until the airport is available. All tours that respect the designated departure day have shared transfers. They can be at the beginning, middle or end of the tour. The schedules are the following:

Prices 2027 per person standard hotel package with start on Monday
2 to 5 persons

Medium Season (01/03/2027 to 30/04/2027 and 01/10/2027 to 30/11/2027)
In double room € 1.380
In single room € 1.905

High season (01/05/2027 to 30/09/2027)
In double room € 1.505
In single room € 2.110

6 to 8 persons*

Medium Season (01/03/2027 to 30/04/2027 and 01/10/2027 to 30/11/2027)

In double room € 1.325
In single room € 1.850

High season (01/05/2027 to 30/09/2027)
In double room € 1.410
In single room € 2.015

*The price is calculated for a group arriving and departing together at the same airport at the same time. For different times, the prices for 2-5 people apply.

Prices 2027 per person hotel package with 4 nights in Paradores with start on Monday

2 to 5 persons

Medium Season (01/03/2027 to 30/04/2027 and 01/10/2027 to 30/11/2027)
In double room € 1.705
In single room € 2.340

High season (01/05/2027 to 30/09/2027)
In double room € 1.810
In single room € 2.535

6 to 8 persons*

Medium Season (01/03/2027 to 30/04/2027 and 01/10/2027 to 30/11/2027)
In double room € 1.605
In single room € 2.240

High season (01/05/2027 to 30/09/2027)
In double room € 1.710
In single room € 2.435

*The price is calculated for a group arriving and departing together at the same airport at the same time. For different times, the prices for 2-5 people apply.

Extras:

- Price for solo travelers on request
- Starting on a day other than Monday incurs a surcharge of € 290 p.p.
- E-Bike supplement: € 190 per bike, 6 days (on request, as e-bikes are limited)
- Premium E-Bike supplement: € 250 per bike, 5 stages (subject to availability due to the limited number of e-bikes)
- Helmets (used) are available in limited quantities upon request when booking the tour. A new helmet can be booked / purchased for € 65.
- Private transfers to and from Porto airport/city € 65 (1-3 people)
- Extra nights in Porto or Santiago price on request

Children and extra beds

1 child sharing room with adults:

- Under 3 y.o. no cost (baby cot or extra bed)

- Under 12 y.o. 20 % discount on the package price (extra bed)
- Under 18 y.o. 10 % discount on the package price (extra bed)

2 or more children require a double/twin room no discount applies

For the wine & dine packages
100% discount under 4 years and 50% discount under 12 years

Wine-tastings: for free under 18 years

Extra bed for adults
Extra bed in a double/twin room 10% discount on the package price.
Triple room in Portugal are not very common. Most hotels allow an extra bed to be added to the room at an additional charge. Please know that in most cases, this bed is smaller, and less comfortable than a regular bed.

Included in the price

- Accommodation, 7 nights BB, in double standard room
- Luggage transfer daily (1 luggage per person ≤ 23kg)
- Porto airport transfers to the start and from the ending points of the programs in a car, van, or minibus
- Intermediate transfers on day 2 and 4
- Per person: Standard Touring bicycle, cargo rack, 1 pannier bike bag, handlebar bag, 1 spare inner tube.
- Per group/reservation: toolkit, first aid kit, puncture repair kit, pump, lock (one per two bicycles)
- Overnight storage of bicycles at the hotels
- Login access to the app where the route is published in digital support, including map, points of interest and route details; the client must download it beforehand to its own smartphone, using it online/offline to guide himself during the journey
- Help line from 8.00 am to 8 pm (Portuguese time)

Not included in the price

- Guide and support vehicle (price on request)
- Meals, wine experiences and all the optional experiences stated in the chapter with the same name "Optional"
- E-Bike supplement (optional)
- GPS loaded with the tracks (on request)
- Helmet
- Travel and medical insurance that we recommend strongly
- Pre-paid mobile phone (on request)
- Other items not mentioned under included in the price
- Personal expenses
- Mechanical bike interventions made on the bikes without permission
- The damages caused by bad use or accident are the client's responsibility and so the cost associated will be charged directly to them. However, we will provide assistance for the situation to be resolved in the clients' best interest.

- Small repairs such as a tire repair or inner tube change are done by clients. For that, we provide 1 toolkit per group with the necessary gear
- City taxes
- The cost of transportation from the customer's accommodation to the briefing location (taxi or public transportation), if necessary, is not included.

Please note: Clients are advised to bring their own helmets, although we can provide a limited number of second-hand helmets, **if required**, at no extra charge. To be requested at the time of the booking. Clients may purchase a brand-new helmet from us for an additional 65 euros. **If required, these must be requested when booking your journey**, otherwise we cannot guarantee availability.

Cancellation policy

A declaration of withdrawal must be made in writing within the deadline of one working day prior to the booked departure date:

- Withdrawal until 31 days preceding the departure date: administrative fee of 75 Euros per person is charged
- Withdrawal from 30 to 8 days preceding the departure date: 25% of the total amount
- Withdrawal from 7 days or less preceding the departure date or no-show: 100% of the total amount

Booking changes

For booking changes 31 days or less preceding the departure date, an administrative fee of 75 Euros is charged if:

- Bike type changes
- Accommodation changes
- Anything that involve our logistics changes

How to reach

Start /End: Porto/Santiago de Compostela

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