

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



This tour will allow you to see two beautiful countries in one trip, Portugal and Spain! You will explore the enchanting Atlantic Coast from Porto, Unesco world heritage site, to Santiago de Compostela in Spain by bike: you will go past traditional fishing ports where you will stop and taste the finest fish and shellfish in Europe. Portugal will be a pleasant surprise; the beautiful itineraries chosen for you will take you through coastal villages, along sandy beaches and to countryside paths, through vineyards and medieval towns not only rich in Romanesque, but also in Baroque and Neoclassical architecture.

This route is a variation of the traditional Portuguese Route to Santiago, which has only recently been approved as an official Camino de Santiago, although it might be the oldest of all the pilgrimage routes that led to the holy place where there are the remains of the apostle St. James, carried there from Jerusalem.

It is possible to include delicious seafood dinners, delightful wine-tastings both in Portugal and Spain. Accommodation is always in charming and conveniently located hotels or you can choose to sleep in boutique historic and luxury hotels...the typical Paradores: located in castles, manor houses and stately homes. The Paradores are famous for the high standards of their hospitality and for their excellent traditional cuisine.

Whether you are religious or not, this journey will inspire you, fascinates you and surely you will remain touched by the strong emotions that, for centuries, pilgrims have travelled this route, in spite of the many challenges they found along the way.

However, your journey will be intense and pleasant. Your cycling will begin in Porto where you will spend the first night. Then you will cycle about 40 kilometres per day, following the famous Camino de Santiago, past landmarks such as Viana do Castelo and Caminha in Portugal, Baiona, Pontevedra, Cambados and Arousa in Spain.

At the end, while approaching Santiago de Compostela, one of the milestones of Christianity, you will have a sensation of fulfilment, excitement and real joy. A beautiful visit of the magnificent cathedral, a place full of history, faith and hope, will be the final highlight of this striking cycling tour.



Starting days: Every Monday from 1st March to 30th November 2021. 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 medium difficulty

The first stages of this tour is easy and mostly flat. Then you cycle in a slight hilly countryside with some short not to heavy climbs. 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.

You will cycle an average of 40 Km/day, with a few gentle kilometres up hillsides and small to medium slopes. Some cycle experience is needed.

Daily Km: min. 30,2 km / 18,7 mi - max. 47,9 km / 29,7 mi

Total km: 240,6 km / 150 miles

Program in short:

Day 1 arrival at Porto

Day 2 Porto to Caminha (47,9 km / 29,7 mi)

Day 3 Caminha to Baiona (37,4 km / 23,2 mi)

Day 4 Baiona to Pontevedra (32,6 km / 19,9 mi)

Day 5 Pontevedra to Cambados (30,2 km / 18,8 mi)

Day 6 Cambados to Carril (46,9 km / 29,1 mi)

Day 7 Carril to Santiago de Compostela (46,2 (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

You leave Porto and will cycle most of the day along the Atlantic Ocean to your destination, the ancient picturesque town of Caminha, through the famous Vinho Verde Winemaking Region full of vineyards that produce a well-known dry white.

Cycling along the Atlantic Ocean is an extraordinary experience; you will ride past lovely traditional fishing villages. Once in Viana do Castelo, the peace and quiet of your ride will be replaced by the sounds of this lively city at the estuary of the Lima River. Dating back to Roman times, Viana was later the principal port for the north of Iberia, a very important spot during the Portuguese discoveries of the 16th century.

The route continues along Afife beach, one of the most famous surfing beaches in the north of Portugal and goes past the historic Montedor lighthouse that watches over all sailors. Next, Vila Praia de Ancora, a fishing village located on the Ancora River, delights visitors with its great natural beauty. Tonight, you will stay in Caminha, an elegant medieval town strategically located at the estuary of the Minho River, whose history dates back to pre-Roman times.

Overnight stay with breakfast in Caminha.

Distance: 47,9 km / 29,7 mi

Altitude: min. 0/ max. 107 m.

Ascent: + 332m

Paved 99% / Dirt road 1%

Altimetry:



Day 3: Caminha to Baiona

Today you leave Portugal and enter Spain.

You can choose to start your trip by taking the ferry across the Minho River, from Caminha to Spain, or by transferring to Vila Nova de Cerveira and cycling across on the Bridge of Friendship that links the two countries. Once in Galicia, you will cycle along the Atlantic coast, at the foot of the Sierra de Argalo and Sierra de la Grova mountains, you will go past the charming and lively

harbour town of Baiona, famous for its fresh fish and seafood. Once you have arrived in Baiona, you can walk around the harbour or along the walls of the impressive Monterreal Fort or just relax and enjoy a magnificent sunset with a drink and some tapas at one of the several terraced cafés on the waterfront.

The optional Wine & Dine Package includes a delicious Parrillada de Marisco, a tasty selection of 7 different types of seafood, accompanied by the local Galician crisp white wine.

Overnight stay with breakfast in Baiona.

Distance: 37,4 km / 23,2 mi

Altitude: min. 0/ max. 64 m.

Ascent: + 305m

Paved: 90% / dirt road 10%

Altimetry:



Day 4 Baiona to Pontevedra

A very beautiful stage awaits you today: you will cycle through the lush green inland waterways of the Rias Bajas. Cycle northwards along the valley of the Louro River, through thick pine forests and the magical environment of the Galician hills. Along the way, as you cycle further north towards Vilaboa, you will have wonderful views of the Ocean. You will go past the fishing village of Arcade, known as the oyster capital of Galicia. Next, you will get to the ancient town of Pontevedra, today's destination. Pontevedra is picturesquely located on the Lerez River and is absolutely worth a visit.

You can buy some local cheese at the farmers' market, it's absolutely delicious.

Overnight stay in Pontevedra.

Distance: 32 km / 19,9 mi

Altitude: min. 0/ max. 311 m.

Ascent: 370m

Paved: 70% / dirt road 30%

Altimetry:



Day 5 Pontevedra to Cambados

Today you will enjoy breathtaking views of the Atlantic Ocean, then you will cycle through forests and past the wide vineyards in the Rias Baixas, the wine region where the Albariño, one of the best white wines in the world is being produced.

This is an excellent destination thanks to the green of forests and vineyards, the sparkling blue waters of the Arousa waterway, quality wines and least but not last, delicious shellfish and seafood. Cambados is today's end of the stage: it is located near the mouth of the Arousa estuary and Albariño Wine Capital and is one of the most attractive and appealing Galician towns. The peculiar architecture of the Santo Tomé fishermen's quarter is well worth a visit, especially the houses whose façades are covered with scallop shells.

Also in Cambados (on request), you may choose a seafood fishing experience with a local family of artisan fisherfolk, who follow the traditional fishing method of gathering cockles and mussels from the sandbanks by hand.

Here you have some options you may choose from: a Wine Tasting Package includes a guided visit and wine tasting at a prize-winning traditional winery. The optional Wine & Dine Package includes a wonderful seafood dinner at a very popular local restaurant accompanied by Albariño wine. The chef will delight you with novel, modern ways of preparing a variety of seafood, that will tickle your palate.

Overnight stay with breakfast in Cambados.

Distance: 30,2 km / 18,8 mi

Altitude: min. 1/ max. 202 m.

Ascent: + 277m

Paved: 85% / dirt road 15%

Altimetry:



Day 6 Cambados to Carril

Your beautiful panoramic route continues within the maritime and natural environment of the Arousa estuary. You will leave Cambados and cycle past seawater mills until you come to a bridge that leads to Illa de Arousa, an enchanting peninsula with fishing villages surrounded by beautiful beaches and the Carreirón Nature Park, a bird reserve.

Today's destination is the fishing village of Carril, famous for its mussels and many restaurants serving delicious seafood. If you wish, you have time to bathe and lay at one of the pristine white sand beaches around the town or hire a kayak or a boat to tiny Cortegada island, in front of Carril (not included), famous for the largest forest of laurel trees in Europe, centuries-old trees that attracts specialists from all over the world.

As an alternative, you can go on a one hour-long boat cruise on the Arousa estuary where you will see the floating wooden platforms used to cultivate mussels. A mussel tasting with white wine on board is included. This cruise operates from June to mid-October and leaves Vilanova port daily at 12h30 and 17h00. Today is full of options but...whatever you choose, don't forget your camera, there is a lot to see and to photograph!

Overnight with breakfast in Carril.

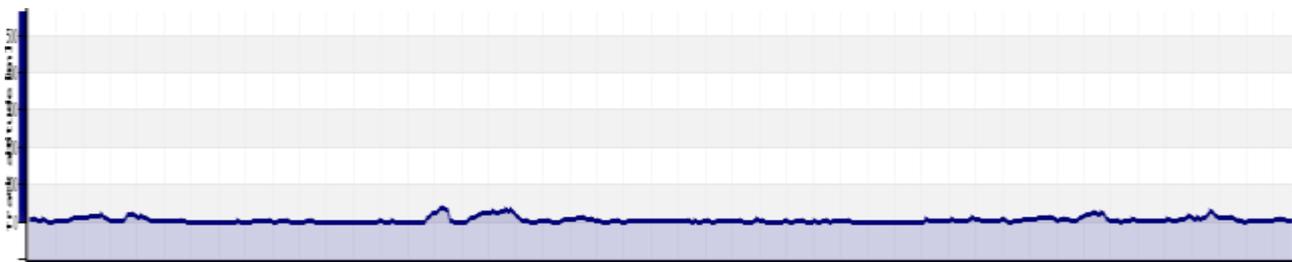
Distance: 46,9 km / 29,1 mi

Altitude: min. 0/ max. 38 m.

Ascent: + 305m

Paved: 90% / dirt road 10%

Altimetry:





Day 7 Carril to Santiago de Compostela

Today is the day you reach your final destination, Santiago de Compostela, one of the most important Christianity's holy cities, said to be the resting place of the relics of the Apostle Saint James, Patron Saint of Spain. You leave Carril and cycle through a green landscape rich in forests and wetlands. You will cycle past Padrón, a lovely town on the banks of the Sar River. According to legend, the body of St. James was transported here by boat from Jerusalem. It was only late in the 9th century that the local Bishop claimed to have discovered the burying place of this saint, in a place named Compostela which quickly became a place of religious pilgrimage. As you enter Santiago, you will be touched by sense of excitement and fervour that all pilgrims feel as they approach the magnificent cathedral that houses the holy relics of Saint James.

You can start your visit of this ancient, historic town with the magnificent cathedral and its impressive Pórtica de la Gloria. Note the beauty of the different architectural styles of the buildings that feature the medieval cobbled streets and the Obradoiro, Quintana and O Toural squares. Tourists and visitors enjoy this lively university town, you can stop for a break or a meal at one of the many delightful restaurants and bars.

Overnight in Santiago de Compostela

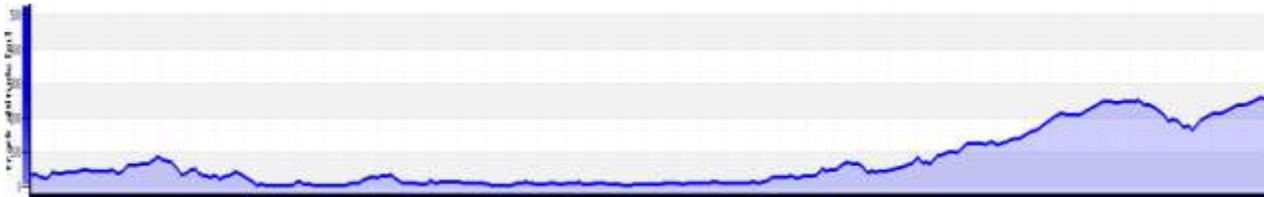
Distance: 46,2 km / 28,7 mi

Altitude: min. 0/ max. 263 m.

Ascent: + 305m

Paved: 95% / dirt road 5%

Altimetry:



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. Hybrid bicycle, luggage rack, pannier and helmet; handlebar bag (one per two bicycles), lock (one per two bicycles).

Prices 2021 per person

(standard hotel package - 2 to 5 persons*)

Medium Season

01/03/2021 to 30/04/2021

01/10/2021 to 30/11/2021

In double room € 895,00

In single room € 1.170,00

High season

01/05/2021 to 30/09/2021

In double room € 1.050,00

In single room € 1.295,00

Prices per person

(hotel package with 4 nights in Paradores: 2 to 5 persons*)

Medium Season

01/03/2021 to 30/04/2021

01/10/2021 to 30/11/2021

In double room € 1.190,00

In single room € 1.550,00

High season

01/05/2021 to 30/09/2021

In double room € 1.330,00

In single room € 1.750,00

*Discounts for groups from 6 to 10 people, prices upon request

Included in the price

- 7 nights with breakfast in the chosen hotel category
- Luggage transportation
- Transfer to and from Porto airport at the start and end of the tour by car, van or minibus
- Per person: Hybrid bicycle with luggage rack, pannier, and helmet; handlebar bag (one per two bicycles), lock (one per two bicycles).
- Per group/reservation: GPS loaded with the tracks and a roadbook with detailed information, toolkit, first aid kit, puncture repair kit, pump, spare inner tube and pre-paid mobile phone
- Overnight storage of bicycles at the hotels
- local assistance

Not included in the price

- Guide and support vehicle (price on request)
- Meals, wine experiences and cooking experience (optional)
- E-Bike supplement (optional)
- Specialized Align Helmet
- Insurance which we recommend highly
- Personal expenses
- Options, as indicated
- Miscellaneous other items such as charges for additional nights
In any accommodation at any stage and changes to direct IN/OUT airport transfers

Extras and supplements

Wine Tasting: 2 wine-tastings and visits: 35 Euros per person.

Including:

Day 1 - Guided visit and wine tasting at a Port wine cellar after arriving in Porto*

Day 5 - Guided visit and wine tasting at a prize-winning traditional winery in Cambados

*Available for clients arriving early on this day as the last possible visit to the cellars is at 17h45 and subject to availability

Special Wine & Dine package with 2 dinners: 85 Euros per person. Including:

Day 2 - Special dinner at a typical Spanish restaurant, three course menu & wines, in Baiona

Day 5 - Special seafood dinner at a nice Galician restaurant, with 3 starters, a main and a dessert, in Cambados

Note: All additional activities, including wine-tastings, shall be scheduled to take place at the end of the day, after cyclists arrive at their destination.

Picnic package: 80 Euro per person:

6 light lunch meals to carry on bike on riding days

Fee for starting on a different day than Monday: 85 Euros per person (applies to reservations for 2 or 3 persons).

E-Bike supplement: 90 Euros per bicycle, 6 stages (subject to availability due to the limited number of E- Bikes)

Extra transfer to/from Porto to/from Porto airport: 40 Euros up to 3 persons

An additional fee is applied every time an airport transfer is not direct as follows:

Transfer IN from Porto airport to Porto city centre and transfer OUT from Santiago de Compostela to Porto airport or Porto city centre. A fee shall be charged on request for all transfers to other locations.

How to reach

Start /End: Porto/Santiago de Compostela

By plane:

[Airport of Porto](#)

[Airport of Santiago de Compostela](#)

Useful information

[Portugal](#)

[Portugal](#)

[Spain](#)

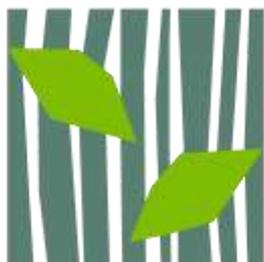
[Spain](#)

[Porto](#)

[Santiago de Compostela](#)

[Weather in Portugal](#)

[Weather in Spain](#)



ECOLOGICO TOURS

ECOLOGICO TOURS

Lumbreida B19

6565 San Bernardino

Svizzera/Schweiz/Suisse

info@ecologicotours.com

tel. (0039) 3463254167 - (0041)(0) 79 2457505

www.ecologicotours.com

www.meravigliosaumbria.com