

# Porto to Oia



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the  
**Camino**

Your Camino Agent since 2007

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# YOUR CAMINO JOURNEY STARTS HERE

This travel plan provides a **day-by-day outline** of a sample trip, giving you a clear idea of what to expect. Keep in mind that this package can be fully **tailored** to your preferences. As a **2024 Traveler's Choice Award winner** on **TripAdvisor**, we're proud to be trusted by hundreds of travelers who praise our **seamless service**, expert **guidance**, and unforgettable **experiences**. Before you set off, take a moment to read some of their stories.



Follow The Camino



Reviews from millions of Tripadvisor travellers place this winner in the top 10% worldwide.



\*There is a Camino for everyone! Photos are for inspiration and may differ from your selected itinerary.

**LIZ F.**



**Walking the french camino is one of the best experiences of my life.**

*I was a bit anxious before starting my Camino walk but once I was into it , I had a brilliant time.*

*Follow the Camino planned my trip and everything went seamlessly , so all I had to do was concentrate on walking ! Il be back for sure.*

**LARA K.**



**Wonderful all round experience**

*Follow The Camino delivered on everything they promised with accomodation selection great and transfer of luggage seamless. The actual walk was wonderful and matched or exceeded my expectations. Wouldn't hesitate to use them again for my next Camino. Loved it!!!!*

**RANDY R.**



**Follow the Camino Frances**

*The Camino Frances was the best vacation experience I've ever had. Fitness, new friends, and fantastic country. Highly recommended.*

**GRETA O.**



**Follow the Camino with an eighty year old**

*Follow the Camino was excellent. Hotels included dinner and breakfast. Clean and good food. Luggage transfer seamless. Well done.*



# ITINERARY



Stage 1 of 2



154.3km



7 days



Comfort



Easy

Starting from

€806

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec

Popular Time

Good Time

Off/Low Season

Not Possible

Overall

Distance:

18.2 min | 30.8km average | 46.6 max

Ascent:

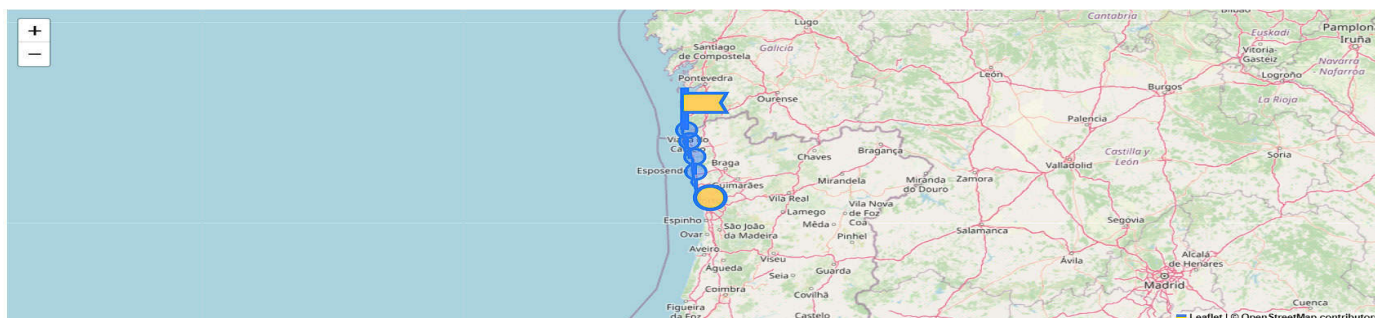
87.8 min | 250.9m average | 461.6 max

Cardio:

2 2.8 4

This first section of the Camino Portugues Coastal from Porto to Oia takes you along the sealine past beaches and spectacular ocean views on flat boardwalks. It honours historical figures, including the city's native son and one of the patrons of Portuguese exploration, Henry the Navigator! Following the Camino de Santiago from Porto in Portugal, you can start by exploring the compact historic city centre with its many cafes, ornate religious buildings and narrow shopping streets. Then walk out past Viana de Castelo and its surrounding beaches and forested hills on the road to Oia.

## Map



## Services

### Included in this package

- ✓ Bed & Breakfast
- ✓ Specially Hand-Picked Accommodation
- ✓ Our Holiday or Pilgrim Pack
- ✓ 24/7 On-Call Support
- ✓ Virtual Face-to-Face Pre-Departure Briefing

### Add-On

- ⊕ Premium Accommodation
- ⊕ Airport Pick-Up
- ⊕ Additional Nights
- ⊕ Dinners
- ⊕ Luggage Transfers from Hotel to Hotel
- ⊕ Day Tours to Local Sites of Interest

Not included: Flights/trains, Insurance, Drinks/Lunch

Day

1

km

## **PORTO**

The entire old city of Porto became a UNESCO World Heritage Site in 1996 and there's plenty going on here to warrant that title. Set on the bank of the Douro River near the Atlantic Ocean, the city is perhaps best known globally for its famous Port wine, wine that goes down very well on the countless terraces and restaurants in Porto!

Day

2

37 km

## **PORTO -> POVOA DE VARZIM**

Leaving central Porto, you'll head west along the Douro River to reach the Atlantic coast, then follow the shoreline north through peaceful beach resorts and seaside promenades. You can shorten the day by taking the metro to the coast, reducing the walk to about 27 km; otherwise, walking the full way from the city centre adds 10 km, though it's a mostly pleasant route. Along the way, you may be tempted to pause and dip your toes in the ocean. By the end of the stage, you'll arrive in the charming coastal villages of Vila do Conde and Póvoa de Varzim.

Day

3

19.6 km

## **POVOA DE VARZIM -> ESPOSENDE**

Continuing to follow the coastline, you will pass glorious beaches and coastal towns. The second part of the day will see you move slightly inland; however, there is also an option to go back along the coast rather than through the Parque Natural do Litoral Norte. Crossing the Cavado River you will arrive into the city of Esposende.

Day

4

25 km

## **ESPOSENDE -> VIANA DO CASTELO**

Passing by lighthouses whilst leaving Esposende you will continue along an inland route that has some gentle climbs. Today will see you on a combination of dirt paths, forest tracks and some tarmac roads as you weave your way through hills past beautiful churches to the River Lima. Crossing the main bridge over the river you will arrive into Viano do Castelo and your stop for the night.

Day

5

18.2 km

## **VIANA DO CASTELO -> VILA PRAIA DE ANCORA**

A gentle walk along the coast today will take you to Villa Praia de Ancora. Here you can relax and, if you haven't already been tempted, dip your toes in the cool Atlantic Ocean and sample some fresh seafood. The crab and mackerel are particularly notable here.

Day  
6

27.4 km

### VILA PRAIA DE ANCORA -> OIA (Spain)

Continuing onto the beach at Praia de Moledo, then walking through a forest, you will come back to a boardwalk before arriving into Caminha. This is the last town before crossing the border to Spain via a ferry to A Guardia. On your arrival you can walk around the peninsula and then stop for a coffee or lunch with magnificent beach scenery before heading to the small village of Oia. The walk along the coastline is easy.

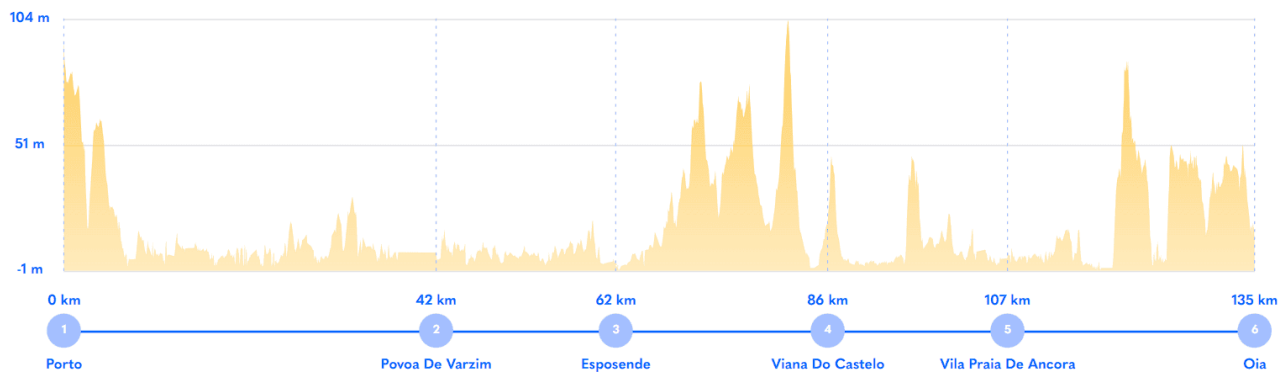
Day  
7

km

### OIA (Spain)

After breakfast, we bid you farewell.

## Elevation Chart



# NOTES & QUESTIONS FOR MY CAMINO PLANNER

We know that planning your Camino is a personal journey, and we want to make sure everything is just right for you. Use this space to **jot down your thoughts, questions, and preferences**. Here are some ideas to discuss with your Camino planner:

- Are the daily distances suitable for me, or should I split them into shorter walking days?
- Where would you recommend taking a rest day?
- Would I like to add a tour or special experience along the way?
- Do I need transfers to and from the airport?
- Are there any accommodations I would like to upgrade?
- Would I like luggage transfers for lighter walking days?
- Are there any dietary preferences or special requests I should mention?

Feel free to write down any other thoughts or questions below:

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Your Camino planner is here to help make your journey as smooth and enjoyable as possible!

## ABOUT US

At Follow the Camino, we are not just a tour operator; we are **passionate Camino enthusiasts** who have been guiding pilgrims **since 2007**. As the first tour operator in Ireland to coordinate walks on the Camino de Santiago, we offer unrivaled expertise in designing **life-changing adventures**.

Don't hesitate to contact us at [info@followthecamino.com](mailto:info@followthecamino.com) to request your **personalized itinerary**. We can add rest days or split days to suit your pace, as well as include special day tours or unique activities to **enhance your Camino experience**. Let us help you create the perfect journey tailored to your needs!



# Follow the Camino

**START PLANING NOW**

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