



THE EXPERT FOR THE WAYS OF ST JAMES

THE PORTUGUESE WAY - VIA LUSITANA From Ponte de Lima to Santiago de Compostela



Less known than the French Way, the Portuguese Way (Via Lusitana) is no less rich in history and Jacobean tradition. The Portuguese Way offers an alternative full of magic and adventure to reach Santiago de Compostela by walking through Portugal and Spain (Galicia). Your starting point will be Ponte de Lima, not only the oldest city in Portugal, but also the convergence point of the historic Jacquaire trails coming from the south and center of Portugal. The Via Lusitana will offer you diversified stages, with pretty trails, pretty villages and lush nature. You will progress on most of this route on trails or small roads. Your environment will be composed of eucalyptus, pines, oaks, vines. You will walk on sandy paths, old Roman roads, agricultural paths and small country roads. On the menu for this stay: history and tradition, beautiful hilly landscapes, bucolic undergrowth and beautiful bunches of grapes in season. Apart from the first Spanish stage, everything will be pure pleasure before reaching Santiago.



9 days - 8 nights - 7 hiking days

DAY 1 : Porto - Ponte de Lima

Arrival in Porto then transfer to Ponte de Lima (2 hours bus journey) by you. Ponte de Lima is one of the oldest cities in Portugal. There you will find a historic center, a Roman-Gothic bridge, chapels, an agricultural museum, gardens and beaches.

DAY 2 : Ponte de Lima - São Roque (transfer to Ponte de Lima).

One of the most physical stages of the path which runs half along the Rio Labruja, but also one of the most beautiful. A route far from the tarmac, taking Roman roads and bucolic paths. Passing by the Cruz dos Mortos, also called the French Cross, we will remember the rear guard of Napoleon who was destroyed in this place in 1809. We continue our route to reach Portela Grande and its marvelous view. Then descent towards Cabanas and finally São Roque via a Roman road. Taxi transfer for a second night in Ponte de Lima.

Walking time: ≈ 5h30, 17.5 km.

DAY 3 : São Roque - Valença.

Transfer to São Roque by taxi. After traveling 5 kilometers, we will reach the sanctuary of São Bento da Porta Aberta which will represent the only slight difficulty of the day. We will then reach the Capela do Senhor dos Aflitos in Fontoura from where we will head towards Valença and its fortress. On the program, Roman bridges, Roman roads and trails that you never want to leave.

Walking time: ≈ 5h, 18 km.

DAY 4 : Valença - Redondela: (possibility of cutting this stage into 2).

We will then say goodbye to Valença and Portugal before crossing the bridge built under the direction of Gustave Eiffel which has spanned the Rio Minho since 1884. The Santa Maria de Tuy Cathedral which has been waiting for pilgrims since the 12th and 13th centuries. This day is the biggest step on this path. We are in Galicia and from now on we will encounter markers indicating the number of kilometers to go before arriving in Santiago. After passing the Chapel of the Virgin of the Way, we will reach the Ponte das Febres (Bridge of Fevers) where San Telmo was found



dying of malaria. Then head to the historic town of Redondela and its Santiago church for a well-deserved rest in the superb Vigo estuary.

Walking time: ≈ 8h, 35 km.

We can organize a taxi transfer for you in the morning to Poriño (10km) because this stage is long and you avoid passing through the industrial zone between Valença and Poriño.

You can also decide to stop at Poriño, located in the Louriña valley. Crossed by the Rio Louro, O Poriño has a very industrial character, pink granite marketed throughout the world is extracted in the largest quarries in Spain.

DAY 5 : Redondela - Pontevedra:

You will walk along rather quiet roads, you will take forest paths and Roman roads. A day spent in rich and varied nature. The path to Arcade is magnificent. From the 12th century, Pontevedra was known as one of the most important ports in Galicia, an importance it retained until the end of the 17th century. Pontevedra is a very interesting city, the entire historic center is worth visiting with the sanctuary of the Virgin of Peregrina and the basilica of Santa Maria A Grande among others.

Walking time: ≈ 5h30, 20 km.

DAY 6 : Pontevedra - Caldas de Reis.

We leave beautiful Pontevedra for Caldas de Reis. This stage takes a very pleasant route. There you will find paths, vineyards and Roman roads.

Halfway through we will reach San Mauro then we will gently slide towards the Rio Agra to reach Caldas de Reis and its hot water springs. Caldas de Reis is indeed known for its thermal waters and hot springs. There are numerous Roman archaeological remains there. Caldas was the episcopal see until 569 before being transferred to Padron. Since the Middle Ages, it has been the obligatory passage for pilgrims coming from the south.

Walking time: ≈ 5h30, 21 km.

DAY 7 : Caldas de Reis - Padron.

During this penultimate stage, we will again and always be accompanied by a generous nature. We will walk on paths where calm and tranquility reign. Arriving in Padron, we will go to the Santiago Church. Under the altar is preserved "el pedron", the stone which, it is said, was used to secure the boat bringing back the body of the apostle James from Jerusalem. According to tradition, it is in this city that Saint James preached for the first time during his stay in Spain. After his torture, two of



these disciples would have transported his body in a stone boat without sail or rudder from Jerusalem. Padron was the episcopal seat until the discovery of the tomb of Saint James in Santiago de Compostela.

Walking time: ≈ 5h30, 20 km.

DAY 8 : Padron - Santiago de Compostela:

Here we are, it's the last stage of the hike before reaching Santiago de Compostela! This twenty kilometer will bring us to the end of our stay. After traveling about ten kilometers crossing the countryside and eucalyptus forests, we will reach the large suburbs of Santiago and finally the Sanctuary!

Walking time: ≈ 6h, 25 km.

DAY 9 : End of stay after breakfast.

> DATES

From April 1 to October 31, at your convenience and subject to hotel availability.

Please indicate on the booking form any other dates that would suit you (e.g.: possibility of postponing the tour by one or more days before or after...); this is in case one or more accommodations are fully booked on the chosen dates, as well as your dietary requirements.

We also ask you to book as early as possible. We don't have any reserved places in the accommodations, and some of them may be fully booked several months in advance.

Possibility of follow the journey to Fisterra (+4 days of walk) or Muxia (+5 days of walk) : contact us.

> PRICE COVERS

- Half board nights for the entire stay (except in Porto, Vila do Conde, Baiona and Vigo)
- Baggage transfer between each leg of the journey.
- A travel diary with 1 guidebook per room booked.
- The transfer for J2 and J3.



> PRICE DOES NOT COVER

- Transport from your home to the meeting point and dispersion.
- The transfer from the airport to Ponte de Lima.
- Taxi fees or shuttle fees to shorten some stages.
- Lunches
- Drinks and personal expenses.
- Visits not planned in the program.
- The insurances
- International shipping costs (+20€/file),
- Registration fees (+15€/person),
- Priority processing fee for registrations received by D-15 (+45€/file).

> ARRIVAL / DEPARTURE


Beginning of the trip :

Arrival and set up in your hotel in Ponte de Lima late in the afternoon , the day before your first hiking day.

End of the trip :

In Santiago de Compostela after the breakfast, the day after your last hiking day .

> LEVEL

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- Good physical health and hiking training.
 - No major difficulties on this path: 1 long stages.

> ACCOMMODATION

2** and 3*** and good quality hostel.

> LUNCH

Packed-lunch are not included in the price.



> LUGGAGE TRANSPORT

Your luggage will be transported between each stage of the walk.

ATTENTION :

We ask you to leave your luggage in the hall of each accommodation in the morning, and to **IMPERATIVELY** bring **ONLY 1 LUGGAGE PER PERSON NOT EXCEEDING 13KG**; beyond this number (1 bag) and weight (13 kg), the transporter may charge you a supplement at the end of the hike, or categorically refuse to transport your luggage if it is too bulky.

Please bring a small backpack to carry your personal belongings for the day. If you are part of a group, we ask you to indicate on your luggage tags the **NAME** of the person responsible for the group (the person who booked the tour).

> ACCESS

*GO



-by plane



-by taxi

*BACK



-by plane



-by Bus



-by train



-by taxi

> TRAVEL FILE

The month before your departure, after having paid your trip, we will send you a travel file with all the documents you need to your hike : a topoguide and maps, luggage tags, addresses of your accommodations and also contractual documents



(invoice, insurance certificate). In the topoguide you will find the description of the paths (all the way is well-marked) and comments upon the villages, the monuments ... We give 1 topoguide per reserved room.

If you want an additional travel file, you be invoiced +20€/file.

› TAKEOUT LIST

- 1 soft travel bag; avoid suitcases, which are bulkier, and keep the weight and bulk of your belongings to a reasonable 10 kg maximum.
 - 1 small rucksack (minimum 30 liters) for your day's essentials
 - 1 pair of previously used hiking boots
 - 1 waterproof, breathable jacket (Gore-Tex type)
 - 1 fleece or 1 pullover
 - 1 rain cape (poncho)
 - 1 pair of loose-fitting walking pants (canvas or jogging pants)
 - 1 pair of thin gloves
 - 1 hat
 - 1 pair of shorts
 - 1 bathing suit + towel
 - several pairs of socks (not too thick)
 - underwear
 - 1 pair of tennis shoes
 - 1 tracksuit or loose-fitting evening suit
 - sunglasses, sun cream and lip protection
 - 1 hat
 - 1 water bottle (2 to 3 liters per person per day in summer)
 - 1 Tupperware-type plastic bowl for picnics + cutlery
 - 1 small personal first-aid kit (gauze, elastoplast, painkiller, double skin for blisters, earplugs...).
 - your camera, and why not a novel, watercolors or other...
 - your papers; see "Formalities".
- Don't forget your good mood and your curiosity!

› FORMALITIES

Identity card or passport required.



European health insurance card

You are traveling to a country in the European Union, the European Economic Area (EU/EEA) or Switzerland.

Before you leave, get a European Health Insurance Card (EHIC). This will enable you to prove your entitlement to health insurance and to have your medical expenses covered, in accordance with the legislation and formalities in force in the country where you are staying.

Nominative and individual, the form should be requested from www.ameli.fr.

Finally, if you're coming to Spain by car, it's compulsory to have 2 warning triangles in your vehicle and 1 reflective warning vest. Failure to comply with these regulations can result in heavy fines, which must be paid locally.

To call France

To call France from Spain, dial the international dialing code 00, then the French dialing code 33, then your phone number, minus the first 0.

To call Spain, dial the international dialing code 00, then the Spanish dialing code 34, then your phone number, minus the first 0.

EXAMPLE : how to call the Pèlerine : 00 33 4 71 74 47 40.

MORE DETAILS AT THE SUBSCRIPTION

