

Portuguese Camino Central Route

Walking stages

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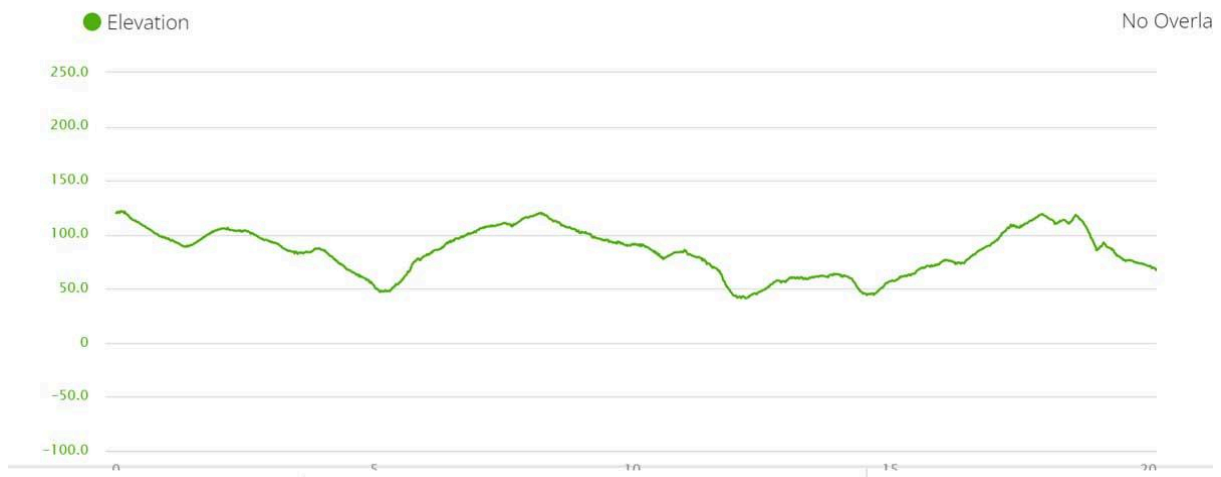
Walking stages

Porto to Santiago de Compostela, 240 km/149 mi

Stage 1. Porto to Vilarinho, 27 km/16,7 mi

- Distance - 27 km/16,7 mi
- Time - 6 hours
- Accumulated ascent - 336 m
- Accumulated descent - 355 m
- Walking surface - 14,5 km - tar road and asphalt, 12 km - cobblestones, 500 m - footpath

Elevation profile stage 1



Portuguese Camino Central Route

Walking stages

Stops along the route stage 1

*MA - municipal albergue **PA - private albergue

Distance	Name	Facilities
0-2,5 km/0-1,5 mi	The historical center of Porto	
2,8 km/1,7 mi	Albergue Sossa Senhora do Rosario	
5-11 km/3,1-6,8 mi	Residential areas and suburbs of Porto	
6 km/3,7 mi	Porto suburbs	Big supermarkets with cafes
7 km/4,3 mi	Porto suburbs	The route splits into the Coastal Route (the left route) and the Central Route (the right route)
8,4 km/5,2 mi	Araujo	A big supermarket
9 km/5,6 mi	Araujo	Hostel for pilgrims
11-12 km /6,8-7,4 mi		Walking along the road through the forest
12-14,5 km /7,4-8,3 mi		Suburbs and busy roads
14,5 km/8,3 mi		Big supermarkets with cafes
17 km/10,5 mi		Shop, bar
18,5 km/11,5 mi	Mosteiro	Hotel, cafe
20 km/12,4 mi	Vilar	Shop, cafe
21,5 km/13,3 mi	Gião	Restaurant
22,4 km/14 mi	Gião	Shop
23 km/14,3 mi	A route split	The right route goes through a quiet area, the left goes on the road
23,6 km/14,6	(600 m from the	Guesthouse Casa Mindela

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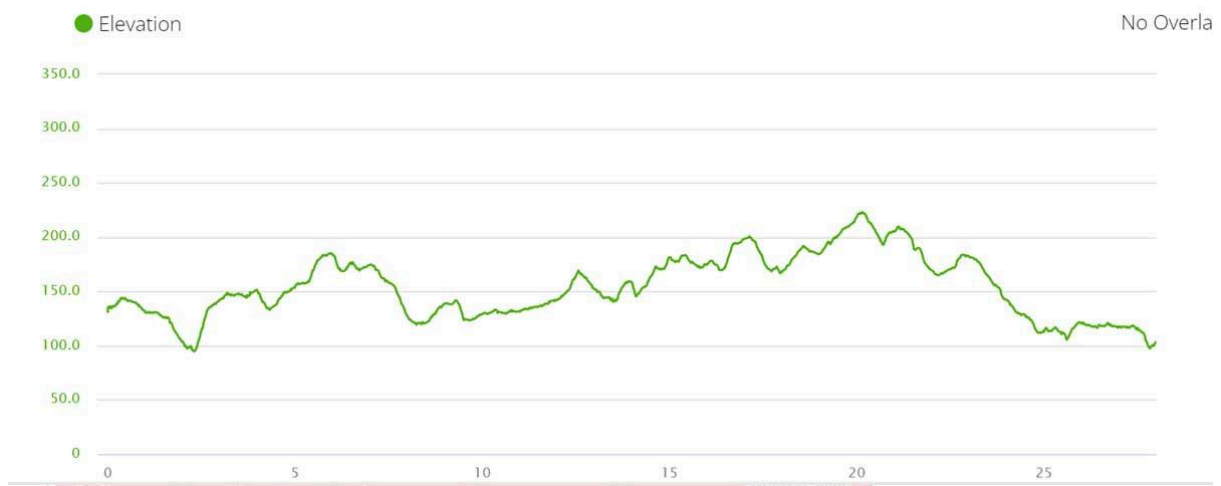
Walking stages

mi	Camino route)	
24 km/15 mi		Bar, shop
25 km/15,5 mi		Cafe, ATM
26 km/16,1 mi	Veirão	Municipal Albergue do Mosteiro do Veirão
27 km/16,7 mi	Vilarinho	PA, shop, restaurant, cafe, bar

Stage 2. Vilarinho to Barcelos, 28 km/17,3 mi

- Distance – 28 km/17,3 mi
- Time – 6-7 hours (moving time)
- Accumulated ascent – 423 m
- Accumulated descent – 455 m
- Walking surface - 11,5 km/7 mi - asphalt; 11 km/6,8 mi - cobbled; 5,5 km/3,4 mi gravel/footpath

Elevation profile stage 2



Portuguese Camino Central Route

Walking stages

Stops along the route stage 2

Distance	Name	Facilities
3 km/1,8 mi	A route split	Take the alternative route through the fields, the main route goes on the road
6,2 km/3,8 mi	São Mamede	Cafe
9 km/5,6 mi	Arcos	Hotel, restaurant, cafe
12 km/7,4 mi	São Pedro De Rates (Rates)	MA, hotels, restaurants, shop
12-19 km /7,4-11,8 mi		Walking through the forest
14 km/8,6 mi	A Pilgrim's Park in the forest	A nice area for resting
18,5 km/11,4 mi	Pedra Furada	PA (donation), guesthouse, restaurant, cafe
19,5 km/12,1 mi		Restaurant
20 km/12,4 mi		Bakery
22,5 km/14 mi		Bar
24,5 km/15,2 mi		Shop
26,5 km/16,4 mi	Barcelinhos	MA, PA, hotel, restaurant, cafe, shop, ATM
28 km/17,3 mi	Barcelos	MA, hostel, supermarkets, restaurants, cafes, bars, ATMs, pharmacies

Stage 3. Barcelos to Ponte de Lima, 34 km/21 mi

- Distance – 34 km/21 mi
- Time – 7-8 hours (moving time)
- Accumulated ascent – 509 m
- Accumulated descent – 532 m

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Walking stages

- Walking surface - 19 km/11,6 mi - asphalt; 9,5 km/5,9 mi - cobbled; 5,5 km/3,4 mi gravel/footpath

Elevation profile stage 3



Stops along the route stage 3

Distance	Name	Facilities
3 km/1,8 mi	Vila Boa	Albergue Flora
5,5 km/3,4 mi		Bakery
5,5-10 km /3,4-6,2 mi		Forest and fields
9,5 km/5,9 mi		Hotel Leonchic
10,3 km/6,4 mi	Portela de Tamel	MA, restaurant
12 km/7,4 mi	Aborim	Casa de Santiago Albergue
16 km/9,9 mi	Balugães	Hotel Casa da Quinta da Cancela
21 km/13 mi		Hotel Casa da Fernanda
22 km/13,6 mi	Vitorino dos Piães	PA, hotel, cafe

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22,4 km /13,9 mi		Restaurant
25 km/15,5 mi		Hotel Quinta da Albergaria
28 km/17,3 mi	Sobreiro	Albergue O Caminheiro
28,5 km /17,7 mi	Seara	Hotel, cafe, bakery
34 km/21 mi	Ponte de Lima	MA, hostel, hotels, restaurants, cafes, supermarkets, ATMs, pharmacies

Optional. Barcelos to Ponte de Lima in 2 days

Stage 3. Barcelos to Vitorino dos Piães, 22 km/13,6 mi

- Distance – 22 km/13,6 mi
- Time – 4-5 hours (moving time)
- Accumulated ascent – 403 m
- Accumulated descent – 337 m
- Walking surface - 11 km/6,8 mi - asphalt, 7 km/4,3 mi - cobbled, 4,2 km/2,6 mi - footpath/gravel

Distance	Name	Facilities
3 km/1,8 mi	Vila Boa	Albergue Flora
5,5 km/3,4 mi		Bakery
5,5-10 km /3,4-6,2 mi		Forest and fields
9,5 km/5,9 mi		Hotel Leonchic
10,3 km/6,4 mi	Portela de Tamel	MA, restaurant

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Walking stages

12 km/7,4 mi	Aborim	Casa de Santiago Albergue
16 km/9,9 mi	Balugães	Hotel Casa da Quinta da Cancela
21 km/13 mi		Hotel Casa da Fernanda
22 km/13,6 mi	Vitorino dos Piães	PA, hotel, cafe

Stage 4. Vitorino dos Piães to Ponte de Lima, 12 km/7,4 mi

- Distance – 12 km/7,4 mi
- Time – 2-3 hours (moving time)
- Accumulated ascent – 105 m
- Accumulated descent – 195 m
- Walking surface - 8 km/5 mi - asphalt, 2,5 km/1,5 mi - cobbled, 1,3 km/0,8 mi - footpath/gravel

Distance	Name	Facilities
3 km/1,8 mi		Hotel Quinta da Albergaria
6 km/3,7 mi	Sobreiro	Albergue O Caminheiro
6,5 km /4 mi	Seara	Hotel, cafe, bakery
12 km/7,4 mi	Ponte de Lima	MA, hostel, hotels, restaurants, cafes, supermarkets, ATMs, pharmacies

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Stage 4. Ponte de Lima to Rubiães, 18 km/11 mi

- Distance - 18 km/11 mi
- Time - 4-5 hours
- Total ascent - 517 m
- Total descent - 332 m
- Walking surface - 6 km/3,7 mi - asphalt, 3 km/1,8 mi - cobbled, 10 km/6,2 mi - gravel/footpath

Elevation profile stage 4



Stops along the route stage 4

Distance	Name	Facilities
1-7,5 km /0,6-4,6 mi		Walking through the field and forest
3 km/1,8 mi	Arcozelo	Oasis do Caminho camping
7,7-8,5 km /4,7-5,2 mi		Walking along the road
8,5 km/5,2 mi	Codeçal	Bar

Portuguese Camino Central Route

Walking stages

9,4 km/5,8 mi	Labruja	Guesthouse Quinta da Labruja
9,7 km/6 mi	Labruja	Albergue Casa da Valada
9,9 km/6,1 mi	Labruja	Albergue O Comforto
10,5 km/6,5 mi	Labruja	Guesthouse Casa do Chafariz
10-13 km /6,2-8 mi		A steep ascent on a footpath through the forest
12,5 km/7,7 mi		Cruz dos Franceses, a stone cross in the forest
15,8 km/9,8 mi	Agualonga	Bar
16,5 km/10,2 mi	Agualonga	Casa de Lamas homestay
17 km/10,5 mi	São Roque	Guesthouses, Albergue
18 km/11 mi	Rubiães	Municipal Albergue, guesthouse, bar

Stage 5. Rubiães (Portugal) to Tui (Spain), 19,5 km/12,1 mi

- Distance – 19,5 km/12,1 mi
- Time – 4-5 hours (moving time)
- Accumulated ascent – 306 m
- Accumulated descent – 437 m
- Walking surface - 8,8 km/5,4 mi - asphalt, 7 km/4,3 mi - cobbled, 3,7 km/2,3 mi - gravel/footpath

Portuguese Camino Central Route

Walking stages

Elevation profile stage 5



Stops along the route stage 5

Distance	Name	Facilities
1 km/0,6 mi		Restaurant
1,7-2,2 km /1-1,3 mi		Walking along the road
2,2-3,4 km /1,3-2,1 mi		Walking on the old Roman road
4,3 km/2,6 mi	São Bento da Porta Aberta	Hotel, cafe
7,5 km/4,6 mi	Fontoura	Guesthouse, ATM, bar
10 km/6,2 mi	Paços	Albergue/guesthouse
11 km/6,8 mi	Pedreira	Guesthouse, restaurant
13,5 km/8,3 mi		Cafe
15,5 km/9,6 mi	Valença	MA, PA, hostels, hotels, supermarkets, restaurants, bars, ATMs, pharmacies
16,5-17,5 km /10,2-10,8 mi	Valença Fortress	Hotels, restaurants, bars, shops
17,5 km/10,8 mi	Bridge over the Minho River	Crossing from Portugal to Spain

Portuguese Camino Central Route

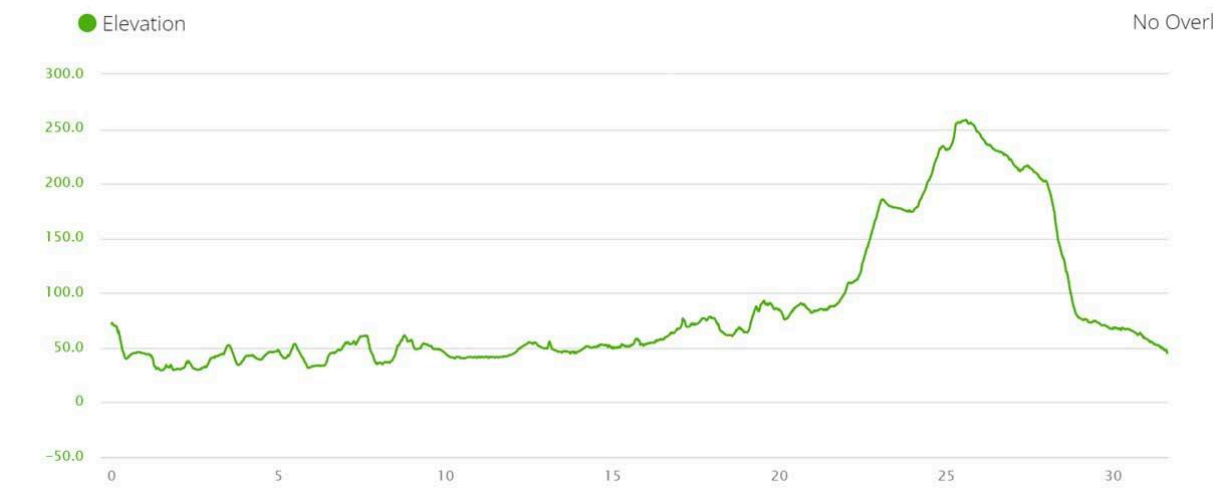
Walking stages

19 km/11,8 mi	Tui (Spain)	MA, PA, hostels, hotels, supermarkets, restaurants, bars, ATMs, pharmacies
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Stage 6. Tui to Redondela, 31,5 km/19,5 mi

- Distance - 31,5 km/19,5 mi
- Time - 7-8 hours
- Total ascent - 445 m
- Total descent - 477 m
- Walking surface – 27 km/17,3 mi – asphalt, 4,5 km/2,7 mi – gravel/footpath

Elevation profile stage 6



Stops along the route stage 6

Distance	Name	Facilities
7 km/4,3 mi	Ribadelouru	Guesthouse, cafe
8,7 km/5,4 mi	A route split	Take the alternative route which goes through the nature area, the main route goes through the industrial area. The distance on both routes is more or less the same

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Portuguese Camino Central Route

Walking stages

9,2 km/5,7 mi	On the main route just after the split	Albergue Casa Alternativo
9,5-13,5 km /5,9-8,3 mi	On the main route	A large industrial area
13,5 km/4,3 mi	On the main route	Restaurant
13,5-15,5 km /8,3-9,6 mi	On the main route	Walking next to a busy road
14,5 km/9 mi	On the main route	Restaurant, bar
15-17 km /9,3-10,5 mi	Porriño	MA*, PA**, hotels, restaurants, cafes, supermarkets, ATMs, pharmacy
19,5 km/12 mi	Veigadaña	MA, bar
21,3 km/13,2 mi		A vending machine with snacks and drinks
22 km/13,6 mi	Mos	MA, rental apartment, restaurant, bar
26,5 km/16,4 mi		Cafe
27 km/16,7 mi		Bar
28,6 km/17,7 mi	Saxamonde	PA/bar O Corisco
31,5 km/19,5 mi	Redondela	MA, PA, hotels, restaurants, cafes, supermarkets, ATMs, pharmacy

Alternative Tui to Redondela in 2 days

Day 6. Tui to Porriño, 15,5 km/9,3 mi

- Distance – 15,5 km/9,3 mi
- Time – 3-4 hours (moving time)
- Ascent – 171 m
- Descent – 185 m
- Walking surface - 12,5 km/7,7 mi - asphalt, 3 km/1,8 mi - gravel/footpath

Portuguese Camino Central Route

Walking stages

- Walking on the road - 2 km/1,2 mi

Stops along the route

Distance	Name	Facilities
7 km/4,3 mi	Ribadelouru	Guesthouse, cafe
8,7 km/5,4 mi	A route split	Take the alternative route which goes through the nature area, the main route goes through the industrial area. The distance on both routes is more or less the same
9,2 km/5,7 mi	On the main route just after the split	Albergue Casa Alternativo
9,5-13,5 km /5,9-8,3 mi	On the main route	A large industrial area
13,5 km/4,3 mi	On the main route	Restaurant
13,5-15,5 km /8,3-9,6 mi	On the main route	Walking next to a busy road
14,5 km/9 mi	On the main route	Restaurant, bar
15-17 km /9,3-10,5 mi	Porriño	MA*, PA**, hotels, restaurants, cafes, supermarkets, ATMs, pharmacy

Day 7. Porriño to Redondela, 16 km/10 mi

- Distance – 16 km/10 mi
- Time – 3-4 hours (moving time)
- Ascent – 274 m
- Descent – 292 m
- Walking surface - 14,5 km/9 mi - asphalt, 1,5 km/0,9 mi - gravel/footpath

Portuguese Camino Central Route

Walking stages

Stops along the route

Distance	Name	Facilities
2,5 km/1,5 mi	Veigadaña	MA, bar
4,3 km/2,6 mi		A vending machine with snacks and drinks
5 km/3,1 mi	Mos	MA, rental apartment, restaurant, bar
9,5 km/5,9 mi		Cafe
10 km/6,2 mi		Bar
11,6 km/7,2 mi	Saxamonde	PA/bar O Corisco
16 km/10 mi	Redondela	MA, PA, hotels, restaurants, cafes, supermarkets, ATMs, pharmacy

Stage 7. Redondela to Pontevedra, 20,6 km/12,8 mi

- Distance - 20,6 km/12,8 mi
- Time - 4-5 hours
- Total ascent - 425 m
- Total descent - 400 m
- Walking surface - 13 km/7,4 mi - asphalt, 7,5 km/4,6 mi - footpath/gravel
- Walking on the road - 500 m/0,3 mi

Portuguese Camino Central Route

Walking stages

Elevation profile stage 7



Stops along the route stage 7

Distance	Name	Facilities
2 km/1,2 mi	Cesantes	PA, hotel, bar
2,7 km/1,6 mi		PA
6,5 km/4 mi	Soutoxuste	Hotel, restaurant, bar, shop
7,5 km/4,6 mi	Arcade	PA, hotel, restaurants, bars, shops, ATM
9 km/5,5 mi	Pontesanpaio	Hotel, bar, ATM
9,6-11,6 km /6-7,2 mi		Walking through the forest
15,5 km/9,6 mi		A bar, a shop, a chapel where you can stamp your Credential
15,8 km/9,8 mi		A split on the Central Route. Most people take the complementary route because it goes through the forest instead of the "official" route along the road
16-19 km/10-11,8 mi		Walking on a footpath through the forest
20 km/12,4 mi	Pontevedra	MA, PA, hotels, restaurants, cafes, supermarkets, ATMs, pharmacy

Portuguese Camino Central Route

Walking stages