

# Portuguese Camino Central Route

## Walking stages

### Table of Contents

Stage 1. Porto to Vilarinho, 27 km/16,7 mi	2
Stage 2. Vilarinho to Barcelos, 28 km/17,3 mi	4
Stage 3. Barcelos to Ponte de Lima, 34 km/21 mi	5
Alternative. Barcelos to Ponte de Lima in 2 days	7
Stage 3. Barcelos to Vitorino dos Piães, 22 km/13,6 mi	7
Stage 4. Vitorino dos Piães to Ponte de Lima, 12 km/7,4 mi	8
Stage 4. Ponte de Lima to Rubiães, 18 km/11 mi	9
Stage 5. Rubiães (Portugal) to Tui (Spain), 19,5 km/12,1 mi	10
Stage 6. Tui to Redondela, 31,5 km/19,5 mi	12
Alternative Tui to Redondela in 2 days	13
Day 6. Tui to Porriño, 15,5 km/9,3 mi	13
Day 7. Porriño to Redondela, 16 km/10 mi	14
Stage 7. Redondela to Pontevedra, 20,6 km/12,8 mi	15
Stage 8. Pontevedra to Caldas de Reis, 21 km/13 mi	17
Stage 9. Caldas de Reis to Padron, 18,5 km/11,5 mi	18
Stage 10. Padron to Santiago de Compostela, 25,5 km/15,8 mi	20



# 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

# Portuguese Camino Central Route

## 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

# Portuguese Camino Central Route

## 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

# Portuguese Camino Central Route

## Walking stages

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

Alternative. 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

# Portuguese Camino Central Route

## 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



# Portuguese Camino Central Route

## Walking stages

### 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

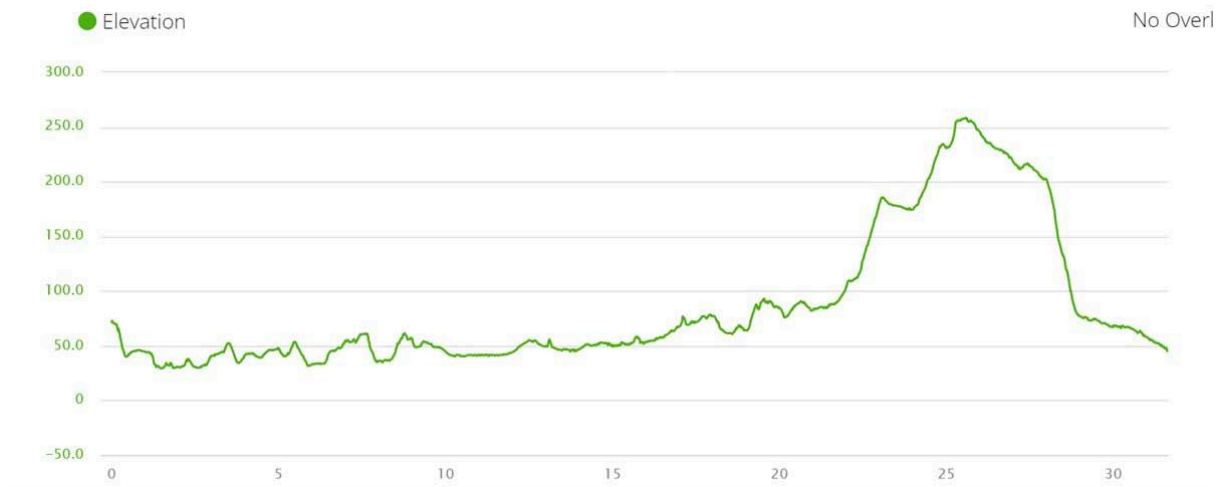
## Walking stages

19 km/11,8 mi	Tui (Spain)	MA, PA, hostels, hotels, supermarkets, restaurants, bars, ATMs, pharmacies
---------------	-------------	--

### 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

Stingy Nomads - Travel Blog <https://stingynomads.com/central-route-portuguese-camino/>

Copyright © 2024 stingynomads.com. All rights reserved

# 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

### Stage 8. Pontevedra to Caldas de Reis, 21 km/13 mi

- Distance - 21 km/13 mi
- Time - 4-5 hours
- Total ascent - 275 m
- Total descent - 270 m
- Walking surface - 12 km/7,4 mi - asphalt, 9 km/5,6 mi - footpath/gravel
- Walking on the road - 0 km, 1 km on a footpath along the road

Elevation profile stage 8



Stops along the route stage 8

Distance	Name	Facilities
0-1,4 km /0-0,8 mi	Pontevedra	Cafes, restaurants, shops, hotels, ATMs
3 km/1.8 mi	The route splits	The optional route of the Portuguese Camino - <a href="#">the Spiritual Variant</a>
9 km/5,5 mi	A Portela	Cafe Pousada Peregrino

# Portuguese Camino Central Route

## Walking stages

9,5 km/5,9 mi	A Portela	Private Albergue
9,5-10,5 km/5,9-6,5 mi		Walking next to the road on a footpath
11,5 km/7,1 mi		A vending machine, a bar
15 km/9,3 mi		A couple of cafes
16,5 km/10,2 mi	Briallos	Municipal Albergue (300 m from the Camino follow the signs)
18 km/11 mi		Cafe
19,5 km/12 mi	Tivo	Private Albergue/bar Vintecatiro
21 km/13 mi	Caldas de Reis	PA, hotels, guesthouses, supermarkets, restaurants, cafes, ATMs, pharmacies

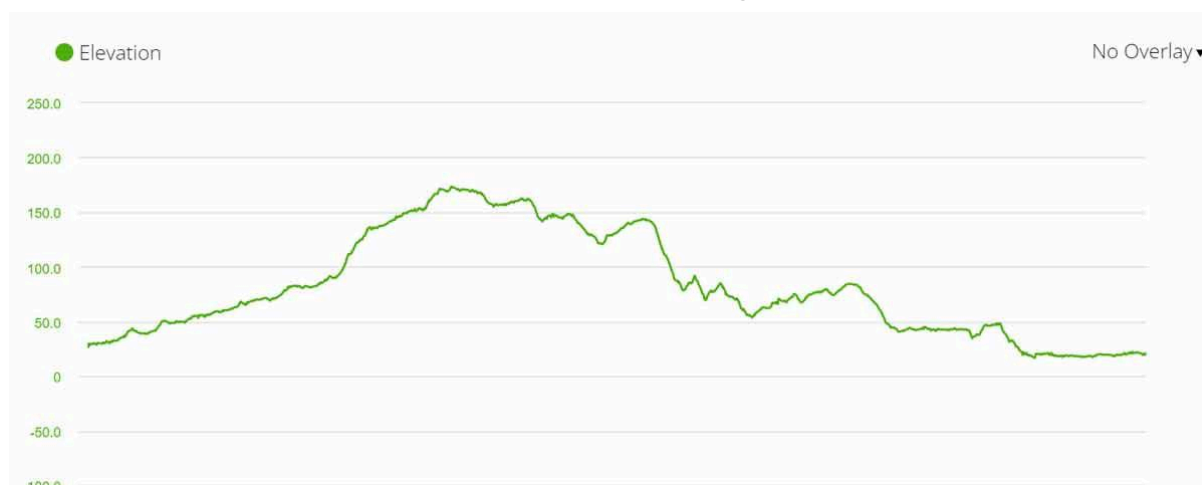
### Stage 9. Caldas de Reis to Padron, 18,5 km/11,5 mi

- Distance - 18,5 km/11,5 mi
- Time - 4-5 hours
- Ascent – 283 m
- Descent – 296 m
- Walking surface - 11 km/6,8 mi - asphalt, 7,5 km/4,6 mi - footpath/gravel
- Walking on the road - 0 km

# Portuguese Camino Central Route

## Walking stages

Elevation profile stage 9



Stops along the route stage 9

Distance	Name	Facilities
2-5,2 km/1,2-3,2 mi		Walking through the forest
5 km/3,1 mi		A 40-kilometers to Santiago sign
5,4 km/3,3 mi	O Cruceiro	Bar, guesthouse
5,8 km/3,6 mi		Church of Santa Mariña de Carracedo
7,2 km/4,4 mi -		Cafe
8,5 km/5,2 mi		Bar
9,6 km/5,9 mi	O Pino	Municipal Albergue
9,8 km/6 mi		A rest area in the forest
10-11,5 km /6,2-7,1 mi		Walking through the forest
12 km/7,4 mi	San Miguel de Valga	Cafe, restaurant
14,6 km/9 mi		Rest area
15,5 km/9,6		A water fountain

# Portuguese Camino Central Route

## Walking stages

mi		
15,6 km/9,6 mi		A coffee stall
16,5 km/10,2 mi	Pontecesures	MA, hotels, shops, restaurants, cafes, ATMs, pharmacies
18,5 km/11,5 mi	Padron	MA, PA, hotels, supermarkets, restaurants, cafes, ATMs, pharmacies

### Stage 10. Padron to Santiago de Compostela, 25,5 km/15,8 mi

- Distance – 25,5 km/15,8 mi
- Time – 6-7 hours (moving time)
- Ascent – 526 m
- Descent – 266 m
- Walking surface - 20,5 km/12,8 mi - asphalt, 5 km/3,1 mi - footpath/gravel
- Walking on the road - 600 m on a quiet road

Elevation profile stage 10



# Portuguese Camino Central Route

## Walking stages

### Stops along the route stage 10

Distance	Name	Facilities
2-3 km /1,2-1,8 mi		Along a busy road
2,2 km/1,3 mi		Restaurant, cafe
2,7 km/1,6 mi		Hotel, restaurant
3-4 km /1,8-2,4 mi		Walking through villages
5,5 km/4,3 mi		Private Albergue O Logar de Jesus
6,2 km/3,8 mi	A Esclavitude	Guesthouses, shop, restaurant, bar,
8,9 km/5,5 mi		A rest area
9 km/5,5 mi	Areal	Guesthouse
9,5 km/5,9 mi	Picaraña	Several hotels and restaurants along the route
10-11 km /6,2-6,8 mi		Walking through the forest
11 km/6,8 mi	O Faramello	MA, PA, restaurant, bar
12,4 km/7,7 mi	Teo	Hotel/restaurant
13,8 km/8,5 mi		Cafe/shop
14,2 km/8,8 mi	Pedreira	Private Albergue/cafe
17,6 km /10,9 mi	O Milladoiro	PA, hotels, supermarkets, restaurants, cafes, ATMs, pharmacies
20,5 km /12,7 mi		Cafe/souvenir shop
23 km/14,2 mi		A route split both routes go to the Cathedral, one is a bit longer
24 km/14,9 mi	Santiago de Compostela	MA, PA, hotel, ATM, supermarket, pharmacy, restaurant, bar

# Portuguese Camino Central Route

## Walking stages

25,5 km /15,8 mi	Cathedral and Obradoiro Square	The end of the Camino Portuguese
------------------	--------------------------------	----------------------------------