

# Central Route + Spiritual Variant Portuguese Camino

## 17 km/10.5 mi - Walking stages + Accommodation

Porto - Accommodation	2
Porto tours and activities	3
<b>Stage 1. Porto to Mosteiro, 18 km/11.5 mi</b>	<b>3</b>
Mosteiro - Accommodation	4
<b>Stage 2. Mosteiro to São Pedro De Rates, 20.5 km/12.7 mi</b>	<b>4</b>
São Pedro De Rates - Accommodation	6
<b>Stage 3. São Pedro De Rates to Barcelos, 17 km/10.5 mi</b>	<b>6</b>
Barcelos - Accommodation	8
<b>Stage 4. Barcelos to Balugães, 16 km/10 mi</b>	<b>8</b>
Balugães - Accommodation	9
<b>Stage 5. Balugães to Ponte de Lima, 18 km/11 mi</b>	<b>9</b>
Ponte de Lima - Accommodation	10
<b>Stage 6. Ponte de Lima to Rubiães, 18 km/11 mi</b>	<b>11</b>
Rubiães - Accommodation	13
<b>Stage 7. Rubiães (Portugal) to Tui (Spain), 19.5 km/12.1 mi</b>	<b>13</b>
Tui - Accommodation	15
<b>Stage 8. Tui to Porriño, 16 km/10 mi</b>	<b>16</b>
Porriño - Accommodation	17
<b>Stage 9. Porriño to Cesantes, 18 km/11.1 mi</b>	<b>18</b>
Cesantes - Accommodation	19
<b>Stage 10. Cesantes to Pontevedra, 18 km/11 mi</b>	<b>19</b>
Pontevedra - Accommodation	21
<b>Stage 11. Pontevedra to Armenteira, 21 km/13 mi</b>	<b>21</b>
Armenteira - Accommodation	23
<b>Stage 12. Armenteira to Vilanova de Arousa, 23.5 km/14.6 mi</b>	<b>23</b>
Vilanova de Arousa - Accommodation	24
<b>Stage 13. Vilanova de Arousa to Pedreira (Teo), 16.5 km/10.2 mi</b>	<b>25</b>
Pedreira (Teo) - Accommodation	27
<b>Stage 14. Pedreira (Teo) to Santiago de Compostela, 11.5 km/7.1 mi</b>	<b>27</b>
Santiago de Compostela - Accommodation	28
Santiago de Compostela tours and activities	29
<b>Portuguese Camino planning resources</b>	<b>29</b>

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

<https://stingynomads.com/spiritual-variant-portuguese-camino/>

Copyright © 2025 stingynomads.com. All rights reserved

# Central Route + Spiritual Variant Portuguese Camino

17 km/10.5 mi - Walking stages + Accommodation

**Central Route + Spiritual Variant from Porto to Santiago de Compostela - 250 km/155 mi**

**Average stage - 17 km/10.5 mi**

**Longest stage - 21 km/13 mi**

## Porto - Accommodation

<i>*Some links in this list are affiliates. If you click on one of these links and book accommodation, we will receive a small commission at no extra cost to you. Thank You!</i>		
<b>Hotel/albergue</b>	<b>Booking info</b>	<b>Price range</b>
Albergue de peregrinos de Porto	<a href="http://albergueperegrinosporto.pt">albergueperegrinosporto.pt</a>	\$
Easy Host Porto	<a href="#">book here*</a>	\$
O2 Hostel	<a href="#">book here</a>	\$
Porto Spot Hostel	<a href="#">book here</a>	\$
Change The World Hostels	<a href="#">book here</a>	\$
SUPERNOVA Hostel	<a href="#">book here</a>	\$
Portuense Alojamento Local	<a href="#">book here</a>	\$\$
A Portuguesa Guest House	<a href="#">book here</a>	\$\$
Best Guest Porto Hostel	<a href="#">book here</a>	\$\$
Oporto Santa Catarina Residence	<a href="#">book here</a>	\$\$
The Poets Inn	<a href="#">book here</a>	\$\$
Hotel Peninsular- Porto	<a href="#">book here</a>	\$\$
Aparthotel Oporto Sol	<a href="#">book here</a>	\$\$-\$\$\$
Utopian - Design Suites Porto	<a href="#">book here</a>	\$\$-\$\$\$
Oporto Comfort Dom Hugo Apartment	<a href="#">book here</a>	\$\$\$

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

<https://stingynomads.com/spiritual-variant-portuguese-camino/>

Copyright © 2025 stingynomads.com. All rights reserved

# Central Route + Spiritual Variant Portuguese Camino

## 17 km/10.5 mi - Walking stages + Accommodation

### Porto tours and activities

1. [Discover Porto's Highlights on a 2-Hour Private Electric Tuk Tuk.](#)
2. [Porto: Douro River Boat Cruise with Port Wine Tasting.](#)
3. [Douro Valley Tour: 2 Vineyard Visits, River Cruise, Winery Lunch.](#)
4. [Porto: An Intimate Fado Show in a Historical Tavern.](#)

## Stage 1. Porto to Mosteiro, 18 km/11.5 mi

- Distance – 18 km/11.5 mi
- Time – 5 hours (moving time)
- Ascent – 186 m
- Descent – 204 m
- Walking surface – 10 km/6.2 mi – asphalt, 8 km/5 mi – cobbled
- Walking on the road – 0 km

### Highlights

- The historical center of Porto
- Occasional forests and countryside

### Challenges

- A lot of walking on cobbled stones.
- A couple of stretches near a busy road and industrial areas.

### Stops along the route stage 1

Distance	Name	Facilities
0-2.5 km/ 0-1.5 mi	The historical center of Porto	Hotels, cafes, restaurants, pharmacies, ATMs, shops
2.8 km/1.7 mi	Albergue Nossa Senhora do Rosario	

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

<https://stingynomads.com/spiritual-variant-portuguese-camino/>

Copyright © 2025 stingynomads.com. All rights reserved

## Central Route + Spiritual Variant Portuguese Camino

### 17 km/10.5 mi - Walking stages + Accommodation

5-11 km/ 3.1-6.8 mi	Residential areas and suburbs of Porto	Cafes, restaurants
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

### Mosteiro - Accommodation

Hotel/albergue	Booking info	Price range
Casa dos Caminhos de Santiago	<a href="#">book here</a>	\$-\$\$
Metro Vilar Suites & Villas	<a href="#">book here</a>	\$\$

## Stage 2. Mosteiro to São Pedro De Rates, 20.5 km/12.7 mi

- Distance – 20.5 km/12.7 mi
- Time – 5 hours (moving time)
- Ascent – 250 m

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

Copyright © 2025 stingynomads.com. All rights reserved

# Central Route + Spiritual Variant Portuguese Camino

## 17 km/10.5 mi - Walking stages + Accommodation

- Descent – 273 m
- Walking surface – 11.5 km/7.1 mi – asphalt, 9 km/5.5 mi – cobbled
- Walking on the road – 0.5 km/0.3 mi, a couple of short stretches

### Highlights

- Walking through the beautiful forest
- Quiet countryside

### Challenges

- Walking on a hard surface most of the day – 20 km/12.4 mi are on asphalt and cobblestones

### Stops along the route stage 2

\*MA - municipal albergue    \*\*PA - private albergue

Distance	Name	Facilities
1.5 km/0.9 mi	Vilar	Shop, cafe
3 km/1.9 mi	Gião	Restaurant
3.9 km/2.4 mi	Gião	Shop
4.5 km/2.8 mi	A route split	The right route goes through a quiet area, the left goes on the road
5.1 km/3.1 mi	(600 m from the Camino route)	Guesthouse Casa Mindela
5.5 km/3.4 mi		Bar, shop
6.5 km/4 mi		Cafe, ATM
7.5 km/4.3 mi	Veirão	MA* do Mosteiro do Veirão
8.5 km/5.2 mi	Vilarinho	PA**, shop, restaurant, cafe, bar
11.4 km/7 mi	A route split	Take the alternative route through the fields, the main route goes on the road

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

<https://stingynomads.com/spiritual-variant-portuguese-camino/>

Copyright © 2025 stingynomads.com. All rights reserved

## Central Route + Spiritual Variant Portuguese Camino

### 17 km/10.5 mi - Walking stages + Accommodation

14.7 km/9.1 mi	São Mamede	Cafe
17.5 km/11 mi	Arcos	Hotel, restaurant, cafe
20.5 km/12.7 mi	São Pedro De Rates (Rates)	MA, hotels, restaurants, shop

### São Pedro De Rates - Accommodation

Hotel/albergue	Booking info	Price range
Albergue de peregrinos de São Pedro de Rates	<a href="#">info here</a>	\$
Casa Mattos	+351 919 822 398	\$-\$\$
Casa da Vila Guest House	<a href="#">book here</a>	\$\$
CasaAnabela	<a href="#">book here</a>	\$\$\$

## Stage 3. São Pedro De Rates to Barcelos, 17 km/10.5 mi

- Distance – 17 km/10.5 mi
- Time – 4 hours (moving time)
- Ascent – 323 m
- Descent – 355 m
- Walking surface – 6.5 km/4 mi – asphalt; 5 km/3.1 mi – cobbled; 5.5 km/3.4 mi – footpath/gravel
- Walking on the road – 0.3 km/0.1mi on a quiet road

### Highlights

- Beautiful forest scenery throughout the day.
- The pilgrims park in the forest at 2 km/1.2 mi.

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

Copyright © 2025 stingynomads.com. All rights reserved

# Central Route + Spiritual Variant Portuguese Camino

## 17 km/10.5 mi - Walking stages + Accommodation

- The historical center of Barcelos. The view of the town and the church from the opposite side of the bridge is beautiful. The center of Barcelos has many restaurants and cafes. It's a lovely area to go out for dinner or drinks.

### Challenges

- No place to stop for food or coffee for 7 km/4.3 mi between Rates and Portela.
- Several short steep ascents and descents throughout the day.

### Stops along the route stage 3

Distance	Name	Facilities
0-7 km/0-4.3 mi		Walking through the forest
2 km/1.2 mi	A Pilgrim's Park in the forest	A nice area for resting
6.5 km/4 mi	Pedra Furada	PA (donation), guesthouse, restaurant, cafe
7.5 km/4.6 mi		Restaurant
8 km/5 mi		Bakery
10.5 km/6.5 mi		Bar
12.5 km/7.7 mi		Shop
15.5 km/9.6 mi	Barcelinhos	MA, PA, hotel, restaurant, cafe, shop, ATM
17 km/10.5 mi	Barcelos	MA, hostel, supermarkets, restaurants, cafes, bars, ATMs, pharmacies

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

Copyright © 2025 stingynomads.com. All rights reserved

## Central Route + Spiritual Variant Portuguese Camino

### 17 km/10.5 mi - Walking stages + Accommodation

#### Barcelos - Accommodation

Hotel/albergue	Booking info	Price range
Albergue Cidade de Barcelos	<a href="#">info here</a>	\$
In Barcelos View Lodge	<a href="#">book here</a>	\$\$
In Barcelos Hostel & Guest House	<a href="#">book here</a>	\$\$
Flag Hotel Barcelos	<a href="#">book here</a>	\$\$
Hotel Bagoeira	<a href="#">book here</a>	\$\$
Art'Otel Barcelos	<a href="#">book here</a>	\$\$-\$\$\$
Casa do Theatro Guest House	<a href="#">book here</a>	\$\$-\$\$\$

#### Stage 4. Barcelos to Balugães, 16 km/10 mi

- Distance – 16 km/10 mi
- Time – 4 hours (moving time)
- Ascent – 260 m
- Descent – 280 m
- Walking surface – 6 km/3.7 mi – asphalt; 5 km/3.1 mi – cobbled; 5 km/3.1 mi – footpath/gravel.

#### Highlights

- Several chapels and churches along the route.
- Walking through the beautiful forest and fields.

#### Challenges

- Several ascents and descents; nothing long or very steep.

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

Copyright © 2025 stingynomads.com. All rights reserved

## Central Route + Spiritual Variant Portuguese Camino

### 17 km/10.5 mi - Walking stages + Accommodation

#### Stops along the route stage 4

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/10 mi	Balugães	Hotels, restaurants

#### Balugães - Accommodation

Hotel/albergue	Booking info	Price range
Casa Altamira	+351 939 315 314	\$\$
Casas da Quinta da Cancela	<a href="#">book here</a>	\$\$-\$\$\$
Casas do Rio	<a href="#">book here</a>	\$\$\$

### Stage 5. Balugães to Ponte de Lima, 18 km/11 mi

- Distance – 18 km/11 mi
- Time – 4-5 hours (moving time)
- Ascent – 245 m
- Descent – 263 m
- Walking surface – 12.5 km/7.7 mi – asphalt; 4.5 km/2.7 mi – cobbled; 1 km/0.6 mi – footpath/gravel

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

Copyright © 2025 stingynomads.com. All rights reserved

# Central Route + Spiritual Variant Portuguese Camino

## 17 km/10.5 mi - Walking stages + Accommodation

### Highlights

- Walking through the countryside.
- Historical center of Ponte de Lima.

### Challenges

- Walking on hard surfaces, around 17 km/10.5 mi on cobbled stones and asphalt which is hard on your feet.
- Several ascents and descents throughout the day.

### Stops along the route stage 5

Distance	Name	Facilities
5 km/3.1 mi		Hotel Casa da Fernanda
6 km/3.7 mi	Vitorino dos Piães	PA, hotel, cafe
9 km/5.5 mi		Hotel Quinta da Albergaria
12 km/7.4 mi	Sobreiro	Albergue O Caminheiro
12.5 km/7.7 mi	Seara	Hotel, cafe, bakery
18 km/11 mi	Ponte de Lima	MA, hostel, hotels, restaurants, cafes, supermarkets, ATMs, pharmacies

### Ponte de Lima - Accommodation

Hotel/albergue	Booking info	Price range
Municipal Albergue de Ponte de Lima	<a href="#">info here</a> +351 925 403 164	\$
A Trajadinha do Lima	<a href="#">book here</a>	\$
HI Ponte de Lima - Pousada de Juventude	<a href="#">book here</a>	\$
Old village Hostel	<a href="#">book here</a>	\$
Anoitecer Itinerante AL	<a href="#">book here</a>	\$-\$

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

<https://stingynomads.com/spiritual-variant-portuguese-camino/>

Copyright © 2025 stingynomads.com. All rights reserved

## Central Route + Spiritual Variant Portuguese Camino

### 17 km/10.5 mi - Walking stages + Accommodation

Centro da Vila	<a href="#">book here</a>	\$\$
Graciosa Guest House	<a href="#">book here</a>	\$\$
Casa Cardeal Saraiva	<a href="#">book here</a>	\$\$
Casa das Andorinhas	<a href="#">book here</a>	\$\$
Guest House Alojamento Local centro Ponte de Lima	<a href="#">book here</a>	\$\$
Casa da Travessa	<a href="#">book here</a>	\$\$-\$\$\$
INLIMA Hotel & Spa	<a href="#">book here</a>	\$\$-\$\$\$
Camões Apartments	<a href="#">book here</a>	\$\$\$

## Stage 6. 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

### Highlights

- A decorated Camino wall on the Central Route around the corner from the public albergue in Ponte de Lima.
- Beautiful forest and tranquil fields.
- Cruz dos Franceses – a stone cross at 12.5 km/7.7 mi marks the place where locals ambushed soldiers of Napoleon’s army during the invasion of 1809.

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

Copyright © 2025 stingynomads.com. All rights reserved

# Central Route + Spiritual Variant Portuguese Camino

## 17 km/10.5 mi - Walking stages + Accommodation

### Challenges

- A steep and long ascent that starts at 8 km. You gain over 300 m in 5 km/3.1 mi. The most challenging part is between 10 km/6.2 mi and 13 km/8 mi.
- A steep descent that starts at 13 km/8 mi. It's not as long and steep as the ascent. You go down 190 m in 5 km/3.1 mi.
- No places to stop for food or drinks in the second half of the day so make sure to carry enough water for the ascent.

### Stops along the route stage 6

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
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

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

<https://stingynomads.com/spiritual-variant-portuguese-camino/>

Copyright © 2025 stingynomads.com. All rights reserved

## Central Route + Spiritual Variant Portuguese Camino

### 17 km/10.5 mi - Walking stages + Accommodation

17 km/10.5 mi	São Roque	Guesthouses, Albergue
18 km/11 mi	Rubiães	Municipal Albergue, guesthouse, bar

### Rubiães - Accommodation

Hotel/albergue	Booking info	Price range
Albergue de peregrinos de Rubiães	+351 965 053 751	\$
Casa de São Sebastião	+351 962 830 024	\$\$-\$
Alojamento Local Ninho	+351 916 866 372	\$\$-\$
Albergue Constantino AL (1 km/0.6 mi before Rubiães)	<a href="#">book here</a>	\$\$-\$
Pensão Repouso do Peregrino (1 km/0.6 mi before Rubiães)	<a href="#">book here</a>	\$\$
Quinta das Leiras - Rubiães	<a href="#">book here</a>	\$\$-\$\$\$

## Stage 7. 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

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

Copyright © 2025 stingynomads.com. All rights reserved

# Central Route + Spiritual Variant Portuguese Camino

## 17 km/10.5 mi - Walking stages + Accommodation

### Highlights

- A beautiful forest in the first half of the day.
- Valença Fortress is located on the top of the hill and offers spectacular views of the town and its surroundings.
- A metal bridge across the Minho River offers beautiful views of both shores and fortresses.
- Tui Fortress is a Spanish fortress on the opposite side of the river.

### Challenges

- An ascent between 1 km/0.6 mi and 4 km/2.4 mi, 110 m up.
- A steep descent between 4,5 km/2.7 mi and 7.5 km/4.6 mi, 200 m down.
- A change of time once you cross the bridge from Portugal to Spain. Spain is 1 hour ahead of Portugal.

### Stops along the route stage 7

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

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

<https://stingynomads.com/spiritual-variant-portuguese-camino/>

Copyright © 2025 stingynomads.com. All rights reserved

## Central Route + Spiritual Variant Portuguese Camino

### 17 km/10.5 mi - Walking stages + Accommodation

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
19 km/11.8 mi	Tui (Spain)	MA, PA, hostels, hotels, supermarkets, restaurants, bars, ATMs, pharmacies

### Tui - Accommodation

Name	Booking info	Price range
Albergue de peregrinos de Tui	+34 649 502 704	\$
Albergue Buen Camino Tui	<a href="#">book here</a>	\$
Albergue Convento Del Camino	<a href="#">book here</a>	\$
Jacob's Hotel TUI	<a href="#">book here</a>	\$
Ideas Peregrinas	<a href="#">book here</a>	\$
Colón Tuy	<a href="#">book here</a>	\$\$
O refugio	<a href="#">book here</a>	\$\$
La Buhardilla de Tuy (1-bedroom apartment)	<a href="#">book here</a>	\$\$
Pension La Corredera	<a href="#">book here</a>	\$\$
El Atico de Villalmar (penthouse apartment)	<a href="#">book here</a>	\$\$\$

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

Copyright © 2025 stingynomads.com. All rights reserved

# Central Route + Spiritual Variant Portuguese Camino

## 17 km/10.5 mi - Walking stages + Accommodation

### Stage 8. Tui to Porriño, 16 km/10 mi

- Distance – 16 km/10 mi
- Time – 4 hours (moving time)
- Ascent – 171 m
- Descent – 185 m
- Walking surface – 13 km/8 mi – asphalt, 3 km/1.8 mi – gravel/footpath
- Walking on the road – 2 km/1.2 mi

#### Highlights

- Walking through the forest at the beginning of the day.

#### Challenges

- Walking through a large industrial area with many factories between 9.5 km/5.9 mi and 13.5 km/8.3 mi (if you don't take the alternative route).
- Walking next to a busy road between 13.5 km/8.3 mi and 15.5 km/9.6 mi (if you don't take the alternative route).

#### Stops along the route stage 8

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

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

<https://stingynomads.com/spiritual-variant-portuguese-camino/>

Copyright © 2025 stingynomads.com. All rights reserved

## Central Route + Spiritual Variant Portuguese Camino

### 17 km/10.5 mi - Walking stages + Accommodation

9.5-13.5 km / 5.9-8.3 mi	On the main route	A large industrial area
13.5 km/8.3 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
16 km /10 mi	Porriño	Municipal Albergue, private Albergues, hotels, restaurants, cafes, supermarkets, ATMs, pharmacy

### Porriño - Accommodation

Name	Booking info	Price range
Albergue de Peregrinos O Porriño	<a href="#">info here</a> +34 986 335 428	\$
Albergue Senda Sur	<a href="#">book here</a>	\$
Albergue Fonte dos Aloques	<a href="#">book here</a>	\$
Albergue Rincon del Peregrino	<a href="#">book here</a>	\$
Albergue Alojamiento Camino Portugues	<a href="#">book here</a>	\$
Casucho da Peregrina	<a href="#">book here</a>	\$\$-\$\$\$ including breakfast
Pension Cando	<a href="#">book here</a>	\$\$
Apartamento Sanjuan	<a href="#">book here</a>	\$\$-\$\$\$
Apartment Nordes	<a href="#">book here</a>	\$\$-\$\$\$
Apartment A Cabana II	<a href="#">book here</a>	\$\$-\$\$\$
Apartment Bretema	<a href="#">book here</a>	\$\$\$

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

<https://stingynomads.com/spiritual-variant-portuguese-camino/>

Copyright © 2025 stingynomads.com. All rights reserved

# Central Route + Spiritual Variant Portuguese Camino

## 17 km/10.5 mi - Walking stages + Accommodation

### Stage 9. Porriño to Cesantes, 18 km/11.1 mi

- Distance – 18 km/11.1 mi
- Time – 5 hours (moving time)
- Ascent – 283 m
- Descent – 305 m
- Walking surface – 16.5 km/10.3 mi – tar road; 1.5 km/0.9 mi – footpath/gravel road

#### Highlights

- The picturesque town of Mos.
- Walking through the forest in the last part of the day.
- The historical center of Redondela.

#### Challenges

- At 2 km/1.2 there is a dangerous road crossing. It's a busy road with no traffic light or pedestrian crossing. You have to run across the road.
- A steep ascent between 5 km/3.1 and 9.5 km/5.9, over 170 m up
- A steep descent between 9.5 km/5.9 and 13 km/8 mi, over 170 m down

#### Stops along the route stage 9

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

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

<https://stingynomads.com/spiritual-variant-portuguese-camino/>

Copyright © 2025 stingynomads.com. All rights reserved

## Central Route + Spiritual Variant Portuguese Camino

### 17 km/10.5 mi - Walking stages + Accommodation

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
18 km/11.1 mi	Cesantes	PA, hotel, bar

### Cesantes - Accommodation

Hotel/albergue	Booking info	Price range
Albergue O Refuxio de la Jerezana	<a href="#">book here</a>	\$
A Dársena do Francés	<a href="#">book here</a>	\$
Apartamento San Simón	<a href="#">book here</a>	\$-\$
La Cueva	<a href="#">book here</a>	\$\$
Casa VOL - habitación	<a href="#">book here</a>	\$\$
Alojamiento Casa MINSO	<a href="#">book here</a>	\$\$
Camiño da Praia	<a href="#">book here</a>	\$\$\$

## Stage 10. Cesantes to Pontevedra, 18 km/11 mi

- Distance – 18 km/11 mi
- Time – 5 hours (moving time)
- Ascent – 396 m
- Descent – 371 m
- Walking surface – 10.5 km/6.5 mi – tar road; 7.5 km/4.6 mi – footpath/gravel road
- Walking on the road - 0.5 km/0.3 mi

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

Copyright © 2025 stingynomads.com. All rights reserved

# Central Route + Spiritual Variant Portuguese Camino

## 17 km/10.5 mi - Walking stages + Accommodation

### Highlights

- Walking through a beautiful forest throughout the day
- The Medieval Bridge de Pontesanpaio over the River Verdugo with spectacular views
- The historical center of Redondela

### Challenges

- A steep ascent (around 140 m) between 3.5 km/2.1 mi and 6.5 km/4 mi
- A steep and short descent (around 100 m) between 6.5 km/4 mi and 8 km/5 mi
- Another steep ascent (around 130 m) between 12 km/7.4 mi and 14 km/8.6 mi

### Stops along the route stage 10

Distance	Name	Facilities
0.7 km/0.4 mi		PA
4.5 km/2.7 mi	Soutoxuste	Hotel, restaurant, bar, shop
5.5 km/3.4 mi	Arcade	PA, hotel, restaurants, bars, shops, ATM
7 km/4.3 mi	Pontesanpaio	Hotel, bar, ATM
7.6-9.6 km/ 4.7-5.9 mi		Walking through the forest
13.5 km/8.3 mi		A bar, a shop, a chapel where you can stamp your Credential
13.8 km/8.5 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
14-17 km/		Walking on a footpath through the forest

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

<https://stingynomads.com/spiritual-variant-portuguese-camino/>

Copyright © 2025 stingynomads.com. All rights reserved

## Central Route + Spiritual Variant Portuguese Camino

### 17 km/10.5 mi - Walking stages + Accommodation

8.6-10.5 mi		
18 km/11 mi	Pontevedra	MA, PA, hotels, restaurants, cafes, supermarkets, ATMs, pharmacy

#### Pontevedra - Accommodation

Hotel/albergue	Booking info	Price range
Albergue de Peregrinos Virgen Peregrina	+34 986 844 045	\$
Bulezen Urban Hostel	<a href="#">book here</a>	\$
Acolá Hostel	<a href="#">book here</a>	\$
Slow City Hostel Pontevedra	<a href="#">book here</a>	\$
Albergue Nacama Hostel Pontevedra EXCLUSIVO PEREGRINOS PILGRIMS	<a href="#">book here</a>	\$
CASA MARUXA pensión	<a href="#">book here</a>	\$\$
PENSIÓN SANTA CLARA	<a href="#">book here</a>	\$\$
Acolá Rooms	<a href="#">book here</a>	\$\$
Hotel Boa Vila	<a href="#">book here</a>	\$\$-\$\$\$
Galicia Palace	<a href="#">book here</a>	\$\$\$

### Stage 11. Pontevedra to Armenteira, 21 km/13 mi

- Distance – 21 km/13 mi
- Time – 5-6 hours (moving time)
- Ascent – 606 m
- Descent – 358 m
- Walking surface – 9 km/5,5 mi footpath/gravel road, 12 km/7,4 mi asphalt/cobblestones

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

Copyright © 2025 stingynomads.com. All rights reserved

# Central Route + Spiritual Variant Portuguese Camino

## 17 km/10.5 mi - Walking stages + Accommodation

### Highlights

- The historical centre of Pontevedra
- The monastery of Poio
- The [beautiful old town of Combarro](#)
- A pleasant walk through the forest between Combarro and Armenteira
- The Monastery of Armenteira

### Challenges

- Several short ascents and descents in the first half of the day between Pontevedra and Combarro.
- A steep and long ascent, 400 m in the second half of the day from Combarro to Armenteira. After conquering the hill by the end of the day you're quite tired.

### Stops along the route stage 11

Distance	Name	Facilities
3 km/1.8 mi	A route split at the bridge in the forest	The right route is the Central Route, and the left route is the Spiritual Variant. If you want to continue on the Spiritual Variant take the left route.
5.5 km/3.4 mi	Cabaleiro	Hotel, restaurant
9 km/5.6 mi	Poio	Hotel, restaurant
11 km/6.8 mi	Combarro	Private Albergue, hotel, supermarket, restaurant, ATM, pharmacy
21 km/13 mi	Armenteira	Municipal Albergue, hotel, restaurant

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

<https://stingynomads.com/spiritual-variant-portuguese-camino/>

Copyright © 2025 stingynomads.com. All rights reserved

## Central Route + Spiritual Variant Portuguese Camino

17 km/10.5 mi - Walking stages + Accommodation

### Armenteira - Accommodation

Hotel/albergue	Booking info	Price range
Municipal albergue de Armenteira	+34 619 53 40 87	\$
Albergue Turistico En Armenteira A Fragua do Ferreiro	<a href="#">book here</a>	\$
Albergue Armenteira	<a href="#">book here</a>	\$-\$\$
Albergue CAROI HOSTEL & ROOMS Armenteira	<a href="#">book here</a>	\$-\$\$
Monasterio de Armenteira	<a href="#">info here</a>	\$\$
CARBALLO DE PRADO 1900	<a href="#">book here</a>	\$\$-\$\$\$
Pousada Armenteira	<a href="#">book here</a>	\$\$\$

## Stage 12. Armenteira to Vilanova de Arousa, 23.5 km/14.6 mi

- Distance – 23,6 km/14,6 mi
- Time – 5-6 (moving time)
- Ascent – 170 m
- Descent – 417 m
- Walking surface – 15 km/9.3 mi on a footpath/gravel road, 8 km/5 mi on asphalt, 500 m/0.3 mi on a quiet road

### Highlights

- A beautiful walk through the lush green forest along the river with small waterfalls and big boulders
- A quiet walk through a beautiful natural area along the river and between the vineyards

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

Copyright © 2025 stingynomads.com. All rights reserved

## Central Route + Spiritual Variant Portuguese Camino

### 17 km/10.5 mi - Walking stages + Accommodation

- A walk along the coast of the Atlantic Ocean on the last 3 km/1.8 mi before Vilanova de Arousa

#### Challenges

- It was a relatively easy walk with no particularly challenging parts besides the downhill walk at the beginning but it wasn't steep, more of a gradual downhill.

#### Stops along the route stage 12

Distance	Name	Facilities
5 km/3.1 mi		Restaurant
6,5 km/4 mi		Restaurant
10 km/6.2 mi		Restaurant
13 km/8 mi	Ponte Arnelas	Hotel, restaurant, shop, pharmacy
16 km/10 mi		Restaurant
19,5 km/12 mi		Bar
21-23 km /13-14 mi		A couple of restaurants
23.5 km/14.6 mi	Vilanova de Arousa	Municipal Albergue, hotel, restaurant, bar, pharmacy, ATM

#### Vilanova de Arousa - Accommodation

Hotel/albergue	Booking info	Price range
Municipal albergue de Arousa	+34 619 534 087	\$
Albergue A Corticela	<a href="#">book here</a>	\$

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

<https://stingynomads.com/spiritual-variant-portuguese-camino/>

Copyright © 2025 stingynomads.com. All rights reserved

## Central Route + Spiritual Variant Portuguese Camino

### 17 km/10.5 mi - Walking stages + Accommodation

Albergue A Salazon	<a href="#">info here</a>	\$
Hotel Bradomin	<a href="#">book here</a>	\$\$
Guest house SAL E PEDRA	<a href="#">book here</a>	\$\$
Apartamentos AD	<a href="#">book here</a>	\$\$
Arco da Vella apartamentos	<a href="#">book here</a>	\$\$-\$\$\$
Alquileres Delfina (1-bedroom apartment)	<a href="#">book here</a>	\$\$-\$\$\$
Marujita Vilanova	<a href="#">book here</a>	\$\$\$

### Stage 13. Vilanova de Arousa to Pedreira (Teo), 16.5 km/10.2 mi

This stage involves a boat ride. It's an official part of the route. You can buy a boat ticket online or at the office in Vilanova de Arousa. I suggest booking it online in advance to make sure you get a spot on the boat, during the season it fills up quickly.

Two companies offer a boat ride

- [La Barca del Peregrino](#)
- [A Mare Turismo Nautico](#)
  
- Distance – 16.5 km/10.2 mi
- Time – 4 (moving time)
- Ascent – 170 m
- Descent – 417 m
- Walking surface – 1.5 km/0.9 mi on a footpath/gravel road, 15 km/9.3 mi on tar road/asphalt

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

Copyright © 2025 stingynomads.com. All rights reserved

# Central Route + Spiritual Variant Portuguese Camino

## 17 km/10.5 mi - Walking stages + Accommodation

### Highlights

- A spectacular boat ride from Vilanova de Arousa to Pontecesures
- The historical center of Padron (the Church of Santiago, the Convent of Santo Antonio de Herbon)
- The beautiful Galician forest

### Challenges

- Walking next to a busy road between 4 km/2.4 mi and 5 km/3.1 mi

### Stops along the route stage 13

Distance	Name	Facilities
28 km/17.3 mi (boat ride)	Pontecesures The start of the walk	Municipal Albergue, hotel, restaurant, bar, shop, pharmacy, ATM
2 km/1.2 mi	Padron	MA, PA, hotels, supermarkets, restaurants, cafes, ATMs, pharmacies
4-5 km/ 2.4-3.1 mi		Along a busy road
4.2 km/2.6 mi		Restaurant, cafe
4.7 km/2.9 mi		Hotel, restaurant
5-6 km/ 3.1-3.7 mi		Walking through villages
7.5 km/4.6 mi		Private Albergue O Logar de Jesus
8.2 km/5 mi	A Esclavitude	Guesthouses, shop, restaurant, bar,
10.9 km/6.7 mi		A rest area
11 km/6.8 mi	Areal	Guesthouse
11.5 km/7.1 mi	Picaraña	Several hotels and restaurants along the route
12-13 km/ 7.4-8 mi		Walking through the forest

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

<https://stingynomads.com/spiritual-variant-portuguese-camino/>

Copyright © 2025 stingynomads.com. All rights reserved

## Central Route + Spiritual Variant Portuguese Camino

### 17 km/10.5 mi - Walking stages + Accommodation

13 km/8 mi	O Faramello	MA, PA, restaurant, bar
14.4 km/9 mi	Teo	Hotel/restaurant
15.8 km/9.8 mi		Cafe/shop
16.2 km/ 10 mi	Pedreira (Teo)	Private Albergue, hotel, cafe

### Pedreira (Teo) - Accommodation

Hotel/albergue	Booking info	Price range
Albergue Aldea da Pedreira	<a href="#">book here</a>	\$
Albergue Calm Stay	<a href="#">book here</a>	\$-\$\$
Casa Aurora (3-bedroom house)	<a href="#">book here</a>	\$\$
Casa da Braña (3-bedroom house)	<a href="#">book here</a>	\$\$\$

## Stage 14. Pedreira (Teo) to Santiago de Compostela, 11.5 km/7.1 mi

- Distance – 11.5 km/7.1 mi
- Time – 3 hours (moving time)
- Ascent – 410 m
- Descent – 196 m
- Walking surface – 7.5 km/4.6 mi – asphalt; 4 km/2.4 mi – footpath/gravel
- Walking on the road – 600 m/0.3 mi on a quiet road

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

Copyright © 2025 stingynomads.com. All rights reserved

# Central Route + Spiritual Variant Portuguese Camino

## 17 km/10.5 mi - Walking stages + Accommodation

### Highlights

- The historical center of Santiago de Compostela.
- Arriving at Obradoiro Square and seeing the Cathedral and hundreds of other pilgrims.

### Challenges

- Several ascents throughout the day.

### Stops along the route stage 14

Distance	Name	Facilities
3.5 km/2.1 mi	O Milladoiro	PA, hotels, supermarkets, restaurants, cafes, ATMs, pharmacies
6.5 km/4 mi		Cafe/souvenir shop
9 km/5.6 mi		A route split both routes go to the Cathedral, one is a bit longer
10 km/6.2 mi	Santiago de Compostela	MA, PA, hotel, ATM, supermarket, pharmacy, restaurant, bar
11.5 km/7.1 mi	Cathedral and Obradoiro Square	The end of the Camino Portuguese

### Santiago de Compostela - Accommodation

Hotel/albergue	Booking info	Price range
Albergue San Lazaro (3 km/1.8 mi from the cathedral)	+34 981 571 488	\$
Albergue Seminario Menor	<a href="#">book here</a>	\$
Dream in Santiago	<a href="#">book here</a>	\$

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

<https://stingynomads.com/spiritual-variant-portuguese-camino/>

Copyright © 2025 stingynomads.com. All rights reserved

## Central Route + Spiritual Variant Portuguese Camino

17 km/10.5 mi - Walking stages + Accommodation

Albergue O Fogar de Teodomiro	<a href="#">book here</a>	\$
Albergue Porta Real	<a href="#">book here</a>	\$
Albergue The Last Stamp	<a href="#">book here</a>	\$
Santiago KM-0	<a href="#">book here</a>	\$
Hostal San Pelayo	<a href="#">book here</a>	\$\$
Hotel A Tafona do Peregrino	<a href="#">book here</a>	\$\$
Hotel Alda Avenida	<a href="#">book here</a>	\$\$
Pensión Residencia Fornos	<a href="#">book here</a>	\$\$
Pensión Residencia Fonseca	<a href="#">book here</a>	\$\$-\$\$\$
Hospedaria San Martin Pinaro	<a href="#">book here</a>	\$\$-\$\$\$
Parador Hostal Reis Catolicos	<a href="#">book here</a>	\$\$\$

### Santiago de Compostela tours and activities

1. [Santiago: Cathedral & Museum Tour + Pórtico of Glory Option.](#)
2. [Finisterre and Costa da Morte: The Most Complete Tour of Santiago.](#)
3. [Old town walking tour in a small group.](#)
4. [Tapas Tour of Santiago de Compostela.](#)

### Portuguese Camino planning resources

- [How to train for the Camino?](#)
- [10 easy steps to prepare for the pilgrimage.](#)
- [What to pack for the Portuguese Camino de Santiago?](#)
  - [Best shoes to walk the Camino](#)
  - [Best backpacks for the Camino](#)
  - [Best sock for walking](#)
- [Portuguese Camino routes - explained.](#)
- [A completed guide to the albergues on the Camino de Santiago.](#)

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

<https://stingynomads.com/spiritual-variant-portuguese-camino/>

Copyright © 2025 stingynomads.com. All rights reserved