

Central Route + Spiritual Variant from Tui

20 km/12.4 mi - Walking stages + Accommodation

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The Central Route + Spiritual Variant from Tui to Santiago de Compostela - 124 km/77 mi.

Average stage - 20 km/12.4 mi.

Longest stage - 23.5 km/14.6 mi.

Tui - Accommodation

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

Stage 1. Tui to Porriño, 16 km/10 mi

- Distance – 16 km/10 mi
- Time – 4 hours (moving time)
- Ascent – 171 m
- Descent – 185 m

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20 km/12.4 mi - Walking stages + Accommodation

- 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 1

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/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

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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	info here +34 986 335 428	\$
Albergue Senda Sur	book here	\$
Albergue Fonte dos Aloques	book here	\$
Albergue Rincon del Peregrino	book here	\$
Albergue Alojamiento Camino Portugues	book here	\$
Casucho da Peregrina	book here	\$\$-\$\$\$ including breakfast
Pension Cando	book here	\$\$
Apartamento Sanjuan	book here	\$\$-\$\$\$
Apartment Nordes	book here	\$\$-\$\$\$
Apartment A Cabana II	book here	\$\$-\$\$\$
Apartment Bretema	book here	\$\$\$

Stage 2. 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

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20 km/12.4 mi - Walking stages + Accommodation

- 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

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20 km/12.4 mi - Walking stages + Accommodation

Stops along the route stage 2

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
18 km/11.1 mi	Cesantes	PA, hotel, bar

Cesantes - Accommodation

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

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Stage 3. 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

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 3

Distance	Name	Facilities
0.7 km/0.4 mi		PA
4.5 km/2.7 mi	Soutoxuste	Hotel, restaurant, bar, shop

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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/ 8.6-10.5 mi		Walking on a footpath through the forest
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	book here	\$
Acolá Hostel	book here	\$
Slow City Hostel Pontevedra	book here	\$
Albergue Nacama Hostel Pontevedra EXCLUSIVO PEREGRINOS PILGRIMS	book here	\$
CASA MARUXA pensión	book here	\$\$
PENSIÓN SANTA CLARA	book here	\$\$
Acolá Rooms	book here	\$\$
Hotel Boa Vila	book here	\$\$-\$\$\$
Galicia Palace	book here	\$\$\$

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Stage 4. 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

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 4

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.

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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

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	book here	\$
Albergue Armenteira	book here	\$-\$\$
Albergue CAROI HOSTEL & ROOMS Armenteira	book here	\$-\$\$
Monasterio de Armenteira	info here	\$\$
CARBALLO DE PRADO 1900	book here	\$\$-\$\$\$
Pousada Armenteira	book here	\$\$\$

Stage 5. 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

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20 km/12.4 mi - Walking stages + Accommodation

- 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
- 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 5

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

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23.5 km/14.6 mi	Vilanova de Arousa	Municipal Albergue, hotel, restaurant, bar, pharmacy, ATM
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Vilanova de Arousa - Accommodation

Hotel/albergue	Booking info	Price range
Municipal albergue de Arousa	+34 619 534 087	\$
Albergue A Corticela	book here	\$
Albergue A Salazon	info here	\$
Hotel Bradomin	book here	\$\$
Guest house SAL E PEDRA	book here	\$\$
Apartamentos AD	book here	\$\$
Arco da Vella apartamentos	book here	\$\$-\$\$\$
Alquileres Delfina (1-bedroom apartment)	book here	\$\$-\$\$\$
Marujita Vilanova	book here	\$\$\$

Stage 6. Vilanova de Arousa to Milladoiro, 19.5 km/12 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](#)

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- Distance – 19.5 km/12 mi
- Time – 5 (moving time)
- Ascent – 136 m
- Descent – 90 m
- Walking surface – 2 km/1.2 mi on a footpath/gravel road, 17.5 km/10.8 mi on asphalt

Highlights

- A spectacular boat ride from Vilanova de Arousa to Pontecesures
- 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 6

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	Padrón	Municipal Albergue, private Albergues, hotel, restaurant, bar, supermarket, pharmacy, ATM
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,

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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
13 km/8 mi	O Faramello	MA, PA, restaurant, bar
14.4 km/8.9 mi	Teo	Hotel/restaurant
15.8 km/9.8 mi		Cafe/shop
16.2 km/10 mi	Pedreira	Private Albergue/cafe
19.5 km /12 mi	O Milladoiro	PA, hotels, supermarkets, restaurants, cafes, ATMs, pharmacies

O Milladoiro - Accommodation

Name	Booking info	Price range
Albergue Milladoiro	book here	\$
Pension O Camino Milladoiro	book here	\$\$
B&B HOTEL Santiago Milladoiro	book here	\$\$
Hotel Payro	book here	\$\$
Alojamiento Santa Maria II	book here	\$\$
Apartamento En Camino	book here	\$\$-\$\$\$
Casa Rural as Bentinas	book here	\$\$-\$\$\$

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Stage 7. O Milladoiro to Santiago de Compostela, 8 km/5 mi

- Distance – 8 km/5 mi
- Time – 2 hours (moving time)
- Ascent – 390 m
- Descent – 166 m
- Walking surface – 5 km/3.1 mi – asphalt, 3 km/1.8 mi – footpath/gravel
- Walking on the road – 600 m on a quiet road

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 7

Distance	Name	Facilities
3 km/1.8 mi		Cafe/souvenir shop
5.5 km/3.4 mi		A route split both routes go to the Cathedral, one is a bit longer
6.5 km/4 mi	Santiago de Compostela	MA, PA, hotel, ATM, supermarket, pharmacy, restaurant, bar
8 km/5 mi	Cathedral and Obradoiro Square	The end of the Camino Portuguese

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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	book here	\$
Dream in Santiago	book here	\$
Albergue O Fogar de Teodomiro	book here	\$
Albergue Porta Real	book here	\$
Albergue The Last Stamp	book here	\$
Santiago KM-0	book here	\$
Hostal San Pelayo	book here	\$\$
Hotel A Tafona do Peregrino	book here	\$\$
Hotel Alda Avenida	book here	\$\$
Pensión Residencia Fornos	book here	\$\$
Pensión Residencia Fonseca	book here	\$\$-\$\$\$
Hospedaria San Martin Pinario	book here	\$\$-\$\$\$
Parador Hostal Reis Catolicos	book here	\$\$\$

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.](#)

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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.](#)