

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

## CAMINO

# Hiking the Portuguese Way in Spain



September 2 - 10, 2023



## CAMINO

# Hiking the Portuguese Way in Spain

### TRIP HIGHLIGHTS

- ▶ Hike each day on the Camino de Santiago through the beauty of the rural countryside in northern Portugal and southern Spain
- ▶ Enjoy the best of Portugal's and Spain's vineyards as you learn about the local cuisine in this part of western Europe
- ▶ Visit a palace, a fortress, and several monasteries as you revisit history along this famous spiritual path
- ▶ Triumph in your accomplishment as you gratefully accept your Compostela pilgrim's certificate at journey's end

### TRIP ROUTE



## CAMINO

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### QUICK VIEW ITINERARY

- Day 1 arrive in Porto, welcome dinner
- Day 2 explore Porto, walk into Tui, Spain
- Day 3 hike 14 miles on the Camino from Tui to O Porrino
- Day 4 hike 12.5 miles to Ponte Sampaio, visit the Fortress of Soutomaior
- Day 5 hike 14 miles to Monasterio de San Juan de Poio, experience a cooking class
- Day 6 hike 8.5 miles on the Camino to Ponte Arnelas, taste Albariño wines
- Day 7 enjoy a boat cruise, walk 9 miles to Pazo Faramello, visit the Pazo de Faramello
- Day 8 hike the final 10 miles into Santiago, Camino certificate presentation
- Day 9 depart Spain

### ACTIVITY LEVEL

High Energy

### TRIP PRICE

Main Trip: \$5,495

Optional Single Accommodations: \$1,000

# CAMINO

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your adventure  
in depth

DAY 1  
Saturday  
9/2/23

### Arrive

Welcome to Portugal and Spain! Travel through the history and pastoral beauty of Galicia, a portion of the historic Camino de Santiago route walked by centuries of pilgrims; this less traveled but infinitely beautiful route is the ideal way to experience the Camino de Santiago.

During your adventure, you'll get to know your expert local guide versed in the history, culture, and cuisine of this sacred region. You are also accompanied by an AdventureWomen Ambassador, committed to helping make your experience a fun and personally rewarding adventure, and cheering you on as you reach beyond your comfort zone to take on new challenges in your own unique way!

#### Arrival Information

Arrive in Porto, Portugal (OPO) before 12:00pm. One group transfer is included (time TBD); private transfers at other times are available for an additional fee.

If you'd like to come in early, we can extend your stay at your hotel, but these hotels fill up early, so please ask us as soon as you can!

#### Pick-up and Transfer

You will be met at the Porto Airport and transferred to your hotel.

#### Port Tasting

After settling into your hotel and enjoying a welcome drink with the group, head out for a visit to the Ferreira Bodega, a Port winery founded in 1751. The tour has won awards as one of the best winery tours in the world. Enjoy the tastings!

#### Welcome Dinner

Enjoy a delicious welcome dinner as you get to know your fellow travelers this evening. Share stories and learn about why each woman in your trip is excited to walk the Camino!

Accommodations  
Carris Hotel Porto  
Ribeira  
Meals Included  
dinner

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DAY 2  
Sunday  
9/3/23

### The Portuguese Way

Tui is, above all, a walled cathedral that has been home to cultural, economic, and military life. Featuring among Tui's architectural heritage is the Romanesque and Gothic Cathedral, the churches of San Bartolomé (Romanesque) and San Telmo (Baroque), and several miradors.

**Explore Porto** Take the morning to explore the city of Porto on your own. Take your time to discover the city's hidden gems, such as its train station, the Lello library, and its Cathedral. Or you can take the tram to the lighthouse in Foz de Douro for a spectacular view of the ocean.

**Valença do Minho** After lunch on your own, head to the Fortress of Valença do Minho, whose walls and ramparts dominate the riverside and speak volumes about neighborly disagreements. The fortress has repelled innumerable Spanish and French invasions since the 13th century. Here you start the pilgrimage and get your first stamp.

**Walk to Tui** Walk a mile and a half into the city of Tui, Spain. After settling into your hotel, visit the cathedral where you can stamp your Camino credential.

**Dinner** Enjoy dinner at the hotel.

**Today's Hike** 1.5 miles

Accommodations  
Parador de Tui

Meals Included  
breakfast, dinner

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your adventure  
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DAY 3  
Monday  
9/4/23

### The Portuguese Way

Start your journey on the Portuguese Way from the beautiful town of Tui. This area has been occupied since the Lower Paleolithic Period, and has been a strategic defense point since the 6th century.

**On the Camino** Start your journey today on the Portuguese Way from the beautiful town of Tui and make your way to O Porriño. You will walk over country roads and woodland paths on your journey along the Rio Louro Valley.

**Lunch** Enjoy lunch on your own. You can ask your guide for recommendations for restaurants in O Porriño.

**Afternoon Activities** After the hike, drive to Mos and visit the Pazo Marques Mos. Then drive back to Tui and enjoy some free time to discover more of the town or enjoy the swimming pool and other facilities of your hotel.

**Dinner** Have dinner this evening as a group. Share stories from the day's hike and learn a bit more about each of the women on your trip.

**Today's Hike** 14 miles

Accommodations  
Parador de Tui

Meals Included  
breakfast, dinner

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DAY 4  
Tuesday  
9/5/23

### The Portuguese Way

The fortress of Soutomaior was owned by María Vingals, an early 1900s feminist and a true Adventure Woman who loved to travel and was committed to women's rights. A room inside the Castle has been dedicated to her and to equal rights between men and women.

#### Hike through Redondela

After a drive back to Mos, continue your adventure with another long climb and a steep descent with some gradual ups-and-downs in between. You will pass through little villages, oak forests, and both country and main roads while taking in stunning views. Finally, you will reach the infamous bridge of Ponte Sampaio, where Napoleon's army suffered one of its greatest defeats. You will have time in Redondela for lunch on your own during today's hike.

#### Lunch

Enjoy lunch on your own in Redondela before you continue your hike to Ponte Sampaio.

#### Fortress of Soutomaior

Visit the Fortress of Soutomaior this afternoon.

#### Today's Hike

12.5 miles

Accommodations  
Hotel Galicia Palace

Meals Included  
breakfast, dinner



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DAY 5  
Wednesday  
9/6/23

### The Portuguese Way

Legend has it that in the year 44, after his Martyrdom, the body of James the Apostle was transported on a stone vessel along the Arousa Estuary to get to the land of Galicia where he was meant to be buried. The boat is said to have traveled from Jaffa to Galicia, upstream on the Ulla river until it reached Iria Flavia (Padron), and on to Santiago de Compostela.

#### Hike through Pontevedra

After a 20-minute drive back to Ponte Sampaio, continue your journey through forest paths and quaint villages until reaching the Chapel of Santa Marta, where you will take a pleasant route through the city of Pontevedra on your way to Monasterio de Poio. Enjoy some free time before driving to Combarro.

#### Continue Hiking

After lunch on your own in Pontevedra, follow the inland Portuguese Camino for about an hour before reaching the separation point with the Spiritual Variant/the Maritime Way. This detour is relatively new - it was only accepted by the Pilgrim Office in 2013 but has the oldest origin of all Caminos. During the next two days, you will be following the detour toward Vilanova de Arousa, where you will board a little boat and follow the final journey of the Apostle.

Along the way, journey through quiet country roads and paths to the church of San Pedro de Campano before descending towards the Monastery of San Juan de Poio. After a short visit to the Monastery, you will be picked up and transferred to Combarro, famous for its numerous Horreos (a typical granary on pillars). Enjoy some time on your own before being transferred to your lovely hotel for the evening.

#### Cooking Class

Enjoy a cooking class and learn about the secret techniques that have been passed from mothers to daughters for generations.

#### Today's Hike

14 miles

Accommodations  
Hotel Galicia Palace

Meals Included  
breakfast, dinner



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DAY 6  
Thursday  
9/7/23

### The Portuguese Way

Cambados is famous for its Albariño white wine. The area is generally moist, cool, and windy, contributing to the grape's thickness and the wine's strong aroma. Only within this last decade has Albariño become better known. This wine has been nicknamed "the wine of the sea" because of its coastal vineyards and its compatibility with seafood.

#### Hike to Pontearnelas

After a short drive to the Monastery of Armenteira, start the day with a visit to the 16th-century Cistercian Monastery of Armenteira, followed by a walk on the relaxing "Ruta da Pedra e da Auga" (the route of rocks and water) along the Armenteira river. This is a lovely section of trail in Galicia; follow a small river in the woodlands and pass more than 30 medieval water mills built to grind flour within two hours. Finish today's hike at the 16th-century stone bridge of Pontearnelas.

#### Lunch

Enjoy lunch on your own in Ribadumia before continuing your hike to Ponte Arnelas.

#### Wine Tasting

Cambados is considered to be the capital of Albariño, one of the best white wines in the world. Enjoy an Albariño wine tasting and visit a winery before having dinner as a group back at the hotel.

#### Today's Hike

8.5 miles

Accommodations  
Parador de  
Cambados  
Meals Included  
breakfast, dinner

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DAY 7  
Friday  
9/8/23

### The Portuguese Way

The Portuguese Way of the Camino spans Lisbon to Santiago and boasts stunning coastal views. It was even used by the Queen of Portugal in the 13th century. Nowadays it is known for its extraordinary scenery, beaches, and food!

#### Boat Cruise

Drive to the harbor in Vilanova de Arousa and board a little boat for a cruise that follows the journey of the stone boat carrying the remains of the Apostle Saint James. You will sail toward Pontecesures next to Iria Flavia. Many miracles are said to have taken place during the crossing of the body of Saint James. Learn about the myths and legends of the region (including dragons, witches, and terrifying soul-seeking processions) from your guide.

#### Walk to Padrón

Walk a short distance to the town of Padrón, where the stone boat is said to have moored with the body of the Apostle Saint James. The town is also famous for its mild green peppers, so be sure to order them for lunch! Lunch is on your own today.

#### Visit the Pazo de Faramello

After a break in Padrón, the Camino brings you to the Baroque sanctuary of A Esclavitude. At the end of the hike, you reach the Pazo de Faramello, probably one of the most beautiful and important private palaces in Galicia. Hopefully the Marquis Gonzalo Rivero de Aguilar is available to show you through his family home and beautiful camellia garden. If he is not, someone else in his family will do the honors of showing you around. Gonzalo is a knight of Saint James. Share a glass of his homemade Albariño before returning to your hotel for dinner as a group.

#### Today's Hike

9 miles

Accommodations  
Hotel Gastronómico  
Casa Rosalía  
Meals Included  
breakfast, dinner

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DAY 8  
Saturday  
9/9/23

### Santiago de Compostela

Santiago de Compostela is the capital of Galicia, and the Old Town was designated a UNESCO World Heritage Site in 1985. The Cathedral is where you will finish your hike on the Camino.

#### Finish the Camino

After a short drive back to Faramello, the Camino will bring you to the Chapel of la Magdalena in the oak forest of San Martino, which is famous for its yearly country horse fair. Then, finally, from the hills of Agro dos Monteiros, you will get your first glimpse of Santiago de Compostela.

Enter the Old Town, and the Cathedral will present herself to you, beautiful and powerful from the Plaza del Obradoiro. Simply stop here to soak in the moment. Congratulations! You have finished the Camino de Santiago!

#### Lunch

Enjoy lunch on your own in Santiago - there are many delightful restaurants nearby!

#### Farewell Dinner

Enjoy a farewell dinner where you will get your Compostela, or Certificate of Achievement of the Camino de Santiago, given by the Pilgrim Office. Toast the end of a spectacular adventure. We're sure that the Camino has helped you find what you were looking for, or that you have found something unexpected along the way!

#### Today's Hike

10 miles

Accommodations  
Hotel Compostela

Meals Included  
breakfast, dinner

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DAY 9  
Sunday  
9/10/23

### Depart Santiago de Compostela

Enjoy one last morning in Santiago before heading home.

#### Transfer to the Airport

Say goodbye to your new AdventureWomen friends as you transfer to the airport for your flights home.

#### Departure Information

Depart Santiago de Compostela, Spain (SCQ) any time. One group transfer is included; private transfers at other times can be arranged for an additional fee.

If you'd like to stay longer in Santiago, we can try to extend your hotel reservation, but please do not wait as hotels will fill up extremely early.

*Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.*

Meals Included  
breakfast

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### Accommodation Details

#### Carris Hotel Porto Ribeira

This renovated historic building in the Ribeira district of Porto offers a comfortable room to begin your Camino adventure. Enjoy exploring Porto on foot from this well-located hotel.

Amenities: Soap, shampoo, conditioner, hair dryer; electricity; Wifi available for a fee

#### Parador de Tui

The Parador is in the center of Tui and is a faithful reproduction of a Galician country house. The hotel is the perfect place to sit back, relax, and enjoy the view of the mountains and river. The décor creates an ideal atmosphere in which to relax and get away from it all.

Amenities: Soap, shampoo, conditioner, hair dryer; electricity; Wifi

#### Hotel Galicia Palace

Located in the heart of the magnificent city of Pontevedra, the Hotel Galicia Palace offers modern comfort within walking distance of the town's historical monuments and charming shops.

Amenities: Soap, shampoo, conditioner, hair dryer; electricity; Wifi

#### Parador de Cambados

The Parador de Cambados is located in an old country house known as Bazán, an elegant ancestral mansion. It offers bright, comfortable guest rooms and a delightful interior courtyard with a terrace café, where you will enjoy the sound of water splashing in the stone fountain and the peaceful atmosphere.

Amenities: Soap, shampoo, hair dryer; electricity; Wifi

#### Hotel Gastronómico Casa Rosalía

This 250-year-old farmhouse has been exquisitely renovated into a hotel blending historic charm with contemporary design. The Casa Rosalia is housed in a traditional wood and stone building and is surrounded by ancient houses and the picturesque green countryside of Galicia. Enjoy the well-preserved courtyard, take a refreshing dip in the outdoor swimming pool, or simply sunbathe in the garden.

#### Hotel Compostela

Hotel Compostela is in Galicia Square, union of both the old city with its historical center and the new city with its hustle and bustle. Close to the hotel you can find the Alameda, a park from which you can enjoy some of the better views of the cathedral. There is a public market nearby where you can see and purchase the best ingredients of Galician cuisine.

Amenities: Soap, shampoo, conditioner, hair dryer; electricity; Wifi available for a fee

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in depth

### Accommodation Details

# CAMINO

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your adventure  
in depth

### Included:

- ▶ Accommodations as per itinerary based on double occupancy
- ▶ All meals as listed in the itinerary
- ▶ All ground transportation
- ▶ One group transfer on arrival and departure
- ▶ Luggage transfers from hotel to hotel
- ▶ Guided sightseeing and activities as indicated in the itinerary
- ▶ English-speaking guide(s) throughout the trip
- ▶ Drinking water to refill personal bottles
- ▶ Gratuities for baggage handling, waitstaff, and hotel staff

### Not Included:

- ▶ International airfare to Portugal and from Spain
- ▶ Optional activities
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages (unless otherwise specified)
- ▶ Fees for passport, visas, immunizations, or travel insurance
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Gratuities for guides and drivers
- ▶ Entrance fees for Optional Activities



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### Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

### Switching Trips

Our deposits are nonrefundable and nontransferable. If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you, but switching is not guaranteed.

### No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

### Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

### Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not "tours." We define "adventure travel" as travel in which one **actively participates**, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to **experience an active, out of the ordinary vacation, and meet new friends**. Most of all, we want our trips to be **fun!**

**good-natured realist and have a sense of humor!** Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. **Being on time** is important, and contributes to the congeniality, success and well-being of both individuals and the group!

In this spirit, the successful adventure traveler should be a