

Hiking the Camino de Santiago

The Way of Saint James from Portugal

September 27 - October 7, 2025 • 11 Days • \$4390

The Portuguese Way is 625 kilometers (390 miles) long and starts in Lisbon, but the Compostela is granted for anyone walking a minimum of the last 100 kilometers. Our plan is to trek the last 120 kilometers, starting in Valença, Portugal.

The Cathedral in Santiago de Compostela is the objective of the pilgrim. The route taken is secondary and myriad routes have been forged over the centuries, from north, south, and east, and many points between. The French Way is the most traveled, not surprisingly since most of Christian Europe would logically arrive from the north and northeast. Second in popularity was the Camino Portuguese, the route we will be hiking.

A "Compostela" is a certificate of accomplishment given to pilgrims who complete the trek. According to the Roman Catholic Church, the Compostela certificate has proffered a special remission of sins to the pilgrim since the Early Middle Ages—starting in the 5th and 6th centuries.

Visitors come from all over the world to embark on this trek, some for spiritual reasons, some to mark a life turning point, others seeking contemplative value by pressing a very deliberate "pause" button, some simply out of curiosity or the thrill of a challenging, long-distance hike.

Whatever the reason, only good can arise from hiking through a foreign land in the company of friends, rubbing shoulders with walkers from all points of the compass, and slowing the pace of life to engage in the oldest form of transport known to man.

Join us for this stimulating and rewarding WAI pilgrimage along the Camino de Santiago, the Way of Saint James.

[Book Now](#) [Contact Us](#)

[Tour Type: Faith-Heritage, Hiking, Long Distance Walking](#)

Overview / Trip Details

- [What's included](#)
- [Reviews](#)

Including:

- All land travel as outlined—a bus is available to the group throughout the itinerary depending upon road access to the trail of the day
- Superior tourist-class or better hotel accommodations (no hostels)
- 19 meals: all breakfasts, 6 lunches, and 3 dinners as denoted (BLD)
- 6 Camino walk routes as listed, with opt out opportunities every 2 hours
- 2 additional walks in Portugal plus optional Porto walk on Day 1
- Walking fees for those collecting IVV credit (both Portugal and Spain) if sanctions approved
- 1 Camino Credential per person
- WAI guide service throughout (2 guides)
- Cultural & historical expertise of national guides (2) throughout
- All tipping for guides, coach drivers, and group meals
- Pricing is based on double occupancy; a limited number of single rooms are available for a supplement of \$775. We also offer a roommate matching service.

Activities/Visits to:

- Guimarães, Portugal walk
- Ponta de Lima, Portugal walk

- Valença, Portugal walking tour
- Santiago de Compostela walking tour
- 2 cultural dinners
- Countless opportunities to visit churches and religious monuments along the Camino
- More fun and educational stops than we can list!

Optional Excursions:

- Day in Porto (Day 1)
- Galicia Seafood & Sunset Dinner (Day 6)



"The Borealis guides were so very passionate about their homelands, their culture, their food. They clearly wanted us to get up close and to experience the places and the people. So

much energy and enthusiasm — always helpful and smiling. It was so very clear that our joy was their 'juice'."

Mary; Snohomish, WA

"With the experience and knowledge of the WAI guides and the Borealis guides, I felt safe and protected and free to enjoy the entire experience of another culture without stress."

- Anonymous

"It has been one of the best experiences I have had in many years - I loved the chance to walk the Camino and contemplate so many things along the way. "

- Meg; Colorado Springs, CO

"The richness of the experience, from the places we saw, the extra things we got to do, the unflagging encouragement and support of our leaders, and the blooming friendships within our troupe all created a feeling of immense joy and gratitude for my having been part of this Camino!"

- Barney; Brier, WA

"Accommodations were quite comfortable, trip was very well organized, guides were friendly and helpful and I loved the morning coffee breaks along the route and ability to walk at one's own pace. Everyone in the group was pleasant and got along too."

- Anonymous

"The Borealis guides were enthusiastic ambassadors for Portugal and the Camino. The picnic and lunches were made by family members. They shared great bits of information as we traveled. They checked in with each of us often and offered encouragement. We weren't customers; we were guests."

Jeanne; Omaha, NE

"Beautiful break from routine. Nice to experience & learn about different cultures & history."

- Anonymous

"I cannot begin to list the ways the crew from Borealis enriched the experience for me. Any question got a response. They immersed us in the local environment and made sure to spend time supporting and getting to know each of us. I am an amateur naturalist and truly valued the breadth of natural history knowledge they were able to share. The extra places we visited for meals, the local foods to which they introduced us, all of it added so much to the experience!"

Barney; Brier, WA

"Having someone else do the planning, the security of walking in a group, and the wonderful information given by the guides made the trip very enjoyable."

-Anonymous

"The guides! The authentic cultural experiences, especially with the food. The picnic was the highlight with the beautiful river near by. This was our first time on a tour and I loved it. I didn't have to plan anything and everything was so easy."

- Rena; Livermore, CA

"We have done many trips with WAI and they are always well executed."

- Les; Leavenworth, KS

"Roger & Jana met us in the lobby of the hotel after our delayed arrival & made us feel very welcome. They were always available to answer questions & had walked our route previously so we felt we were in good hands."

- Anonymous

"They answered all of my husband's questions and he had many!! I loved how they brought us into their culture and made us feel welcome. I loved our snack time on our walks. Such caring spirits, wanting us all to have a good time."

- Rena; Livermore, CA

"Their knowledge of the area was key in making the quality of our walk more interesting. They were extremely helpful and personable and very likeable!"

- Judy; Nevada City, CA

- [Book Now](#)
- [360.260.9393](tel:360.260.9393)
- [Email Us](#)



Adventure Pace

Tour Pace: 1 2 3 4 5

Walk Challenge: 1 2 3 4 5

[About Adventure Pace](#)

Adventure Pace

How much Adventure do you want? Here are a few features to help gauge the following factors on each tour.

Tour Pace: On a scale of 1 (slowest pace) to 5 (fastest pace), we've rated the following factors: number of 1-night hotels; driving miles per day; fullness of schedule; mid-tour airline flights; high elevation setting; and average amount of walking per day.

Walk Challenge: This number represents an average walk difficulty rating for the tour using a scale of 1 (easiest) to 5 (hardest).

[Book Now](#) [Contact Us](#)

Important Info



Group Size

Maximum 24 travelers.



Hotels

Accommodations in a variety of small hotels. We use a hub and spoke model for the Camino, spending 6 nights in 1 hotel in charming Pontevedra, Spain.



Meals

19 meals included: all breakfasts, 6 lunches, and 3 dinners. Meals are denoted in itinerary as (BLD).



Airfare

Airfare not Included. The tour starts in Porto, Portugal, served by Porto Francisco Sá Carneiro Airport (airport code OPO), and ends in Santiago de Compostela, Spain, served by Santiago-Rosalía de Castro Airport (airport code SCQ).



Transportation

Included: A bus will be with the group the entire tour shuttling walkers to and from trailheads each day from our base in Pontevedro, Spain.



Traveler Age

Our travelers usually range from 50-75 years of age. All ages welcome!

Your Guides



Michael & Andrea Le Roy

After many years leading university study abroad programs in Europe and Latin America, Michael and Andrea are excited to shift their focus from college students to adventuresome lifelong learners.

Andrea began her work as a wilderness guide as a college student, later worked as a social worker, and is interested in religion, history, and culture.

As a professor, Michael taught courses in International Affairs and later served in administration while pining to be outside on the trail . . . any trail. That is only one reason why they are excited to be part of the WAI guide team.

Itinerary

Click on each day to reveal more details. BLD refers to meals included, Breakfast, Lunch or Dinner.

[DAY 1-September 27: Arrive Porto, Portugal \(D\)](#)

Optional Porto Douro River Walk – 5 km, rated 2A

Travelers arrive today in the historic northern Portugal city of Porto. Getting from the airport to our hotel in the historic center is easily arranged by taxi or shared ride.

Optional Day in Porto

Travelers who opt to arrive in Portugal a day early are invited to join us on a day of exploring Porto, a venerable northern Portugal town that gave its name to the famous wine—Port. The two primary parts to the day are an 5 km walk and a visit to a historic wine cellar.

Porto's history and development is closely linked to the Douro River. Our walk winds down narrow streets, past 16th century arcaded buildings and Baroque churches, and crosses the city's iconic 19th century iron bridge. After free time for lunch, we visit one of the esteemed Port wine cellars that has been storing and shipping Port wine for over 200 years.

Estimated price: \$65 per person including guide service for the day, the walk in Porto (including IVV stamp), and entrance to the wine cellar.

The first official group activity is a Welcome Orientation this evening, followed by dinner. We look forward to getting reacquainted with travel companions from previous Adventures, making new walking pals, meeting our local Portuguese guides, and receiving the official Pilgrim's Credential used to mark and memorialize our progress along the fabled Camino de Santiago, the Way of Saint James.

[DAY 2-September 28: Porto - Ponte de Lima, Portugal \(BD-picnic\)](#)

Guimarães Birthplace of Portugal Walking Tour – 3 km, rated 1A

Ponte de Lima Medieval Portugal Walk – 5 km, rated 1A

We drive north, this morning, to Guimarães, an ancient town whose renown relates to the Middle Ages and the founding of the nation of Portugal. In 1128, the key battle in the movement for independence from Spain was fought in the fields surrounding Guimarães Castle. In decades that followed, Guimarães became the center of the young state of

Portugal.

The city is now a UNESCO World Heritage Site and our walk explores the historic core, passing the 10th century castle and wandering picturesque medieval lanes and baroque palaces of this wonderful walking town.

Farther north, Ponte de Lima is a delightful enclave just a stone's throw from the Spanish border. Its claims to fame are twofold: a picturesque and historic Roman bridge (renovated in the Middle Ages) over the Lima River and the first official town charter offered by the queen of the new Portuguese nation in the 12th century. Our walk here parallels the river, crosses the Roman bridge, and explores the charms of this attractive and historic village far off the radar of American travelers.

[Day 3-September 29: Ponte de Lima - Pontevedra, Spain \(BL\)](#)

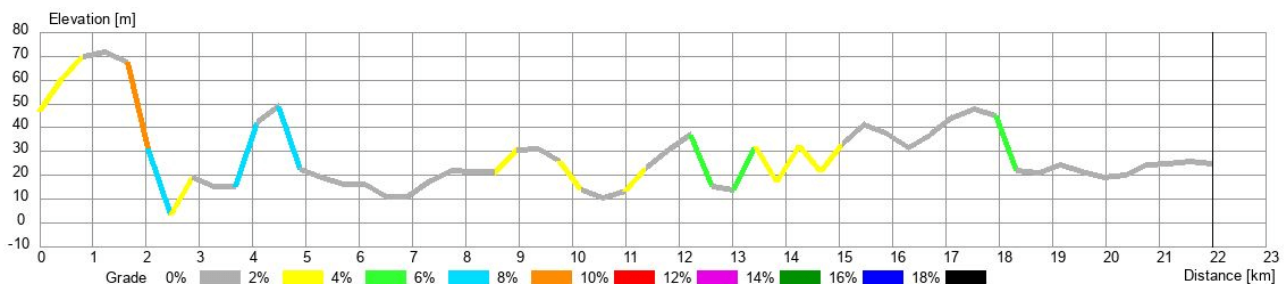
Camino Walk ~ Stage 1: Valença - Porriño

Distance: 22 km (~13.7 miles)

Relatively flat terrain: 13.7 km

Elevation gain: 1089' for about 4.1 km

Elevation loss: 1158' for about 4.1 km



We leave Ponte de Lima this morning on a drive north, stopping short of the Spanish border in the town of Valença, Portugal, situated on the Minho River, boundary between these medieval, Iberian Peninsula neighbors.

Valença marks the start of our Camino experience. A walking tour of the town introduces us to the start of the Camino and give us better understanding of the international linkage between Spain and Portugal.

Our official launch of the Camino pilgrimage begins by crossing the International Bridge over the Minho River, taking us into Spain and the border town of Tui in the province of Galicia. Tui boasts a lovely historic center of medieval stone edifices including the Cathedral of Santa Maria, the Convent of Clarisas, and the Gothic church of Santo Domingo.

Leaving Tui, we embark into rural and wooded areas, traversing quiet Galician villages, often overlapping with the ancient Roman road XIX which connected Bracara (present day Braga, Portugal) with the thriving Roman center of Arturica (present-day Astorga, Spain).

Historically significant are the Bridge of Fevers where, in 1251 AD, Saint Telmo died while

on his pilgrimage, and the five, stone Santa Comba crosses near Ribadelouro.

We'll be sure to get our Credentials stamped today at the appropriate establishments.

Later this afternoon, we arrive into Porriño, the final stop on today's route, and rendezvous with walkers who have opted out during the day. Home this evening, and for the following 4 nights is in the enchanting old Spanish town of Pontevedra, a 40-minute drive north.

OPT OUT OPPORTUNITIES

Throughout the six days of our Camino experience walkers are encouraged to monitor and manage their energy and participation. Though the itinerary is centered around hiking the Camino each day for the distances listed, opt outs are available approximately every two hours, depending upon road access to the trail. Opt out walkers will not, however, be transported to the hotel until the end of the day's walk when opt out walkers rendezvous with full walk hikers for a return to our hotel.

The plan and timing will fluctuate each day according to the route and opportunities along the route. For example, some lunches will be boxed lunches, others may be taken together in local restaurants along the way before the end of walk rendezvous for that day.

Introduction to Pontevedra

We are excited to offer 6 evenings to explore the many attractions of Pontevedra.

The city's original name, Pons Vetus (Old Bridge), from Latin, is evidence of its likely Roman origin, though locals hold to the legend of its founding by the Greek, Teucro, following the Trojan War. The ancient, 11-arch bridge still spans the Lérez River at its entry into the Pontevedra Ria (Estuary), a site that contributes to Pontevedra's long maritime tradition dating at least to the Middle Ages. It's probable that Christopher Columbus's primary ship, the Santa Maria, was built here.

Pontevedra has one of the province of Galicia's best preserved historic centers. The city's many lovely stone buildings and squares are testimony to its medieval wealth as a maritime center.

A stroll connecting the city's many picturesque squares takes you past a plethora of classic architectural jewels from centuries past including the Church of San Bartolome (now the Main Theatre); Casa das Campas; Palace of the Mendoza; House of the Baron; 16th century Plateresque Church of Santa Maria la Mayor (designated a national monument); 14th century Gothic-style convents of San Francisco (also a national monument) and Santa Clara; Rococo-style La Peregrina Sanctuary from the 18th century; and 14th century convent of Santo Domingo, converted to an archeological museum.

[DAY 4-September 30: Hiking the Camino from Pontevedra Spain \(BL-box lunch\)](#)

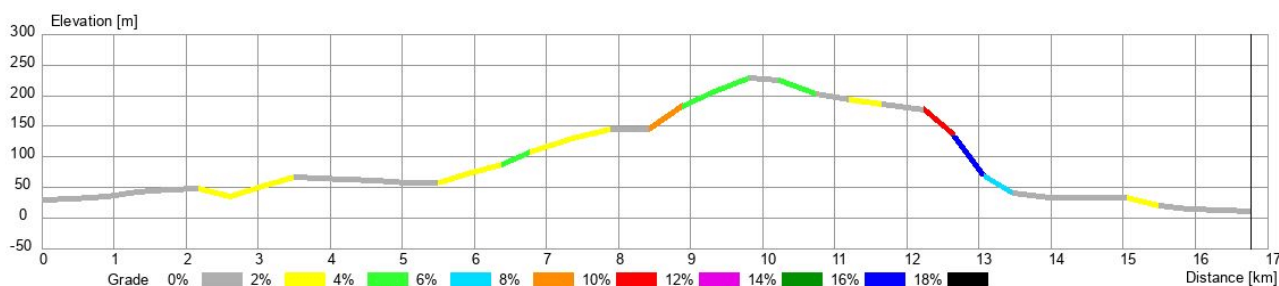
Camino Walk ~ Stage 2: Porriño - Redondela

Distance: 16.7 km (~10.4 miles)

Relatively flat terrain: 9.9 km

Elevation gain: 846' for about 3.5 km

Elevation loss: 912' for about 3.4 km



We return to Porriño this morning to begin Stage 2 of the Camino, 17 kilometers to Redondela.

At about the 6 km mark, we enter the community of Mos, home to the Church of Santa Eulália and a 17th century manor house converted to the town hall.

An ascent from Mos takes us to the 18th century cross of Os Cabaleiros, followed by a stretch of dirt trail through forest to the village of Inxertado.

Several times along this 120 km Camino we encounter ghosts of the Roman Empire in the form of 2000-year-old milestones marking the route of Via Romana XIX. We pass one today before entering Vilar de Infesta.

Shortly before entering Casal do Monte, at about the 12 km mark, the trail descends steeply (note the blue 16% grade on the graph above); additional care is important here and walking sticks are recommended.

Redondela, the end of our day's trek, is known for the 16th-century convent of Vilavella, Casa da Torre, the Romanesque Church of Santiago, and the 16th-century manor house that serves as the town's pilgrim hostel. We are not far from one of Galicia's rias, or Atlantic estuaries.

This is the shortest of the 6 stages on our journey, but we also walk more asphalt on this stage equating both to better, more even footing and harder surfaces. Note also that on some sections of this stage country roads are narrow, and pilgrims walk on the shoulder of the road rather than on dedicated footpaths.

Opt outs are offered again today approximately every two hours as described above under Day 3.

[DAY 5-October 1: Hiking the Camino from Pontevedra, Spain \(BL\)](#)

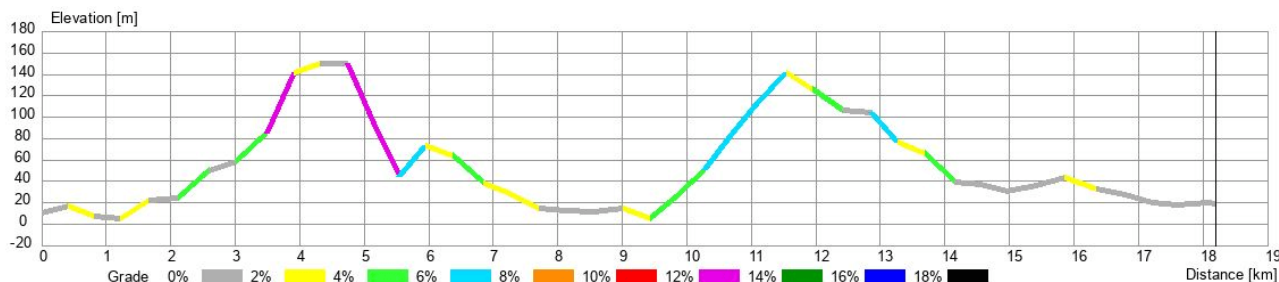
Camino Walk ~ Stage 3: Redondela - Pontevedra

Distance: 18 km (~11.2 miles)

Relatively flat terrain: 8.3 km

Elevation gain: 1457' for about 5.0 km

Elevation loss: 1440' for about 4.8 km



Due to long, luxuriant stretches through pine and eucalyptus forests and dramatic views over the Vigo Ria (estuary), today's stage is reputed to be one of the Camino's most scenic. Enjoying the beauty is earned through two rather steep ascents, the first at about 3 km into the hike after we leave Cesantes.

At about 7 km, we cross picturesque Ponte Sampaio (Sampaio Bridge) over the Verdugo River. It was here, in June 1809, that local militia defeated General Ney's troops, leading to their withdrawal from Galicia during the War of Independence from France.

Our second climb comes at about the 10 km mark.

After lunch, the latter part of today's trail takes us along many pastoral paths of the province of Pontevedra directly to our hotel in the provincial capital city of the same name. Pontevedra enjoys a reputation as the primary city of the Camino in Galicia, and this is the second of six nights in the same hotel here.

Opt outs are offered again today approximately every two hours as described above under Day 3.

[DAY 6-October 2: Rest day in Pontevedra, Spain \(B\)](#)

We are halfway along the Camino to Santiago de Compostela and this is a day of leisure in Pontevedra to give our bodies a day of rest.

For those seeking relaxation, there are quaint cafes and beautiful parks where you can enjoy a peaceful afternoon. Take your time to unwind and maybe explore a bit of this charming city renowned for its pedestrian-friendly setting. The city is also known for its picturesque and venerable old town with narrow, winding cobblestone streets, photogenic squares, and historic architecture.

Optional activities are also available for those with energy to delve into the region's rich cultural heritage and explore the natural beauty of the nearby beaches and verdant countryside of the Rias Baixas region of Galicia.

Whether you choose to immerse yourself in more local offerings or simply relax, today is yours to enjoy however you please, invigorating yourself to resume the Camino once again

tomorrow.

Optional Galicia Seafood & Sunset Dinner

Galicia is famous for seafood and sunsets. After a day to rest and enjoy Pontevedra, join us for a 20-minute drive to the seaside town of Combarra on the other side of Pontevedra Estuary, a perfect place to enjoy the sunset and sample the exquisite seafood dishes of Galicia.

Estimated price: \$95 per person including guide service, transportation, a strolling tour of Combarra, and a delicious seafood dinner in Combarra.

[DAY 7-October 3: Hiking the Camino from Pontevedra, Spain \(BL\)](#)

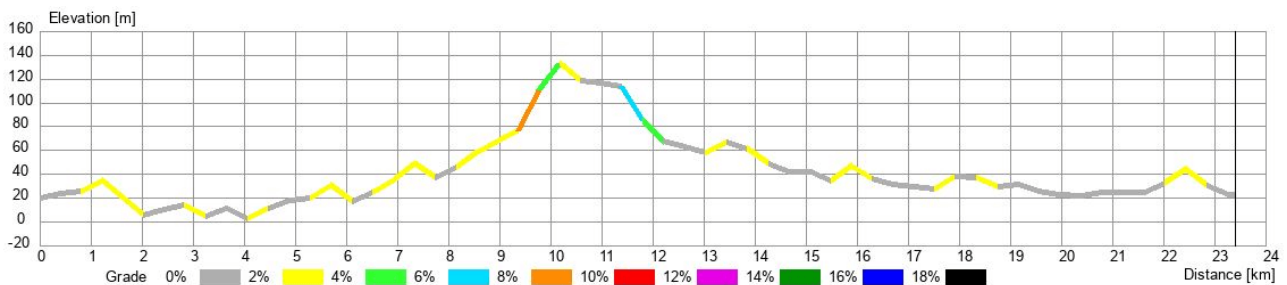
Camino Walk ~ Stage 4: Pontevedra - Caldas de Reis

Distance 23 km (~14.3 miles)

Relatively flat terrain: 15.9 km

Elevation gain: 1132' for about 4.1 km

Elevation loss: 915' for about 3.4 km



Our hotel in Pontevedra is the start point for today's 23- kilometer Camino hike. The trail has relatively less elevation gain/ loss, more paved and cobblestone surfaces, and a refreshing abundance of streams and waterfalls.

The first several kilometers of this morning's route are a mixture of urban and rural countryside featuring photogenic Church of Santa Maria de Alba at about the 4 km mark. At 6 km, we pass through Cerponzons and enter the most scenic stretch of this stage, 5 km of idyllic fields and forests crisscrossed by streams, until we reach San Mamede da Portela.

Today's terminus is Caldas de Reis, known, among other things, for its thermal spring of las Burgas.

Opt outs are offered again today approximately every two hours as described above under Day 3.

After visiting Caldas de Reis, perhaps viewing its cathedral and wandering along the Umia River, perhaps engaging in conversation with pilgrims and hikers from different parts of the globe, we return by bus to Pontevedra for a free evening.

[DAY 8-October 4: Hiking the Camino from Pontevedra Spain \(BL-box lunch\)](#)

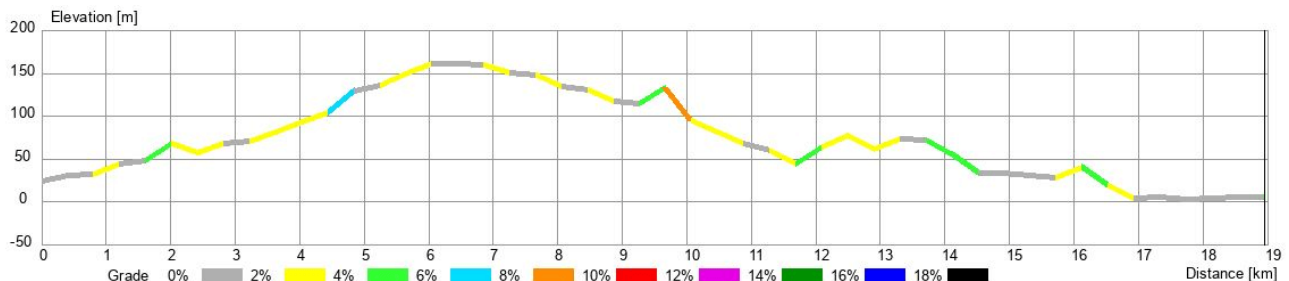
Camino Walk ~ Stage 5: Caldas de Reis - Padrón

Distance: 19 km (~11.8 miles)

Relatively flat terrain: 10.1 km

Elevation gain: 968' for about 4.4 km

Elevation loss: 1001' for about 4.4 km



After breakfast at our hotel, we drive 30 minutes north to rejoin the Camino in Caldas de Reis. Today's 19 km is another lovely section of trail, for some pilgrims the favorite stage of the Portuguese Camino. Elevation gain/loss is again moderate, and we are again in forests, rural areas, and small Galician villages for much of the day, encountering more Roman roads and mileposts.

For many, the highlight of this stage is the forest called Mount Albor, verdant green foliage suggestive of a German fairytale. Somewhere along this stretch we stop to enjoy our lunch, then continue into Padrón.

Padrón has deep connections to Saint James and the Camino. According to legend, in 44 AD it was here in Padrón that the boat came to rest that had carried the beheaded remains of James. The story has the boat embarking from the Jewish port of Jaffa, crossing the Mediterranean Sea, passing through the Strait of Gibraltar, and continuing up the Atlantic Coast to the Sar River. A church, of course, was ultimately erected on the spot where the boat came to rest, and the remains of the boat are current interred beneath the altar of the Church of Santiago de Padrón.

Other important points of interest in Padrón include the Fountain and Convent of Carmen and the pleasant gardens along the Sar River, which contain a monument in honor of favorite son and 1989 Nobel Prize winner in Literature, Camilo José Cela.

Another Padrón claim to fame is its internationally known peppers, which form the basis for many exquisite local tapas. We expect to have free time for wandering and perhaps an early tapas no-host dinner before we return by bus to Pontevedra for our 6th and final night.

Opt outs are offered again today approximately every two hours as described above under Day 3.

[DAY 9-October 5: Pontevedra - Santiago de Compostela \(BL\)](#)

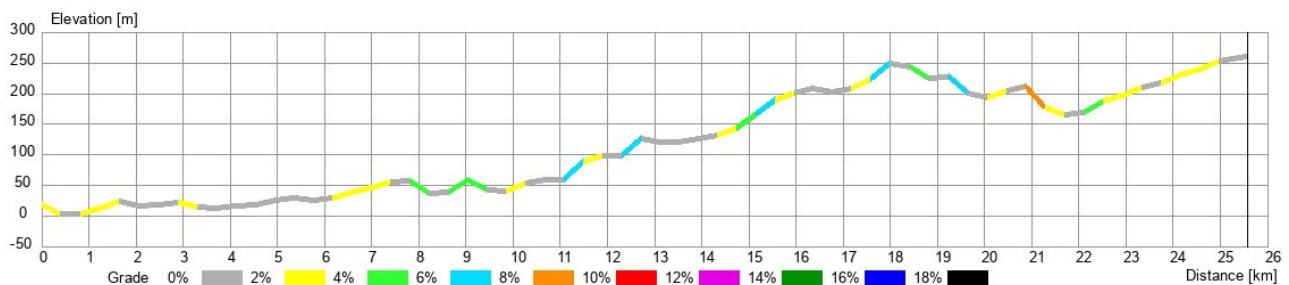
Camino Walk ~ Stage 6: Padrón - Santiago

Distance: 25.5 km (~15.8 miles)

Relatively flat terrain: 15.6 km

Elevation gain: 1827' for about 6.3 km

Elevation loss: 961' for about 3.7 km



The last stage of the Camino begins with our final departure from Pontevedra, a 40-minute drive back to Padrón to begin our longest trek of the tour, 25.5 km to Santiago.

About 6 km into the day, we reach the impressive Sanctuary in Esclavitude, which legend claims was built with a donation made by a farmer who drank from a nearby fountain and was healed of multiple ailments.

Our final day on the Camino is celebrated as we head to our goal!

At Agro dos Monteiros the towers of the Cathedral of Santiago first come into view, about 6.5 km from Obradoiro Plaza and the Cathedral itself. We walk with mixed feelings, eager to finish our journey and our pilgrimage but reluctant, on the other hand, to end this epic odyssey of 120 kilometers.

Though this final stage has the most elevation gain, a look at the graph above tells us that the gain comes mostly gradually; there are no steep sections. Countering that, to some degree however, is the fact that the trail surface is more uneven than most of our hiking so far.

Opt outs are offered again today approximately every two hours as described above under Day 3.

We have seen much of the Galician countryside. We have spent hour upon hour hiking with walking friends old and new. We have had time to contemplate and consider where life has taken us and what we still feel called to do. Hopefully, our purpose, focus, and zest for life are renewed.

We visit Obradoiro Plaza, celebrating the completion of the Camino, then check into our hotel several hundred meters from the Cathedral. After dinner on your own, a Botafumeiro pilgrim mass may be offered at the Cathedral. We will check the schedule as the date gets closer.

The Botafumeiro is a huge censer affixed to the central dome of the Cathedral. Censers are

used for liturgical reasons and the smoke from the censer symbolizes the rising of prayer to God. The Botafumeiro is massive, weighing over 100 pounds and requiring 8 men to get it swinging over the heads of the assembled pilgrims. It's a phenomenal spectacle we hope to witness while here in Santiago de Compostela!

[DAY 10-October 6: Activities in Santiago de Compostela \(BD\)](#)

Santiago de Compostela Pilgrimage Walking Tour

Today is devoted to exploring the timeless historic center of Santiago de Compostela. We start a bit later with a guided post-breakfast walking tour of the historic core.

The afternoon is free to explore the picturesque, labyrinthine lanes of Santiago de Compostela and perhaps do some final shopping. Join us for a fun, cultural Farewell Dinner this evening as we reminisce together about this one-of-a-kind walking adventure along the Camino Portuguese!

[DAY 11-October 7: Depart from Santiago de Compostela \(B\)](#)

No group activities are planned today other than breakfast. You are therefore free to plan your departure from Santiago de Compostela at whatever time suites you.

We hope you return home renewed, refreshed, and re-centered by your pilgrimage experience in Portugal and Spain.

Before You Book

Click on each heading for more details. More information will be provided at the time of registration.

[How Do I Lock in My Place on This Adventure?](#)

To register, a non-refundable \$300 deposit is required to hold your spot.

A final payment is due 90 days before departure and is non-refundable after the due date. You will receive an email prompt from us 2 to 3 weeks in advance.

Soon after registration, an "Adventure Advice" email will be sent with critical information on flight arrangements as well as important steps to take in the months before your trip. Please do not buy your airline tickets until you review this Adventure Advice email.

Please follow this link to read our full [General Tour Conditions](#).

[Unique Aspects of this Tour](#)

Hiking the Camino de Santiago is the first WAI long distance hiking tour. The core of this Adventure is 6 days of hiking an average of 20 km (~12 miles) per day through the

countryside of the Spanish province of Galicia. The Camino de Santiago (Way of St James) is a pilgrimage route. As such, we will be encountering people from different parts of the world, hiking for a variety of reasons, some spiritual, some personal, and some recreational. More even than a traditional walking adventure itinerary, *Hiking the Camino de Santiago* is about the journey more than the destination.

Opt outs are available every two hours during each of the 6 Camino days. Nevertheless, this itinerary is focused more on the activity of walking/hiking than the typical walking adventure. The walk route itself is an introduction to the history, culture, and natural beauty of Portugal and Spain, but the activity of being off the bus and walking/hiking is the core of the experience.

[What's a Long Distance Walking Tour](#)

Long Distance Walking Tours are, as the name implies, focused more on longer walks and less on sightseeing activities that use a motorcoach. In some cases, sections of well-known long-distance trails are featured, such as the Appalachian Trail or Spain's Camino de Santiago.

The general idea is to enjoy the attributes of longer walks: more time in nature, the sense of accomplishment gained by covered longer distances, and, in some cases, a pilgrimage objective that has religious benefits derived from staying the course towards an objective with time for contemplation and prayer along the way.

In the case of the Camino Portuguese featured on this tour, we are walking an average of 20 kilometers (about 12 miles) per day for 6 days, with a rest day embedded in the middle. A couple of days at the beginning and end of the itinerary are devoted to gathering and sightseeing/educational activities.

[Opt Out Opportunities](#)

Throughout the six days of our Camino experience walkers are encouraged to monitor and manage their energy and participation. Though the itinerary is centered around hiking the Camino each day for the distances listed, opt outs are available every two to three hours.

Our bus and one of our guides will take opt out hikers to the next opt out point or meeting point along the Camino. Hikers will not, however, be transported to the hotel until the end of that day's walk when opt out walkers rendezvous with full walk hikers for a return to our hotel.

The plan will fluctuate each day according to the route and opportunities along the route. For example, some lunches will be taken together in tapa bars along the way before the end of walk rendezvous for that day.

[Training and Equipment](#)

As you would imagine, long-distance walking requires greater attention to preparation, both physically and with your travel and walking gear. Though Opt Out Opportunities are

available, the primary focus of the itinerary is the longer walks. To maximize the benefit from these longer walks, training is necessary; be outdoors walking and hiking on variable grades and terrain in the months before the Adventure. To give yourself the best chance of completing your walking objectives having the right equipment is important. Hiking shoes (hard soles) and hiking boots are essential. Walking sticks should be strongly considered by most walkers.

More information about training and equipment will be offered for consideration in the coming months.

[What's a Faith Heritage Tour](#)

Faith Heritage Tours are a new style of WAI travel incubated during tours in Israel and Turkey (*Seven Churches of the Revelation*) over the past 15 years. The new concept, however, will likely be broader in scope, including destinations over a wide geographic range. In a world moving increasingly in a secular direction based upon a random, self-evolving view of the universe, itineraries explored on Faith-Heritage Tours assume a God-centered universe and may share evidence and reminders of that conviction throughout our itinerary.

[Walk Ratings](#)

We generally walk at a pace of 2 to 3 miles per hour. Walks that are oriented more towards education may take longer due to stops for guide commentary. Nature walks, on the other hand, generally continue at a steadier pace because we're stopping less to talk. In most cases, we are not "strolling." We are walking at a relaxed but steady pace. Your experience will be significantly affected by your level of physical fitness. If not walking regularly at home, we strongly recommend that you make a priority of "training" beforehand to both enjoy the trip and avoid medical issues due to overexertion.

If you have questions about your ability to participate, please contact our office at fun@walkingadventures.com.

We have adopted a walk difficulty rating system which contains a numeric indicator for trail incline and an alpha indicator for trail terrain. The explanation for this system is presented on the table below:

INCLINE

1. Minimal hills or stair climbing. Cumulative elevation gain: <200 feet.
2. Some moderate hills and stair climbing. Cumulative elevation gain: 200-1000 feet.
3. Some significant hill or stair climbing. Cumulative elevation gain: 1000-2000 feet.

TERRAIN

- A. Almost entirely on pavement.

- B. A significant part of the route is on well-groomed trails with very few obstacles.
- C. A significant part of the route is on somewhat difficult terrain (rocky / rooted paths or soft sand).

Elevation on Tour

We are near seal level for much of this Adventure and elevation is not an issue. We do not exceed 1000 feet above sea level during the tour.

How is Airfare Arranged?

International air is not Included. The official start point of the tour is our hotel in Porto, Portugal, which is about a 15-20 minute taxi ride from the Porto Francisco Sá Carneiro Airport (airport code OPO).

The official finish point of our tour is our hotel in Santiago de Compostela, Spain, which is about a 15-20 minute taxi ride to Santiago-Rosalía de Castro Airport (airport code SCQ).

We recommend that you contact Laura Pfahler, the travel agent we work with, to help book your flight arrangements.

More details about flight arrangements and travel agent contact information will be provided in an Adventure Advice PDF by email after you register for the Adventure. Please do not book your airfare prior to receiving these flight details from us!

- Laura Pfahler: 503.434.6401 or llp@wtpdx.com

Travel Insurance

WAI recommends travel insurance for financial and medical protection from any number of unforeseen circumstances that can arise before departure or during your Adventure. Many travel insurance providers are available for you to consider. Laura Pfahler and Sharon Mitchell of World Travel Inc. can provide travel insurance options for your WAI tour, as well as for your airfare. For those who purchase airfare through Laura, purchasing your travel insurance from her colleague, Sharon Mitchell, may be the simplest option.

Sharon Mitchell: 971-261-2091 or smitchell@wtpdx.com

Be aware that some travel insurance policies contain time-sensitive provisions (i.e. some benefits, such as coverage of pre-existing conditions, are available only if the policy is purchased within a certain number of days of the purchase of the travel package). These time-sensitive provisions are generally measured from the date you make your full, non-refundable deposit, not the refundable \$100 pre-registration deposit. In addition, remember that airfare is not covered by any travel insurance policy you may have purchased for the tour.

Check out [Insurance Tips](#) from World Travel for a short introduction to travel insurance.

Other options include:

- Allianz
- Betins
- Travel Guard
- Travel Insured International

Using the [SquareMouth.com](#) website can be a good way to compare pricing.

NOTE: WAI receives no commission or financial remuneration from World Travel Inc. In addition, WAI bears no responsibility for travel insurance benefits advertised by various credit card companies. If you are relying on this type of benefit for insurance, we advise you to verify coverage types and limits and that your purchase does in fact qualify you for this insurance.

We suggest purchasing from a reputable, well-established insurance company (avoid buying insurance from an unknown company found only online). Travelers interested in purchasing “cancel for any reason” insurance coverage should be careful to check pricing and terms BEFORE they register for a tour. Recent changes in the international travel landscape has caused changes in the policies of some insurance companies, and made the purchase of this particular type of policy even more time-sensitive.

[What if WAI Cancels the Tour?](#)

Walking Adventures International reserves the right to cancel this tour departure with fewer than 12 participants, in which case registered participants would receive a 100% refund of payments received.

This refund policy contains one exclusion. Many suppliers require non-refundable deposits as a condition of booking services. Though it is rare, unforeseen circumstances can force us to cancel a tour. In cases where supplier's non-refundable policies are imposed, WAI attempts to retrieve as much of these deposits as possible but cannot guarantee a 100% refund.

In cases where full refunds cannot be obtained for a cancelled tour, we will do our best to transfer unrefunded money as traveler credits to be applied to a future tour to that destination.

[Wellness Policies for This Tour](#)

Our approach to wellness on tour has traditionally been to encourage travelers to:

- Focus on health before the tour so you start healthy.
- Pace yourself while on tour; travel is inherently stimulating and can produce adrenalin

boosts that mask energy drain. Guard your energy reserves and consider the length of the trip and whether to opt out of some activities and/or walks.

- Be self-aware. If you feel yourself tiring or feel a bug coming on, take precautions to block it (e.g. extra rest, extra doses of vitamin C, etc).
- If you feel a bug coming on or if you take ill, distance yourself from others when possible.
- If you feel ill, isolate yourself towards the back of the bus and away from others and please wear a mask.

Click [WAI Wellness on Tour Policy](#) to view the WAI policy on Wellness on Tour.

Close

[What Happens Next?](#)

Once we have a viable number of participants, an “Adventure Advice” email is sent with critical information on flight arrangements as well as important steps to take in the months before your trip. Please do not buy your airline tickets until you review this Adventure Advice email.

A final payment is due 90 days before departure and is non-refundable after the due date. You will receive a prompt email from us a week or two in advance. Please see our [General Tour Conditions](#) for the full terms and conditions for participation in this Adventure.

About 2 weeks before departure, you will receive a final email packet with details of the program, including hotel names and contact information, a list of fellow travelers, and a more detailed daily schedule.

Take a few minutes to browse through this new long-distance hiking itinerary along the fabled Camino de Santiago. This concept of long-distance pilgrimage walking promises a deeper connection with the history, culture, and natural wonders of our destination, and a deeper inward connection as well.