

# THE CAMINO PORTUGUES

From Lisbon and Porto to Santiago - Central, Coastal and Spiritual caminos

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Guidebook describing the Camino Portugues (Portuguese Way) from Lisbon in Portugal to Santiago in Spain. At over 600km this is a long walk requiring good general fitness. This guidebook covers the Central Camino, starting from Lisbon, Porto or Tui, the Coastal Camino between Porto and Redondela, and the Spiritual Variant scenic route from Pontevedra to Padrón. It also describes link routes that can be used to swap from one route to another.

Since 1211 Santiago de Compostela has been a place of holy pilgrimage, and the Camino Portugues is the second most travelled pilgrim route after the Camino Francés. It is a journey that takes in four UNESCO World Heritage Areas: the Knights Templar Castle at Tomar, Portugal's oldest University at Coimbra, and the old towns of Porto and Santiago, culminating at the cathedral at Santiago de Compostela.

The book contains detailed route guidance and maps, and information about historic and religious sites passed along the way. It is packed with essential information for pilgrims, with advice on getting there, when to go, accommodation and equipment. There are also background notes on St James, the beginnings of Santiago de Compostela, and the history of the Camino itself.

An indispensable facilities table showing the availability of accommodation, refreshment, supermarkets, ATMs and pharmacies along the route, and a handy glossary make this the complete guide to the Camino.

## Key marketing points

- Over 52,000 people completed the Camino Portugués in 2016, making it the most popular route to Santiago de Compostela after the Camino Francés (French Way)
- This guide provides two alternative routes from Porto (Camino Portugués and Portuguese Coastal Way), the starting point for nearly 18,000 (6.38% of all who walk to Santiago)
- Four UNESCO World Heritage sites - in Tomar, Coimbra, Porto and Santiago

## About the author

Originally from Melbourne, after graduating from university, Kat moved to Japan. Working as an adventure tour guide in Japan helped Kat develop her skills to seek out the local hotspots and also develop a love for hiking. 'A wise man climbs Mt Fuji, a fool climbs it twice' is a popular Japanese saying, so Kat climbed it 7 times. From Japan to Canada to London where Kat is now based, she quit her office job in 2013 to walk the Camino de Santiago and has never looked back. She has since completed seven Caminos and walked over 10,000km in Spain, Portugal, England, Italy, Japan and America, including the 4240km Pacific Coast Trail from Mexico to Canada.

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