

PRESS RELEASE

Follow in the footsteps of royalty and medieval pilgrims

THE CAMINO PORTUGUES

Front cover

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

A guidebook to walking the Camino Portugués (Portuguese Way), 620km from Lisbon in Portugal to Santiago in Spain. The book gives stage-by-stage directions for the Central Camino, starting from Lisbon, Porto or Tui, the Coastal Camino between Porto and Redondela and the Spiritual Variant route from Pontevedra to Padrón. It also describes link routes that can be used to swap from one route to another. Although it is not a difficult walk, day stages range from 15 to 33km, so a good level of general fitness is required.

The Camino Portugués is the second most travelled pilgrim route after the Camino Francés. Some people walk for religious reasons, others for the challenge of the journey, some to carve time out from the hurly burly of modern life. 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. The largely rural route culminates at the cathedral at Santiago de Compostela.

This guidebook contains detailed route guidance and maps, and lots of 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, refreshments, supermarkets, ATMs and pharmacies along the route, and a handy glossary, make this the complete guide to the Camino.

Key information

Published Jul 2019

By Kat Davis

£16.95

336pp

Paperback Gloss Laminated

ISBN: 9781852849320

- Review copies available
- Need a feature? Let Hannah know
- Ask for competition prizes and reader offers

What's inside?

- route descriptions and maps for every stage of the way
- useful town maps
- details of refreshments and accommodation available

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. 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 several Caminos and walked over 10,000km in Spain, Portugal, England, Italy, Japan and America, including the 4240km Pacific Crest Trail from Mexico to Canada.

For further information, or to receive a review copy please contact Hannah
hannah@cicerone.co.uk
01539 587985