



info@eatandwalkabout.com | +34 644 675 350

Slow Camino: Food & Walking Adventure on the Portuguese Coastal Way



★★★★★
★
1 User
Review

🕒
12 Days /
11 Nights

📍
Porto

€
On
Request
Best Rate

Walk the Portuguese Coastal Camino from Oia to Santiago de Compostela. This Slow Camino covers the final 150 km, combining coastal walking with Galician gastronomy, local wines, and authentic cultural experiences.

Highlights

- Walk the **Portuguese Coastal Camino** to Santiago
- A **slow-paced Camino** with **food and wine experiences**
- **Expert Camino guide** throughout
- **Vehicle support** whenever needed

General Overview

Country: Spain
Region: Galicia
City: Porto
Duration: 12 Days / 11 Nights

Type: Private Group Tour
Theme: Food & Wine Tours
Group Size: 2 - 6 People
Price from: €

Introduction



Slow Camino Culinary Adventure on the Portuguese Coastal Way

The Portuguese Coastal Camino is one of the most scenic and rewarding routes to Santiago de Compostela, following the Atlantic coastline through fishing villages, vineyards, and historic towns. This Slow Camino experience transforms the journey into something deeper, combining walking with exceptional food, local wines, and authentic cultural encounters.



Follow the Footsteps of Pilgrims and Discover Idyllic Places

Your journey begins at the historic **Oia Monastery**, where Sir Thomas Becket stayed in 1167. You will enjoy exclusive access with a private visit inside this normally closed monument.

The first stage follows a stunning stretch of coastline to **Baiona**, where you will receive an official welcome from the mayor. In the evening, your expert guide will introduce you to the town through a carefully curated tapas experience.

The following day continues along golden sandy beaches before arriving in **Vigo**, where you will visit the Sea Museum and explore one of Galicia's most vibrant coastal cities.

After another beautiful walk through woodland and alongside the Vigo estuary, you will reach Redondela, where the Coastal Camino joins the central Portuguese Way and the pilgrim atmosphere becomes even more vibrant.

In **Pontevedra**, home to one of Galicia's most impressive historic centres, you will enjoy a unique culinary experience with a local fisherman and seafood restaurant owner, including a visit to the market to select your own lunch.

Your journey continues through vineyards to **Caldas de Rei**, where you will stay in a beautiful manor house set in extensive grounds, with time to relax in the town's famous thermal waters.

After passing through **Padrón**, one of the highlights awaits: a private guided visit to **Pazo de Faramello** with its owner, Gonzalo, offering a rare insight into one of Galicia's most important historic estates.

The final stage brings you to the majestic UNESCO World Heritage Site of **Santiago de Compostela Cathedral**. Here, your journey concludes as pilgrims have done for centuries. Visit the tomb of Saint James, take in the atmosphere of the square, and celebrate an unforgettable achievement.



Experience the Coastal Camino from Home

Not sure if the Portuguese Coastal Camino is right for you? Join our virtual experience and explore part of the route from home.

During our live-streamed walk, [we follow the Coastal Camino into Baiona](#), accompanied by Camino expert Mark Auchincloss. With years of experience and deep local knowledge, Mark shares insights into the pilgrimage, the history of the route, and hidden gems beyond the trail.

Day by day itinerary

DAY 1:

PORTO AIRPORT - BAIONA

- You will be picked up today from Porto Airport, Train Station or hotel by our English-Speaking Chauffeur.
- You will be transferred by highway up to Baiona in Galicia (Driving time 1hr45mins-2hrs. approx.) (NOTE: If you arrive early, enjoy and would like to start touring/walking today you could add on our coast walk and winery tour from Valença do Minho, see **Tour Add-ons** for details)
- Drop off at the hotel for check in
- Dinner on your own best to eat at the restaurant of the Parador
- Overnight in Baiona

DAY 2:

BAIONA - OIA - BAIONA

- Breakfast
- **09:00AM:** Our Slow Camino Guide and Chauffeur will meet you at your hotel this morning.
- You will be given a daily walking schedule by our guide and your Pilgrims Credentials.
- You will be transferred down to Oia
- Here you will take a look at the Monastery of Oia (NOTE: It is closed to the public but our guide might be able to get us in to see the inside of the Monastery, which is privately owned)
- Then you will walk the coast route depending on how much you want to **walk you could do 18kms approx.** and there is a choice at one point to go along the bike path to Baiona or over a hill range through a trail which spectacular views and through the village of Baredo. The 2nd option is a bit more uphill but better views.
- For lunch during the day our guide will recommend the best stop for lunch along the way.
- Upon arrival to Baiona, you will stop to learn a bit about the discovery of America, when La Pinta arrived near the Playa de America and enjoy some tapas.
- **Gourmet Food Tour in Baiona (Duration: 3hrs.30mins. approx.)**
- Meet your Private English-speaking food and wine guide at the entrance to the 2000-year-old Fortress and Parador outside the new Tourist Office in the corner of Palma Park.
- Then, after a short walk along the promenade of Alfonso IX to see in the harbor the replica of La Pinta, which brought the first word of the discovery of the Americas arriving March 1st, 1493 at A Ribeira Beach in Baiona
- We will pass by the fishing port with all the small colourful boats and the fish auction house (Lonja de Baiona), which brings in all the fresh fish and seafood every morning.
- After our stroll, we arrive at our first tapas stop with views of the bay. We will try some of the fresh Navajas (Razor Clams) and Zamburiñas (Baby Scallops) paired with Albariño wine of the D.O. Rias Baixas.
- Now we walk through the cobblestone streets of the old part of town, lined with tapas bars and restaurants. Our second stop will be in one of the classic tapas taverns in Baiona. Taste the house specialty, which is Tortilla con queso Tetilla (Spanish Potato Omlette with Tetilla Cheese), Chipirones fritos (Fried Baby Squid) or Pimientos de Padron, paired with Treixadura from the D.O. Ribeiro and a red Menica wine from the D.O. Ribeira Sacra.
- Walking further up through the streets of the old part of town to the Liberata Square, including its chapel, dated 1695, and Santa Maria Church, which dates back to the 13th Century. This is part of the Camino de Santiago (Portuguese Coastal Way from Porto to Santiago), which passes through the town including the old Pilgrims 16th Century Hospital.
- Our last stop in the new part of town is at an innovative gastro-bar. Savour tapas that are a bit more elaborated... Tartar de sardina ahumada con mayonesa japonesa y pan soplado (Smoked sardine tartare with Japanese mayonnaise and puffed bread), Mejillones en escabeche de naranja con crema de verduras y patatillas Bonnilla (Mussels marinated in orange sauce with vegetable cream and Bonnilla potato chips), Empanada crujiente de rubia gallega chorizo del rosal y shitaki (Crispy empanada pie with Galician beef, chorizo del Rosal, and shiitake mushrooms), and then a dessert flan roto de queso ,toffe de cafe arabico y migas de tarta de Santiago (Crumbled cheese flan, Arabic coffee toffee and Santiago cake crumbs) .
- Ending with a stroll down the street, Rua Carabela a Pinta, with a very nice promenade that takes us back to where we started near the seafront.
- **11:00PM approx.:** A scrumptious end to our gourmet food tour of Baiona.
- Overnight in Baiona

B, D

DAY 3:

BAIONA - SAMIL - VIGO

- Breakfast
- **09:00AM:** Our Slow Camino Guide and Chauffeur-Minivan will meet you at your hotel this morning
- You will be given a daily walking schedule by our guide
- You will start today walking along the bay area of Baiona toward the Playa de America and our guide will take you a picturesque part of the trail.
- Today it will be **about 16kms of walking** again since you will have the chauffeur-minivan at your disposition for the 8hrs during the day you could stop at any time if needed.
- During the day our guide will recommend where you can get some lunch in a local restaurant
- The best would be to end at Samil Beach in Vigo where the Sea Museum is located
- You will have some time to visit this interesting museum
- Then our chauffeur-car will transfer you thru the city to your hotel in the city centre
- Check-in hotel and free time
- Tonight we can book you a table at a recommended restaurant for traditional cuisine.
- Overnight in Vigo

B, DR

DAY 4:

VIGO

- Breakfast
- Day to relax and explore the Urban Coastal city of Vigo. You could spend the day on the Cies Islands (NOTE: We can purchase ferry tickets for you in advance, please inquire for details)
- For the Foodies that would like to get a taste of Vigo, you could do our tapas tour of the old quarter of Vigo. You could even take a hands-on cooking class with a Galician Chef and learn the secrets of the Coastal Gastronomy of the area.
- If you did want a more active day you could join our small group boat ride and coastal fishing village walking tour in Cangas (NOTE: See the option in **Add-ons** section)
- Table reservation for dinner tonight at the Michelin-starred restaurant Maruja Limon.
- Overnight in Vigo

B, DR

DAY 5:

VIGO - REDONDELA - PONTEVEDRA

- Breakfast
- **09:00AM:** Our Slow Camino Guide and Chauffeur will meet you at your hotel this morning
- You will be given a daily walking schedule by our guide
- Today you will be transferred to the starting point of the walk today and follow along the way to Redondela.
- The walk today is thru a trail and parts on the road and is **around 14kms of walking**
- You will have time for lunch during the day on your own
- In Redondela our chauffeur-minivan will pick you up and transfer you to Pontevedra city
- This would be the best option for an overnight stay
- Check-in hotel

- Dinner on your own best is to explore the old quarter for tapas our guide will recommend for you tonight
- Overnight in Pontevedra

B

DAY 6:

PONTEVEDRA - REDONDELA - PONTEVEDRA

- Breakfast
- **09:00AM:** Our Slow Camino Guide and Chauffeur will meet you at your hotel this morning
- Today you will be transferred back to near where you left off yesterday and walk the train to Pontevedra
- The distance today is **about 22kms**, but again you will have the chauffeur-minivan and can stop when you please and be transferred to your hotel
- You will have time to visit the Church of La Peregrina and Santa Maria la Mayor Basilica
- Lunch will be special as we will visit the local market to buy nice fresh, locally caught fish/shellfish with the owner of O Bioco restaurant where we will go after to enjoy it!
- Drop off at the hotel in Pontevedra.
- Dinner on your own. If not in the old quarter there are many options for dining.
- Overnight in Pontevedra

B, L

DAY 7:

PONTEVEDRA - CALDAS DE REI

- Breakfast
- **09:00AM:** Our Slow Camino Guide and Chauffeur will meet you at your hotel this morning
- You will be given a daily walking schedule by our guide
- Today you will be transferred back to the starting point of the trail
- The trail to Caldas de Rei **is about 23kms** but again can stop when you please and be transferred to your hotel
- Free time for lunch during the day your guide will recommend a spot to eat.
- Caldas de Rei is famed for its mineral water and there are a couple of Spas.
- After checking in to a quaint manor house 1km from the village centre, you could go to one of the Spas to enjoy the mineral waters after your day of walking.
- Dinner at the Manor House tonight with local cuisine
- Overnight in Caldas de Rei

B, D

DAY 8:

CALDAS DE REI - PADRON - CALDAS DE REI

- Breakfast
- **09:00AM:** Our Camino Guide and Chauffeur will meet you at your hotel this morning
- You will be given a daily walking schedule by our guide
- Today you will from Caldas de Rei to Padron **which is about 18kms**, as other days you can

stop when pleased and your chauffeur-minivan can transfer you to your hotel

- Lunch on your own during the day, guide will recommend a spot
- When you arrive in Padron you will then be transferred back to the Manor house near Caldas de Rei
- Check-in and time to relax
- Dinner at the manor house this evening
- Overnight in Caldas de Rei

B, D

DAY 9:

CALDAS DE REI - **PADRON** - PAZO FAREMELLO (ROIS) - **CALDAS DE REI**

- Breakfast
- **09:00AM:** Our Camino Guide and Chauffeur will meet you at your hotel this morning
- You will be transferred back to Padron (15mins drive) where you will walk on the trail
- Today you will **walk about 11kms** arriving at the beautiful **Pazo de Faramellos**
- You will enjoy a visit with the owner of the Manor house to get an idea of what a noble Galician Manor is like one of the very best in all of Galicia.
- Lunch will be in a traditional restaurant nearby Manor House.
- Then you will be transferred to the manor house which you stayed at yesterday near Caldas de Rei
- Dinner at the manor house this evening
- Overnight in Caldas de Rei

B, L, D

DAY 10:

CALDAS DE REI - PAZO FAREMELLO (ROIS) - **SANTIAGO DE COMPOSTELA**

- Breakfast
- **09:00AM:** Our Camino Guide and Chauffeur will meet you at your hotel this morning
- You will walk today from Pazo de Faramello the final stretch to Santiago de Compostela which is **14kms today walking**
- You will make your way to the centre of the Plaza de Obradoiro to celebrate your arrival to Santiago
- You will take a peek inside the cathedral but tomorrow you will have a detailed morning visit of the **Cathedral** and Old quarter
- Final Goodbye from your Camino guide today.
- Check-in your hotel
- Lunch on your own
- Time to relax
- **08:30PM:** Dinner table reservation at a recommended restaurant
- Overnight in Santiago de Compostela

B, DR

DAY 11:

SANTIAGO DE COMPOSTELA

- Breakfast
- Today, enjoy a morning visit to Santiago de Compostela market and food Tour + Monumental Cathedral tour in the Afternoon.
- **Santiago de Compostela Food, Tapas & Wine Tour with a Food Expert Half Day (Duration: 3hrs.30mins.-4hrs. approx.)**
- 11:00AM: Meet your food & wine expert guide in the lobby of your hotel.
- We will walk to the Praza de Cervantes, which was the first open-air farmers market in the city.
- Then we go to the market, **Mercado Plaza de Abastos**, the 2nd most visited monument in the city, the Food Cathedral!
- We will take a stroll through the market to see the fresh fish, meats, etc...
- We offer you a guided tour of some of Santiago's finest tapas bars with commented tastings and an explanation of the different tapas savored.
- In the market, we will have a Galician cheese tasting.
- Our first tapas stop will be in the Food hall right in the market, we will try the Galician Octopus fair style and the peppers of Padron paired with Galician wines.
- The second stop will be at a Michelin-recommended Bib Gourmand restaurant. A pairing of 3 tapas and 3 wines with an innovative twist.
- The third and last stop on the food tour will be at a tapas bar on the Rua do Franco specializing in grilled meats and tapas. Here we will try 2 more tapas and wines, ending with dessert and coffee, a sweet end to the food tour.
- Our food guide will walk with you to meet up with our monumental guide...
- **Santiago de Compostela Pilgrimage Cathedral and Historical Quarter Walking Tour Half Day (Duration: 2hrs. approx.)**
- 03:00PM: Meet your Private English-speaking official local guide in **Santiago de Compostela** at the front entrance of the Hostal Reyes Catolicos.
- Afternoon walking through the old quarter, stopping at various monuments to see from the outside, and of course, the cathedral (inside).
- 05:00PM: The tour will end in the old quarter.
- Free time to relax.
- Make your own way, walking or by taxi, back to your hotel
- Overnight in Santiago.

B, L

DAY 12:

SANTIAGO DE COMPOSTELA - PORTO AIRPORT

- Breakfast
- Make your own way to the airport of Santiago or Optionally today we can transfer you to Santiago Airport or Train Station or even back down to Porto (See **Add-ons**)

B

END OF CUSTOMIZED TOUR SERVICES

Included

- 11 Nights stay in Double Room or Single Room Occupancy (See **Lodging**)
- (B) Breakfast daily (except day of arrival)
- (D) 4 Dinners one based on tapas and wines in Baiona and then another 3 with traditional local cuisine at the manor houses.
- **(L)** 2 Lunches based on local traditional cuisine with wines included.
- (DR) Dinner table reservations at recommended restaurant as per itinerary (NOTE: Meal not included you pay directly for what is ordered)
- Transportation in fully-equipped vehicle which changes depending on group size (See **Transportation** section) for transfer from Porto to Baiona and support for 8hrs per day for the Camino until Santiago on Day 9.
- Optional: Private transfer Santiago to Porto at the end
- Your luggage will travel in the minivan from accommodation to accommodation.
- 8 Days with English-Speaking Camino & Food Guide who has walked the Caminos many times and lives in Baiona. As well will guide the tapas tour on the arrival day to explain as well about the route you will be doing.
- 3h30min privately guided tour of Santiago including entrance fees when with guide
- Entrance fee and tour of the Pazo de Faramellos
- Details final tour itinerary with accommodation vouchers, maps, etc....
- Local Taxes

Excluded

- Transfers not specified in itinerary
- Entrance fees when not with guide
- Beverages not specified in selected meals
- Meals not specified in itinerary
- Laundry Expenses
- Personal & Travel Insurance
- Optional excursions
- Room Service
- Gratuities to the Chauffeurs and Local Guides

Who This Camino Is For

- Travellers seeking a **slow-paced Camino** with comfort
- **Food and wine lovers** wanting authentic local experiences
- First-time pilgrims looking for a **guided and supported journey**
- Couples or small groups wanting a **more immersive Camino**

Who This Camino Is Not For

- Travellers looking for a **fast or physically intense Camino**
- Budget travellers seeking **basic or self-guided options**
- Those wanting a **large group tour experience**
- Walkers expecting to complete **long daily distances**

Day-by-Day Journey

Day 1 - Arrival & Oia Monastery

Begin your Slow Camino in the historic coastal village of Oia with a private visit inside its monastery, a place of pilgrimage since medieval times.

Day 2 - Oia to Baiona

Walk along dramatic Atlantic coastline to Baiona, where you are welcomed into town and enjoy an evening of tapas with your guide.

Day 3 - Baiona to Vigo

Follow sandy beaches and coastal paths to Vigo, Galicia's largest fishing port, with time to explore and visit the Sea Museum.

Day 4 - Vigo to Redondela

A scenic inland walk through woodland and along the estuary leads to Redondela, where the Coastal Camino joins the central route.

Day 5 - Redondela to Pontevedra

Continue through countryside and villages to Pontevedra, known for its beautifully preserved historic centre and vibrant food scene.

Day 6 - Pontevedra to Caldas de Rei

Walk through vineyards and rural landscapes before arriving in Caldas de Rei, famous for its thermal waters and relaxed atmosphere.

Day 7 - Caldas de Rei to Padrón

A gentle stage through forest and small hamlets brings you to Padrón, deeply connected to the legend of Saint James.

Day 8 - Padrón to Santiago de Compostela

Complete your Camino as you arrive in Santiago and step into the cathedral square, an unforgettable moment shared by pilgrims for centuries.









Pick up



- Porto Airport, Train Station or Hotel
- Vigo Airport, Train Station or Hotel
- Santiago Airport, Train Station or Hotel
- Other pick up location on request

Drop off

- Santiago Airport, Train Station or Hotel
- Porto Airport, Train Station or Hotel
- Vigo Airport, Train Station or Hotel
- Other drop off location on request

Lodging

City	Nights	Premium	Deluxe
Baiona	2	 <p>Parador de Baiona (4*) Historic coastal fortress overlooking the Atlantic.</p>	 <p>Parador de Baiona (4*) Historic coastal fortress overlooking the Atlantic.</p>
		 <p>Gran Hotel Nagari (5*) Stylish boutique hotel with spa in the city centre.</p>	 <p>Hotel Maroa (4*) Waterfront hotel near the old town and port.</p>
Pontevedra	2	 <p>Parador de Pontevedra (4*) Historic stay in the heart of the old town.</p>	 <p>Parador de Pontevedra (4*) Elegant heritage hotel in a central location.</p>
		 <p>Torre do Río (3*) Peaceful rural estate surrounded by nature.</p>	 <p>Torre do Río (3*) Relaxed countryside retreat with gardens.</p>

City	Nights	Premium	Deluxe
Santiago	2	 <p>Parador de Santiago (5*) Iconic hotel on the cathedral square.</p>	 <p>Hotel San Francisco (4*) Historic monastery hotel near the cathedral.</p>

*Or similar accommodation types, depending on availability at time of booking.

Transport

- Mercedes Benz E Class Sedan Car (1 to 2 People)
- Mercedes Benz Viano or Vito Minivan (3 to 6 People)

NOTE: Or similar type vehicles in the same class as mentioned above.

Add-ons

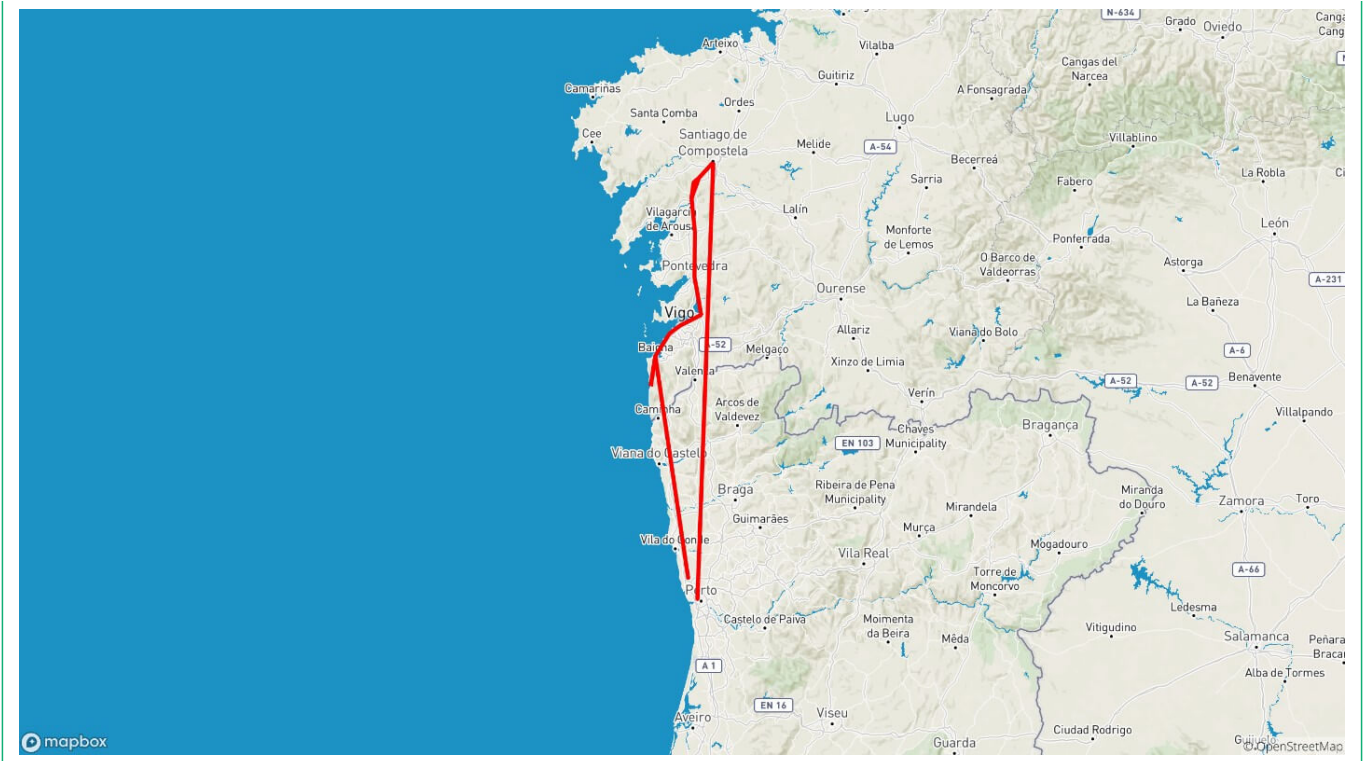
Tours

Galician Seafood Cooking Class and Ferry Boat Trip across Vigo Bay

Vigo Food Tour: Gourmet Food Tastings & Walking Tour

Cangas Coastal Trail Walk & Food Tour, Rias Baixas, Galicia

Map



Reviews

★★★★★ Lindsay S (TripAdvisor) (17 June 2022)

Fantastic tours with guides who care!

Super friendly and helpful people. Their passion for the Camino and Galicia was infectious and really helped us to enjoy it. They anticipated our needs and ensured everything ran smoothly.