



O Salnés Spiritual Variant from Valença

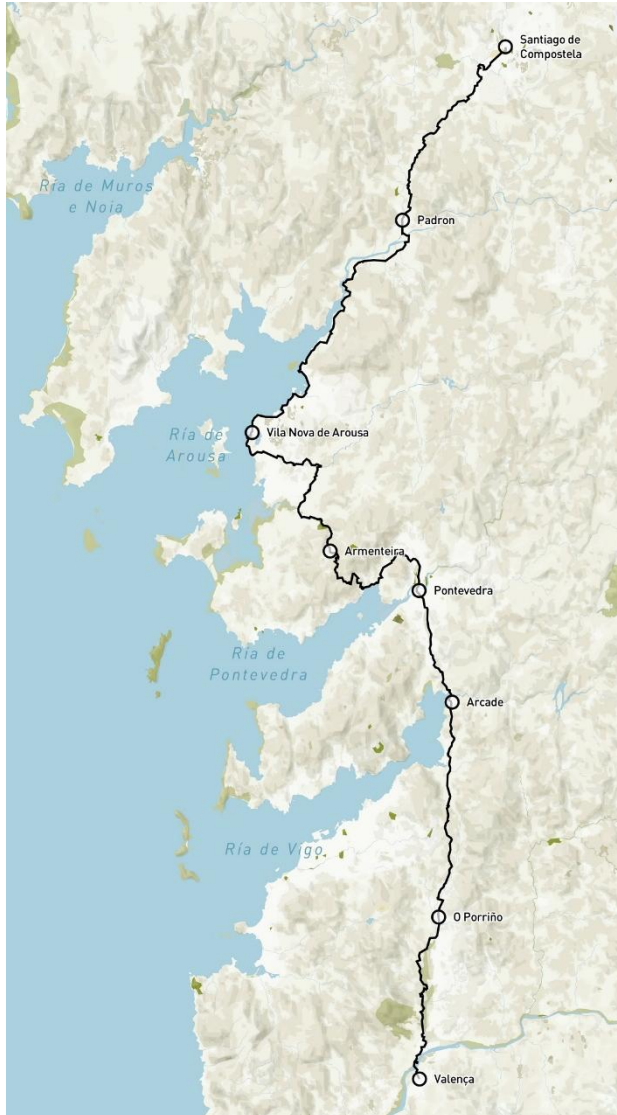
O Salnés Spiritual Variant of the Portuguese Camino de Santiago

This variant connects the Portuguese Way with the Translatio Route, also known as the Arousa Sea and Ulla River Route, which is the origin of all the routes to Santiago.

Organised into three stages, the variant begins in Pontevedra and ends in Pontecesures, where it joins the final leg of the Portuguese Camino. From Armenteira, the Camino leads pilgrims along the Stone and Water Route, considered to be one of the most beautiful in Galicia.

One of the peculiarities of this variant is the possibility of doing part of the last section between Vila Nova de Arousa and Pontecesures by boat, sailing in the waters of the Arousa estuary and arriving via the last navigable section of the Ulla River. It is the same route that the remains of the Apostle Saint James are believed to have travelled on their way to Santiago de Compostela. The route passes through a beautiful natural area, visiting the only Holy Way river crossing in the world, where you can see seventeen ancient crosses that identify this Camino de Santiago as Translatio, the origin of all Caminos.





Day-by-day itinerary

Day 1: Arrival in Valença

When you check into your hotel, you will receive your Welcome Kit, which contains all the information you need to fully enjoy this self-guided walking holiday.

Accommodation: 3-star hotel

Day 2: Walk from Valença to Porriño (20 km | 12.4 miles)

Today you'll say goodbye to Portugal as you cross the metal bridge over the River Minho.

Try to get an early start, especially in the winter months, to give yourself some time to enjoy the medieval town of Tui before making your way to the small industrial town of O Porriño.

Depending on which route you take, you will either spend most of your day walking through forests and fields or a significant chunk of it in industrial areas.

Accommodation: 2-star hotel | **Meals:** Breakfast

Day 3: Walk from Porriño to Arcade (22 km | 13.6 miles)

You get your first glimpses of the Ria de Vigo estuary today when you reach Redondela and again towards the end of the stage in Arcade. In between, you have two hills to negotiate. The first is a slow, steady climb through rural scenery to an altitude of 235m. The second, although lower, is

somewhat steeper and perhaps more tiring as it's towards the end of the day.

About 15 km into the stage, you'll pass through the town of Redondela, where the central and coastal routes merge to follow the same route all the way to Santiago. Redondela has some interesting medieval buildings, including the 16th century Casa da Torre, now the pilgrim hostel.

You'll end the day in the small town of Arcade, renowned for its seafood thanks to its proximity to the water. It has an attractive beach and riverside park area. If you can't find the time or energy to enjoy these when you arrive, try to do so in the morning.

Accommodation: 2-star hotel | **Meals:** Breakfast

Day 4: Walk from Arcade to Pontevedra (13 km | 8 miles)

Today's journey is short and should only take about 4 hours. You can delay your departure and still have plenty of time to visit the historical centre of Pontevedra in the afternoon.

This short stage is also one of the most pleasant on the Way, especially if you make a detour to start from the beach in Arcade. After leaving the town behind, you'll follow ancient stone paths through the woods and, if you take the detour via River Tomeza, spend most of the day surrounded by trees and birdsong.

You do have a hill to climb, with an altitude of up to 145m, but it isn't terribly steep and is mostly shaded. After that, it's downhill then level for the rest of the journey to Pontevedra.

Pontevedra itself is a beautiful city. The historical centre is full of picturesque squares and numerous opportunities to enjoy tapas outdoors while watching the world go by.

Accommodation: 3-star hotel | **Meals:** Breakfast

Day 5: "O Salnés Spiritual Variant"

Walk from Pontevedra to Armenteira (23 km | 14.3 miles)

Today's stage marks the beginning of the Salnés Spiritual Variant, which starts approximately 2 km after leaving the city of Pontevedra.

You will walk through the picturesque landscapes of Comarca and O Salnés, crossing the village of Poio - with its old monastery - and the beautiful coastal town of Combarro, before beginning the long and demanding climb to A Armenteira. Here, you will find a magnificent Monastery, built in the 12th century, and which is still in operation today.

Accommodation: 3-star hotel | **Meals:** Breakfast

Day 6: "O Salnés Spiritual Variant"

Walk from Armenteira to Vilanova de Arousa (23 km | 14.3 miles)

Today's stage is one of the most beautiful and pleasant on the entire Portuguese Camino. From Armenteira to Ponte Arnelas, you will travel "A Ruta da Pedra e da Auga", which unfolds through natural landscapes of great beauty in the municipalities of Meis and Ribadumia. Walking under the shade of the trees along the banks of the Armenteira river, you will find ancient watermills that rest on the riverside, small waterfalls and bridges.

Vegetable gardens and vineyards indicate that the Arousa estuary is approaching. After walking almost 23 km, you will reach the beaches and town of Vilanova de Arousa.

Accommodation: 2-star hotel | **Meals:** Breakfast

Day 7: "O Salnés Spiritual Variant"

Boat trip (Translatio) from Vilanova de Arousa to Pontecesures

Walk from Pontecesures to Teo (13 km | 8 miles)

On the last day of the Salnés Spiritual Variant, before resuming the traditional Portuguese Camino, you will journey between Vilanova de Arousa and Pontecesures.

This journey can be done in two ways: the first is by taking the Translatio, a boat trip going up the Ulla river and honouring the journey that the remains of Saint James made, up to Pontecesures.

The second option, if travelling by boat is not possible, is to walk along the coast of the Ria de Arousa, walking through a succession of fishing villages until you reach Pontecesures, where you will find the Portuguese Camino.

From Pontecesures to Teo (Rua de Francos) there are a couple of sections on busy main roads without pavement but most of the terrain is tarmac lanes and stone or dirt tracks.

Accommodation: 3-star hotel | **Meals:** Breakfast

Day 8: Walk from Teo (Rua de Francos) to Santiago de Compostela (14 km | 8.7 miles)

The final stage begins with a steady but not arduous climb, mostly through woodlands, of 160 m to a peak of 260 metres. As you descend along quiet tarmac lanes, you will see the city of Santiago de Compostela ahead of you on the next hill.

When you get within 4 km of the city, you will need to decide whether to stay amid greenery for as long as possible or stick with the original Way to take a shortcut up a steep hill through a built up area.

Either way, the last few kilometres will be along tarmac and urban roads but as the graffitied sign at Ponte Rio Sar says, "Don't Stop Now!"

Make your way towards Santiago de Compostela Cathedral along Rúa do Franco, the ancient Portuguese Way to this spiritual destination.

Accommodation: 3-star hotel | **Meals:** Breakfast

Day 9: Santiago de Compostela

End of our services. You can make your way to your next destination or ask us to add an extra night or two in the city centre to your walking holiday package (additional costs apply).

Meals: Breakfast

Like what you see but it's not quite a perfect fit?

Simply tell us what you're looking for. We'll happily adapt this itinerary to suit your personal interests, needs and schedule to create your ideal holidays.

For more itinerary suggestions, please consult our specialist Portuguese Camino de Santiago site:
www.waytosantiago.com

Highlights

- Historical cities,
- Ancient pilgrim trails,
- Roman roads,
- Rivers, valleys,
- Iconic bridges,
- Beautiful churches, chapels and roadside shrines,
- Forests,
- Farmland,
- Authentic villages,
- Translatio,
- Regional dishes,
- Comfortable accommodations close to the Camino trail.

At a glance

DURATION	9 days 8 nights	GRADE	Moderate
ACTIVITY	7 walking days	AVAILABILITY	1st March to 31st October
TYPE	Self-guided	MEALS	Breakfast 7
TOTAL WALKING DISTANCE	128 km 79 miles	Nº PEOPLE	From 1

Prices 2026

DATES	PRICE PER PERSON IN DOUBLE ROOM	SINGLE SUPPLEMENT
March, April, May and October	830 Euros	450 Euros
June, July, August and September	890 Euros	460 Euros

General conditions

INCLUDED:

- 8 Nights of accommodation with breakfast included;
- Luggage transfer between accommodations (1 bag per person – maximum 15 kg/bag);
- Roadbook with tips, maps and detailed information about the way (in English);
- Pilgrim Kit: Credencial (passport) and Vieira (shell);
- Journey documentation;
- Boat trip from Vilanova de Arousa to Pontecesures;
- 24/7 Emergency support.

Pre-tour briefing: You can choose whether to meet with a member of the Portugal Green Walks team online before departure or in person the day before you start walking, to receive a full briefing and have your Camino Welcome Pack personally handed over. This pack contains all the materials you’ll need as a pilgrim: Your Credencial (Pilgrim Passport), a scallop shell with the symbol of St. James, a roadbook with route descriptions and tips, plus a few other goodies for the trail! If you opt for the online briefing, your Welcome Pack will be waiting for you to collect when you check into your first hotel. During the briefing, a member of our staff will be delighted to answer any questions you may have before you start your journey to Santiago de Compostela.

Accommodations: A combination of 2 and 3-star hotels, restored manor houses, and small inns located on the Camino. All rooms have their own bathrooms. We’ve chosen these accommodations for their hospitality, comfort, and location. Keep in mind that as you walk through the rural countryside, 3-star hotels are not always available at every stop.

Meals: All breakfasts are included with your accommodation. We have arranged for you to be provided with more than the standard Spanish breakfast of coffee and toast. Please let us know if you have any dietary restrictions, and we can ask our hotels to accommodate them as well.

Luggage transport: We will arrange for the transfer of one suitcase or piece of luggage (15 kg) per person between your hotels during your walk along the Camino. If you require more than one bag, please contact us for details.

Pre- / During / Post-Trip Service: We're here to help! Based in Northern Portugal, we are here to ensure that your trip runs as smoothly as possible. Please don't hesitate to contact our support line to ask for our assistance.

NOT INCLUDED:

Transfers from and to Porto airport; Lunches and dinners; Insurance; Touristic taxes; Personal equipment; Other personal expenses; All items not mentioned in the “Included” section.

EXTRA SERVICES:

Extra nights in Porto (3-star hotel):	On request;
Extra nights in Santiago (3-star hotel):	On request;
Upgrade for 4-star and 5-star hotels and Paradores:	On request;
Transfer from Porto to Valença do Minho:	190 Euros /up to 3 people 240 Euros /4 to 7 people;
Transfer from Vigo airport to Valença do Minho:	85 Euros /up to 3 people 120 Euros /4 to 7 people;
Transfer from hotel to airport in Santiago de Compostela:	60 Euros /up to 3 people 85 Euros /4 to 7 people;
Transfer from Santiago de Compostela to Porto city/airport:	380 Euros /up to 3 people 440 Euros /4 to 7 people;
Transfer from hotel to airport in Porto:	55 Euros /up to 3 people 85 Euros /4 to 7 people.



PAYMENTS:

The payment can be made by credit card or bank transfer. A 25% deposit will be requested upon confirmation and the remaining 75% up to 30 days before the arrival date.

CANCELLATION POLICY:

More than 30 days before the expected arrival date – no costs;

From 29 to 15 days before the expected arrival date - we retain 50% of the total cost;

Less than 14 days before the expected arrival date - we retain 100% of the total cost.

Inspired by nature

Portugal Green Walks, Lda.

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