

Detailed Itinerary

Trip Name: [8 days] Atlantic Route Coastal Walking Holiday

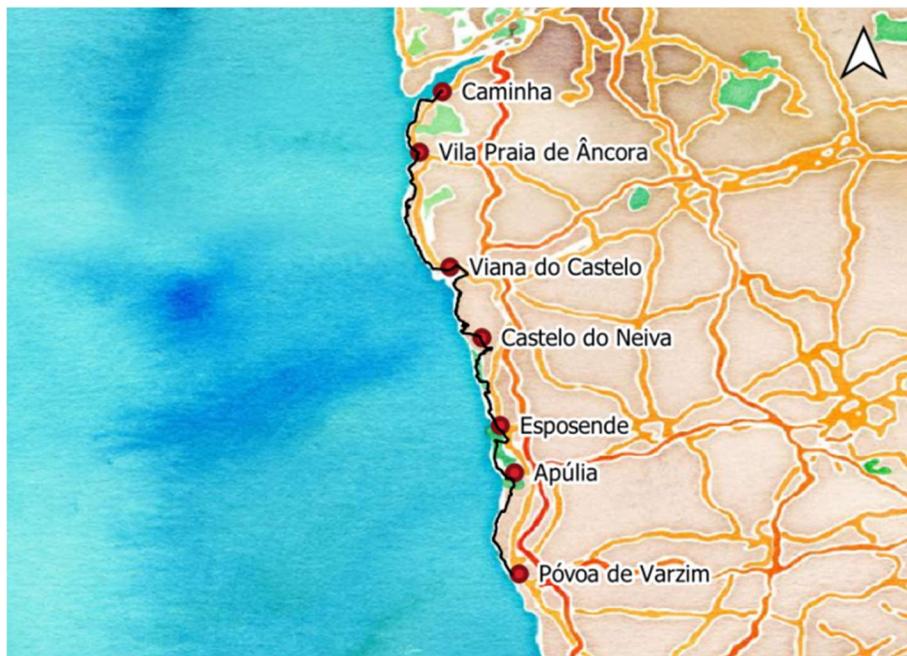
GENERAL

Dates: Variable. Contact Yūgen Earthside with your preferred start date.

This trip is a 1-week, self-guided, leisurely coastal walk along Portugal's Costa Verde in the Minho region. It offers ample time to explore and relax. The northwest coast of Portugal is known as the Costa Verde, or Green Coast, thanks to the abundance of vegetation that backs onto it and the not-so distant mountains of the Minho countryside.

Main Stops:

Porto – Póvoa de Varzim – Apúlia – Esposende – Castelo de Neiva – Viana do Castelo – Vila Praia de Âncora – Caminha



About the Tour:

We firmly believe that travel should be a safe and rewarding experience for all concerned, including the destinations that you visit and the people you meet. Using our own extensive local knowledge, we carefully design our tours to respect the way of life of local populations as well as the environment and provide our clients with a genuine experience that leads to meaningful interactions with another culture. In turn, we make sure that money stays within the small local communities that they spend time in.

DAY BY DAY ITINERARY



Day 1: Arrival to Porto and transfer to Póvoa de Varzim

We'll meet you at Porto airport or your Porto hotel and drive you in a comfortable air-conditioned vehicle to the coastal town of Póvoa de Varzim. Its wide sandy beaches make this a popular holiday spot for Portuguese families. Discover its deep connection with the ocean, explore the small historical center, relax on the beach or try your luck at the casino.

Accommodation: 4-star hotel

Day 2: Walk from Póvoa de Varzim to Apúlia (14km | 8.7 miles | +106m elevation gain)

Follow the boardwalks alongside sandy beaches and between sand dunes and windmills. Then leave the coast to walk through market gardens and woodland on the approach to the village of Apúlia with its fishing boats and huts. If in luck, you may catch the seaweed collectors at work. Relax on the beach and try some of the tastiest octopus around.

Accommodation: 3-star hotel

Meals: Breakfast

Day 3: Walk from Apúlia to Esposende (8km | 5 miles | +49m)

Walk through the outskirts of Fão before walking alongside and across the Cávado Estuary as you approach the low-rise resort town of Esposende. Your hotel is a short distance from the small historical centre with attractive squares and churches. If you're feeling energetic, you could hire a bike or try your hand at SUP or even kitesurfing.

Accommodation: 3-star hotel

Meals: Breakfast

Day 4: Walk from Esposende to Castelo de Neiva (13km | 8 miles | +82m)

Today's walk offers varied scenery as you pass through small villages and smallholdings and a stretch of pebbly beaches before heading inland to cross the Neiva River. Spend the afternoon discovering the historical features and tree-filled grounds of the gorgeous historical country house where you'll be spending the night. Relax by the pool if weather permits.

Accommodation: Charm hotel

Meals: Breakfast



Day 5: Walk from Castelo de Neiva to Viana do Castelo (14km | 8.7 miles | +71m)

Return to the coast then walk through a pleasant section of pine forest on the way to Viana do Castelo. Your journey ends with spectacular views from the long Eiffel bridge. This lovely historical city has much to offer, including the Santa Luzia Basilica, the Costume Museum, Gil Eannes hospital ship and the beautiful Church of Mercy.

Accommodation: 4-star hotel

Meals: Breakfast

Day 6: Walk from Viana do Castelo to Vila Praia de Âncora (18.5km | 11 miles | +116m)

Stroll through the beautiful historical center of Viana do Castelo then follow the coast and its stone windmills. Head inland through patches of forest and fields. Cross the wide sandy expanse of beach to end your journey in Vila Praia de Âncora. Local fishermen ensure a regular supply of fresh fish and seafood so relax and indulge yourself.



Accommodation: 4-star hotel

Meals: Breakfast

Day 7: Walk from Vila Praia de Âncora to Caminha (9.5km | 6 miles | +42km)

It's a short, pleasant coastal walk from the seaside resort town of Vila Praia de Âncora to Moledo beach along the new pedestrian path (*ecovia*). Walk through a beautiful pine forest to the mouth of the River Minho and on to the riverside town of Caminha with plenty of time to stop for a swim along the way. Visit Caminha's medieval clock tower and Gothic parish church or simply relax in the beautiful main square around a 16th century fountain.

Accommodation: 4-star hotel

Meals: Breakfast

Day 8: Departure

Check out of the hotel in time for your onward journey.
End of our services.

Meals: Breakfast



PRICING

Tour cost: Please note this tour's prices are in euros (it will need to be paid according to the EUR price). Prices in USD are listed for reference as an approximation.

Low Season (March 1st – May 31st, and September 16th – October 31st)

- 665 € → \$805 USD per person for a double room occupancy
- 1020 € → \$1235 USD per person for a single room occupancy

High Season (June 1st – September 15th)

- 745 € → \$900 USD per person for a double room occupancy
- 1170 € → \$1420 USD per person for a single room occupancy

Cancellation Policy:

If you cancel:

- **More than 30 days before the expected arrival date** – we'll refund you 10% of the total cost
- **From 29 to 15 days before the expected arrival date** – we'll refund you 50% of the total cost
- **Less than 15 days before the expected arrival date** – no refund is possible

INCLUSIONS

- **Accommodation:**
 - All accommodation – 7 nights in handpicked accommodation
- **Meals:**
 - Breakfast everyday
- **Transportation:**
 - Private transfer from Porto airport to Póvoa de Varzim (day 1)
- **Permits, Fees, Guides:**
 - GPS tracker using the app "Ride with GPS" (you will need a smartphone)
 - Road book with detailed route descriptions and elevation profiles
- **Other:**
 - Luggage transfer between accommodations – 1 bag per person – up to 15kg/bag
 - 24/7 emergency contact number

EXCLUSIONS

- **Meals:**
 - Meals other than breakfast
- **Transportation:**
 - Flights to/from Portugal

- **Permits, Fees, Guides:**
 - Passport/visa fees
- **Other:**
 - Travel Insurance
 - Personal expenses and gratuities
 - Other optional expenses