

BEYOND THE CAMINO... THE PORTUGUESE WAY ->

You have reached Compostela. Now is the time to put away your walking boots and don the attire of a traveller: curious, sensitive, active. Retrace your steps. All that you were unable to see or enjoy along the way awaits you. Other equally enticing paths open up ahead. Have a look at these recommendations we have put together for you.



Castro de Santa Trega, A Guarda

Regardless of which variant of the Portuguese Route you chose, coastal or inland, the landscapes, people and history you have left behind make a leisurely return journey well worth the time. The vineyards of the Rias Baixas region, beaches, spas, country houses, Atlantic islands and the extraordinary inland areas of the province of Pontevedra all offer up their charms.

The O Rosal Valley is located at the mouth of the Miño River, on the Portuguese border. Why not stop and sample the wines from this designation of origin? Fresh, light and fruity (made from Albariño, Loureiro and Caiño blanco grapes), they have been produced here since the 12th century. In fact, the seaside monastery of Santa María de Oia, which you will have passed on your way to Santiago, is where these vines originated. Stopping to visit some of the iconic wineries upriver is an absolute must.



Santa María de Oia

And while we're on the subject of enotourism, we should also mention thalassotherapy, as the municipality of Oia, on the Atlantic Ocean, boasts a number of incredible hotels where children and adults alike can relax and enjoy themselves.

The entire Portuguese Route is surrounded by major hot springs. It is not for nothing that Galicia is an emerging presence in water-based and health tourism. Mondariz Balneario, the smallest municipality in Spain, located in the district of O Condado (some 30 kilometres from Vigo), was already a major European hot springs destination by the late 19th century. Today, its healthy waters and spa facilities are known throughout much of the world. A Toxa Island is another important historic spa bathing location. Its waters and baths can cure horrible illnesses, according to the writer Emilia Pardo Bazán. Near Santiago, in Brión, you will find O Tremo, one of the closest spas. It is located on the site of the historic A Nosa Señora dos Anxeles spring.



Mondariz Spa



Laxe dos Carballos, Archaeological Park of Campo Lameiro

For lovers of prehistoric art, inland Pontevedra province is an incredible discovery: it contains one of the largest collections of petroglyphs in Europe, especially in the districts of Val do Lézec and Baixo Miño, as well as around the city of Vigo. As you no doubt know, petroglyphs are stone carvings made between four and five thousand years ago. Many have been discovered and studied only recently. In Campo Lameiro you will find the Rock Art Archaeological Park, 22 hectares with many highly valuable petroglyphs. The park also includes a reconstruction of a Bronze Age settlement. A Guarda is home to the Castro of Santa Trega, an iconic symbol of the northwest Iberian Peninsula. The hilltop Galician Roman settlement has a hiking trail and an archaeological museum.

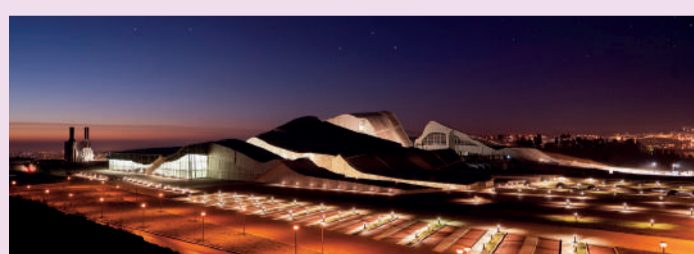
The highly regarded local gastronomy - primarily fish and seafood - is prepared with painstaking care at any good restaurant or eating house. Perhaps the most truly local experience would be the Lamprey Trail. This fish, known as the 'queen of the river', has inhabited the watercourses of inland Galicia for more than five hundred million years! It has a circular mouth and feeds on the blood of other fish. Three rivers make up the essential territory of the lamprey: the Miño (along the final kilometres before its mouth), the Ulla (between the provinces of Pontevedra and A Coruña, from Padrón to Catoira) and the Tambre (which flows into the Ria de Muros-Noia). It can be stewed or prepared Bordaleise style (the most famous recipe, served with white rice), baked, as a savoury pie or in a salad.



Lamprey dishes

From this culinary trail, we turn our attention to another, both historic and botanical: the Route of the Camellia. This winter flower, which originated in China and Japan, has found an excellent home in the aristocratic gardens of Galicia's pazos (country houses). Pazo de Rubiães in Vilagarcía de Arousa, Pazo de Bazán (now a Parador Nacional hotel) in Cambados, Pazo de Oca in A Estrada (known as the 'Galician Versailles') and Pazo de Santa Cruz de Ribadulla in Vedra (which has a number of gigantic camellias). These are just four magnificent examples, among the many others.

On your pilgrimage along the Portuguese Route, you will have glimpsed the islands that make up Ilhas Atlánticas National Park on the Atlantic horizon. From south to north, they are: the Cíes Islands, Ons, Sálvora and Cortegada. All of them are open to visitors. Their natural environment is unique, and their beaches and woods (including the laurel wood on Cortegada, the largest in Europe) extraordinary.



Cidade da Cultura (City of Culture), Santiago de Compostela

And now, secret Compostela: because there is another Santiago beyond the unique historic centre, featuring genuine cuisine and a lively cultural atmosphere. This new Santiago is closely linked to nature and leisure, centring on its poetic rivers, the Sar and Sarela, and the gentle mountains which protect them. The new walkways along the Sar River - to the east of the city in an area known as As Baños do Sar - open up before you, near the trails running upwards through the new Bosque de Galicia Park. This newly created 24-hectare space occupies the slopes of Mount Gaíás, presided over by the Cidade da Cultura (City of Culture). To the west, on the other side of town, Mount Pedroso offers what is perhaps the best panoramic view of the historic city. It can be reached by following an old Way of the Cross, which runs beside a large park known as A Granxa do Xesto.

THE PORTUGUESE WAY ->

The Portuguese Way is a fundamental land in the Jacobean cult for understanding the true international dimension of pilgrimages. This route became relevant above all in the twelfth century, after Portugal became independent half-way through the century. The route follows ancient roads and pathways, such as the Via XIX, built in the first century AD, joining Braga and Astorga via Ponte de Lima, Tui, Pontevedra, Santiago and Lugo. It was one of the most important Roman roads, as it formed the backbone of Gallaecia.

In the twelfth century, the flow of pilgrims to the north of the Peninsula established connections that were not only spiritual but also cultural and economic, human bonds that political borders have never been able to break. The example of kings, nobles and high-ranking clergy made a decisive contribution to setting up a great Jacobean devotion; like the pilgrimage of Isabel of Portugal, the 'Holy Queen', in the fourteenth century. She offered up her crown on the altar of Santiago and was buried in Coimbra with a pilgrim's staff. King Manuel I of Portugal made the pilgrimage from Lisbon to Santiago in 1502, and ordered a lamp to be lit day and night in the cathedral as a souvenir of his stay in Compostela, he assigned an annual payment for it.



THE GALICIA WAYS ->



CAMINOS OFFICIALLY MARKED OUT Signposting executed

- The French Way
The Primitive Way
The Northern Way
The English Way

CAMINOS RECOGNISED Pending Official Marking Out

- The Silver Way or "Camino Mozárabe"
The Portuguese Way
The Portuguese Way of the coast
The Winter Way
The Route of the Sea of Arousa and River Ulla
The Fisterra and Muxía Way

The effect of the Jacobean phenomenon in Portugal was so great that the country's road network was based from the south to the north on the places through which the Pilgrims' Way passed on the way towards Galicia: Lisbon, Santarém, Coimbra, Porto, Barcelos, Ponte de Lima and Valença do Minho, where the route crosses the River Miño and comes into Galicia.

In the nineteenth century, when pilgrimages were at an all-time ebb, as a consequence of the new times defined by the French Revolution and the invasion of Spain by the Napoleonic troops, the Portuguese Way became the most active Jacobean route. In this century, over 80% of foreign pilgrims were Portuguese.

The way comes into Galicia via Tui. It goes through O Porriño, continues on to the town of Redondela, then Caldas de Reis and Padrón, where the legendary "Pedrón" is kept (the stone where the boat that brought the remains of the Apostle was moored).

The Way then comes to the ancient Roman city of Iria Flavia and from there to Compostela. An alternative route, known as the Coastal Portuguese Way, comes into Galicia via A Guarda, then goes to Baiona, through Vigo and joins the traditional Way in Redondela

MAP OF SANTIAGO DE COMPOSTELA PLACES ASSOCIATED WITH THE WAY OF ST. JAMES ->

- 1 Santiago de Compostela Cathedral
2 Royal Hospital (now Hostel dos Reis Católicos)
3 San Martiño Pinarío
4 Vice-Chancellor's Office, University of Santiago de Compostela (USC)
5 Pazo de Raxoi
6 Monastery of San Francisco and Monument to St. Francis, by the sculptor Assayr
7 San Fructuoso Church and location of the old pilgrim cemetery
8 San Domingos de Bonaval
9 Camino Gate (Porta do Camiño)
10 Santa María do Camiño Church
11 Praza do Campo Square (now Cervantes) and San Bieito do Campo Church
12 Santa María Salomé Church
13 Mzairelos Gate (Porta de Mazarelos)
14 Santiago Fountain, Rúa do Franco
15 Santa Susana Church
16 Pilar Church
17 Praza das Praterias Square and Museum of Pilgrimage and Santiago
18 Santa María a Real de Sar
19 Santa María de Conxo
20 Monte do Gozo
21 San Paio do Monte Chapel (O Pedroso)
International Pilgrim Welcome Centre: Camino de Santiago Research and Information Centre
Information
Pilgrim's Office: 981 568 846



HELPFUL TIPS FOR PILGRIMS

CREDENTIAL OF THE PILGRIM This is the document in which you collect stamps from the places you pass through and that will allow you to obtain the "Compostela" (Council document that certifies completion of the pilgrimage for religious or spiritual reasons). It must be proven that at least the final 100 kilometres have been done on foot or on horseback, or the final 200 km if by bicycle, or 100 nautical miles and then walking the last few kilometres of the Camino from O Monte do Gozo if sailing.

HEALTHCARE CARD - Spanish pilgrims should always carry their health insurance card. - If travelling from another EU member state, it is advisable to carry the European health insurance card. - If travelling from a non-EU member state, there may be an agreement in effect with Spain, therefore pilgrims are advised to obtain this information before their pilgrimage and travel with the corresponding documentation.

PEOPLE WITH DISABILITIES In addition to the general recommendations which all pilgrims should observe, disabled pilgrims should:

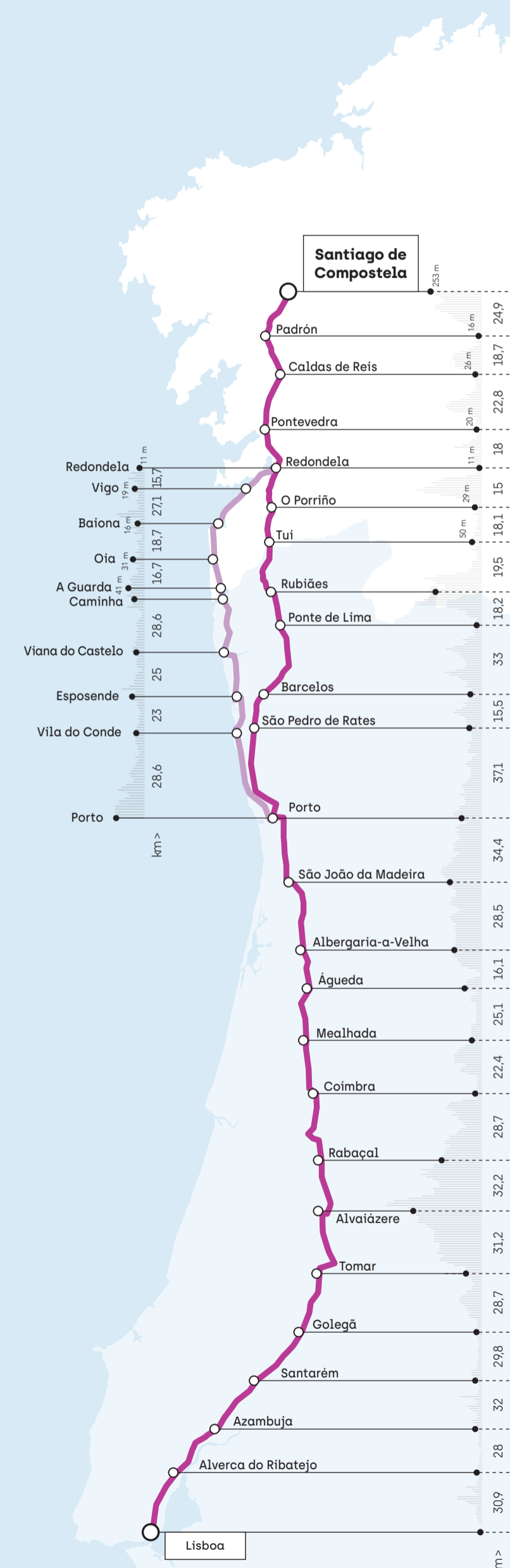
- Before leaving, learn about the difficulties they may encounter and the accessibility of the different services found along the Way of St. James (hostels, catering facilities, etc.).
- Exercise caution when crossing roads if they have a hearing impairment and, in the case of pilgrims with visual impairments, always be accompanied when walking, due to crossings, detours and difficulties in the terrain.

IF TRAVELLING WITH ANIMALS: - Make sure that animals are vaccinated and have been de-wormed and that their obligatory health cards are up-to-date. - Plan and adapt the route and the stages to include accessible accommodation.

Before starting the pilgrimage

- Prepare physically for the journey, and bear in mind that stages should be planned depending on individual physical ability, the difficulty involved, and plan more frequent or longer breaks to suit individual needs.
- Once pilgrims start their journey, they should not try to walk too quickly and keep a regular pace, at least over the first few days.
- Foot care is essential for preventing blisters; pilgrims should wear comfortable and broken-in shoes (two pairs are advisable), with light, thick rubber outer soles. Socks should be breathable, linen or cotton, and should be dry and worn properly to prevent scratches. At the end of the day, pilgrims should wash their feet with soap and water and change their footwear.
- Wear lightweight, loose-fitting clothing that is light in colour (reflective), and appropriate for the time of the year.
- Take a lightweight raincoat to cover backpacks.
- Bring a hat or other protection for the head, as well as sunglasses. Avoid the midday heat and use sunscreen.
- Drink water frequently but make sure it is suitable for drinking; it is not advisable to drink from streams, rivers, springs or fountains that are not certified. A minimum daily intake of 2 litres of water is recommended to prevent dehydration. Isotonic beverages are ideal, as their sodium and potassium content will enable pilgrims to remain hydrated.
- Pilgrims must camp in official campsites. They should be cautious when lighting bonfires and, at the start of the day's stage, make sure that it has been fully extinguished. RESPECT THE ENVIRONMENT.
- Never leave the marked paths, avoid walking when it is dark and keep the rules. If pilgrims are cycling, remember that the use of a helmet and high-visibility jacket is obligatory.
- Always walk on the left-hand side of the road.
- When tiredness or cramps set in, rest in a cool place and drink plenty of fluids.
- To keep up their strength along the Way, pilgrims should eat high-energy food (dried fruit, figs, chocolate, etc.).
- As part of their luggage, pilgrims should bring: a sleeping bag, a Swiss army knife, a torch, a mobile phone, and a small first-aid kit.
- The basic first-aid kit: antiseptic cream, gauze, adhesive tape, betadine, band-aids, sunscreen, and a needle and thread to treat blisters, nail scissors, Vaseline, mosquito repellent, antihistamines for allergy sufferers and aspirin.

PORTUGUESE WAY



THE PORTUGUESE AND COASTAL WAY The Pilgrims' Ways to Santiago in Galicia

