



Europe

Walk & Write the Portuguese Camino with Dr Stephanie Dale



trip highlights

Travel with Dr Stephanie Dale, author and creative mentor, who enriches your Camino with optional writing workshops for personal insight, creative exploration and book writing development - no experience required

Walk a quieter route to Santiago de Compostela following scenic Atlantic coastlines through fishing villages, pine woods, vineyards and small hamlets

Begin your journey at the Parador de Baiona, a medieval fortress overlooking the Atlantic, where elegant rooms and sweeping coastal views create an inspiring start

Enjoy the camaraderie of a small, supportive group, with the freedom to walk at your own pace while sharing moments of inspiration

Celebrate the 2027 Jacobean Holy Year, arriving in Santiago as the cathedral's symbolic Holy Door stands open, adding historical depth and atmosphere to your pilgrimage



Trip Duration	12 days	Trip Code: SDDP
Grade	introductory to moderate	
Activities	Group self guided walking, Writing and creative workshops	
Summary	11 nights hotels and guesthouses, includes 2 nights in a Parador in Baiona	



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World Expeditions will endeavour to arrange for single travellers to share accommodation with another participant of the same gender, however if we cannot match you up a single supplement will be applicable. If you prefer not to share, a single supplement is payable to guarantee your own room. Please refer to our website for the additional cost.

the trip

This journey is about embracing creativity in all its forms. As you walk the Portuguese Coastal Camino, following Atlantic shores, wandering through historic seaside towns and tranquil woodland paths, you'll find space for reflection, inspiration and self-expression - whether through writing, sketching, photography, or simply through a deeper engagement with the world around you. This is a trip for writers, artists, storytellers and anyone longing to live more creatively, whether you journal your thoughts, capture scenes through art, or simply wish to reconnect with yourself and return home with renewed clarity and creative confidence.

Walking is at the heart of this journey, not as a challenge, but as a way to slow down and notice more. Following the Portuguese Coastal Route northward, from Baiona to Santiago de Compostela, you will walk one of the quieter Camino paths, offering a more contemplative and intimate experience while still retaining the rich cultural and historical heritage that defines the Way of St James. It is ideal for those who may have previously walked other Camino routes and feel drawn to return, as well as for first-time pilgrims. Completing this final stage provides eligibility for the Compostela certificate upon arrival in Santiago. The 2027 departure coincides with a Jacobean Holy Year, a rare and historically significant event that occurs only when the Feast of St James (25 July) falls on a Sunday. During this special year, the Cathedral of Santiago de Compostela opens its symbolic Holy Door. With the previous Holy Year held in 2021/22 and the next not until 2032, the 2027 Walk & Write Camino offers a particularly meaningful opportunity to complete the pilgrimage.

Guiding the experience is writer and creative mentor Dr Stephanie Dale, who gently supports each guest in connecting with their creative voice. Through optional writing prompts and guided discussions, Stephanie offers a thoughtful framework while leaving ample space for personal reflection. This tour is for those who wish to keep good company as they walk, clarify their direction, reset priorities and nurture a more creative way of living.

With a group size of just 12 guests, the journey remains personal and supportive. And as Stephanie often says, your Camino begins the moment you sign up - from that point forward, the experience starts to unfold.

about your leader/escort

Dr Stephanie Dale is an award-winning author, journalist and creative mentor with a passion for pilgrimage. She holds a PhD on the relationship between writing and wellbeing and is the author of four books, including the best-selling travel memoir *My Pilgrim's Heart*, the journaling guidebook *Write Your Way Home: Journaling for the Brave*, and *Mothercry*, a groundbreaking exploration of human longing. In 2014, Stephanie founded *The Write Road*, a wellbeing-through-writing initiative supporting rural and remote Australians. In 2017, she launched *Walk & Write Camino* in partnership with World Expeditions.

Stephanie has undertaken extensive pilgrimages, including a 1,500-kilometre walk across Italy and through the Balkans. She has completed the Camino Francés multiple times.

Her programs and events are grounded in research and informed by the principles of pilgrimage. She works with both experienced and emerging writers, specialising in the use of writing as a tool for personal transformation and creative development.

at a glance

DAY 1	03 MAY - JOIN BAIONA, SPAIN
DAY 2	04 MAY - WALK TO OIA (17KM), TRANSFER TO BAIONA FOR OVERNIGHT
DAY 3	05 MAY - TRANSFER THEN CONTINUE TO VIGO (10KM)
DAY 4	06 MAY - TO REDONDELA (16KM)
DAY 5	07 MAY - TO ARCADE (9KM)
DAY 6	08 MAY - CONTINUE TO THE OLD TOWN OF PONTEVEDRA (12KM)

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trip dates

2027 03 May- 14 May

fast facts

Countries Visited:
Spain

Singles:
A single supplement is available for this trip*

trip grading introductory to moderate

The walking is graded introductory - moderate (2). Daily walks are between 9 and 19km. You will need a good level of fitness to participate fully in this adventure.

DAY 7	09 MAY - TO SAN AMARO (9KM)
DAY 8	10 MAY - ON TO CALDAS DE REIS (12KM)
DAY 9	11 MAY - WALK VIA BERMANA AND VALGA TO PADRON (19KM)
DAY 10	12 MAY - ON TO RÚA DE FRANCOS (12KM)
DAY 11	13 MAY - INTO SANTIAGO DE COMPOSTELA (13KM)
DAY 12	14 MAY - TRIP CONCLUDES SANTIAGO DE COMPOSTELA, SPAIN

what's included

- Accompanied by author, creative mentor and experienced pilgrim Dr Stephanie Dale
- 11 nights in hotels and guesthouses including 2 nights at a historic parador in Baiona and a 4 star hotel in Santiago de Compostela
- 11 breakfasts, 11 dinners
- Luggage transfer (1 piece - max 20kgs) - fees apply for any excess luggage
- Transfers as noted in the itinerary
- Pilgrim passport

what's not included

- Travel to Biona and from Santiago de Compostela
- Single supplement if booked in your own room (limited single rooms available)
- Travel insurance - compulsory
- Excess luggage - 20kg limit only included
- Visa/ETIAS if applicable - please check
- Lunches and drinks
- Local guide - this is a group self guided tour
- Transfers not noted as included. These are scheduled transfers, not on call vehicle support

detailed itinerary

DAY 1 03 May - Join Baiona, Spain

Make your own way to the charming seaside town of Baiona, beautifully positioned on Vigo Bay. With its medieval centre and sweeping Atlantic views, Baiona offers a memorable introduction to the Portuguese Coastal Camino. Historically significant, Baiona was the first European port to receive news of Columbus's voyage when the caravel La Pinta arrived here in 1493. Spain has a network of historic buildings that have been converted into high end hotels to preserve cultural heritage. For our two nights in Baiona, we have a very special stay at the Parador de Baiona, a traditional Galician mansion with impressive views of the sea.

meals: D

DAY 2 04 May - Walk to Oia (17km), transfer to Baiona for overnight

Your first steps on the Camino follow sandy beaches and dramatic Atlantic scenery, with the sound of waves setting the tone for the days ahead. Seaside cafés provide perfect pauses to reflect, journal, or simply take in the views.

Arriving in the peaceful coastal village of Oia, known for its striking 12th-century Cistercian monastery facing the ocean, you'll transfer back to Baiona for the night. Stephanie will offer an optional creative prompt centred on beginnings and intention, with time to share insights over dinner.

Walk: 16km

meals: B,D

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DAY 3 05 May - Transfer then continue to Vigo (10km)

After transferring back to Oia, continue along the Ría de Vigo, to our destination Vigo, Galicia's largest fishing port and a town renowned for its exceptional seafood, particularly oysters. Explore the atmospheric Casco Vello (Old Quarter), home to the neoclassical Church of Santa María, or visit Castro de Vigo, an archaeological site featuring reconstructed ancient dwellings and panoramic city views.

Walk 11km

meals: B,D

DAY 4 06 May - To Redondela (16km)

Departing Vigo, the trail climbs steadily, rewarding you with spectacular views over the harbour before traversing a peaceful plateau and descending into Redondela. Known as the "village of viaducts," the town is distinguished by its impressive 19th-century railway bridges. Here, the Coastal Route joins the main Portuguese (Central) Camino, bringing a renewed sense of pilgrimage. Stephanie may invite reflections on transition and connection, marking this symbolic merging of paths.

Walk 16km

meals: B,D

DAY 5 07 May - To Arcade (9km)

A shorter and relaxed stage leads to the tranquil town of Arcade. The walk passes traditional stone houses and horreos (raised granaries), emblematic of rural Galician architecture. Cross the historic Ponte Sampaio bridge spanning the River Verdugo, an important site in the Peninsular War. With time to explore, consider visiting nearby Soutomaior Castle or simply enjoy the peaceful coastal atmosphere.

Walk 9km

meals: B,D

DAY 6 08 May - Continue to the old town of Pontevedra (12km)

Crossing the beautiful Ponte Sampaio, the trail follows ancient stone paths through woodland before descending into Pontevedra, one of Galicia's most elegant towns. Its well-preserved medieval centre is a maze of cobbled streets, lively plazas and inviting tapas bars. Highlights include the Santuario da Peregrina, dedicated to the Virgin of the Pilgrims, and the Convento de San Francisco. Stephanie leads conversation that explore the stories held within historic places.

Walk 12km

meals: B,D

DAY 7 09 May - To San Amaro (9km)

Today's gentle stage meanders through shaded woodland and peaceful river valleys, offering a serene contrast to earlier coastal scenery. We walk to the small village of San Amaro before our transfer back to Pontevedra to sleep.

Walk 11km

meals: B,D

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DAY 8 10 May - On to Caldas de Reis (12km)

Transfer to San Amaro to continue our walk. Passing through picturesque villages, the route continues to Caldas de Reis, a historic spa town renowned since Roman times for its thermal waters. Stroll through the botanical gardens along the river or relax in the peaceful surroundings.

Walk 12km

meals: B,D

DAY 9 11 May - Walk via Bermama and Valga to Padron (19km)

A more undulating stage leads through fertile countryside and the valleys of the Bermama and Valga rivers. In the village of Herbón, discover the origins of the famous Padrón peppers, celebrated in the saying: "Algunos pican y otros no" - some are hot, and some are not.

Walk 19km

meals: B,D

DAY 10 12 May - On to Rúa de Francos (12km)

Breaking the journey before Santiago allows time to savour the anticipation of arrival. Walking through peaceful Galician countryside, you reach Rúa de Francos, a quiet village offering a restful setting for reflection. This evening provides an opportunity for a gentle group gathering with Stephanie to consider the insights and transformations experienced along the Camino.

Walk 12km

meals: B,D

DAY 11 13 May - Into Santiago de Compostela (13km)

The final stage of the Camino leads to a gentle climb to O Milladoiro, where pilgrims traditionally catch their first glimpse of the cathedral spires. As you enter the historic streets of Santiago, the journey culminates in the magnificent Praza do Obradoiro, where the grand façade of the cathedral stands as a powerful symbol of arrival. Walking into Santiago during a Jacobean Holy Year adds an extra layer of significance to the experience. The cathedral's Holy Door (Puerta Santa) - opened only during these special years - welcomes pilgrims from across the globe, creating a vibrant and celebratory atmosphere. Whether appreciated for its historical, cultural or symbolic meaning.

This evening offers a meaningful opportunity to celebrate your achievement and share final reflections with Dr Stephanie Dale and your fellow walkers.

Walk 13km

meals: B,D

DAY 12 14 May - Trip concludes Santiago de Compostela, Spain

After breakfast, your journey concludes. As you bid farewell to fellow pilgrims and Dr Stephanie Dale, you carry with you not only the memories of the Camino but also renewed creative inspiration and meaningful connections formed along the way.

meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

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dietary requirements

The cuisine in Spain is meat-based, whilst the province of Galicia is renowned for its seafood. Our hosts will be advised if you required vegetarian or vegan meals, but please be advised that whilst vegetarians will enjoy wonderful breads and cheeses, it is challenging to be vegan in Spain. This is particularly so in remote locations. With advance notice, we can do our best to advise your hosts of your needs. However, some meals may be less than optimal (for example, your vegan meal may be simple fare of chips and basic vegetables). If you require vegetarian or vegan meals, it is imperative that you advise us at least one month in advance, so we can determine whether we can cater to your requirements. Please note: we are unable to cater to medically recommended diets, and cannot guarantee a peanut-free or allergen-free trip. Therefore, travellers with life-threatening or severe allergies are required to take responsibility for all necessary medical precautions to prepare for the possibility of exposure. Travellers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

what you carry

As your main luggage is transferred to the next hotel each day, you will only need to carry your daily provisions with you in a day pack including wet weather gear, lunch supplies, water bottle, warm top, phone etc.

PLEASE ENSURE ANY ESSENTIAL ITEMS (eg MEDICATIONS) ARE PLACED IN YOUR DAY PACK IN THE UNLIKELY EVENT YOUR LUGGAGE IS DELAYED

equipment required

Wet weather gear, sunscreen, good walking boots / shoes, sun hat and walking poles. A comprehensive gear list is included in the pre-departure information provided on booking.

luggage

The included luggage transfer is for one piece per person only, maximum weight of 20kg. Please do not attach smaller bags onto your main bag. They will be considered as extra pieces and additional charges will be payable. If you will be travelling with more than one bag, an excess luggage fee is payable and should be arranged in advance. You may need to carry your luggage up and down flights of stairs. Avoid large rigid suitcases. Your bag to be transferred should be left at the reception desk of the hotel every morning by 9am. It will be collected and transferred to the next hotel to arrive by 5pm at the latest.

visas

Please bear in mind that visas may be required for countries you are visiting en route or transiting through on the way to your destination. It is important that you check the requirements of all countries you will visit. Visa costs and requirements do change regularly so we suggest you check with your travel agent or World Expeditions reservations consultant. It is your responsibility to obtain all necessary visas.

The new European Entry/Exit System (EES) has started for all non-EU nationals, including Australians, travelling in or out of the Schengen Area. You'll need to register at borders and have your fingerprint and photo taken. A travel authorisation to enter most European countries including Spain is being implemented but no commencement date has been confirmed. Please check prior to your travel. <https://travel-europe.europa.eu/en/ees>

All non-UK nationals travelling to or transiting through the UK now need to obtain an Electronic Travel Authorisation (ETA). <https://www.gov.uk/eta>

how to book

Bookings can be made online at www.worldexpeditions.com



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A non refundable deposit of \$800 per person is required at the time of booking.

The trip is subject to minimum numbers to guarantee departure, we require 8 participants to book. Our maximum group size is 12.

We strongly recommend that you have your travel insurance in place as soon as you start paying for any aspect of your travel arrangements including your non refundable your deposit.