

# Etappenplanung Camino Portugues

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| 1. Etappe: 26 Km; 7 Std; 100 Höhenmeter; Porto - Moreira da Maia - Vilarinho             |        |                      | Variante 1   | Variante 2   | Variante 3   |
|--|--------|----------------------|--|--------------|--------------|
| Ort  |        | Einwohner            | Übernachtung   | Übernachtung | Übernachtung |
| Porto ( 80m.ü.M.)  | 240 Km | EW: 216.000          |  |              |              |
| Porto, Flughafen, Maia   | 238 Km |                      |  |              |              |
| Porto, Flughafen, Leca da Palmeira   | 238 Km | 20 min zum Küstenweg |  |              |              |
| Vairão   | 215 Km | EW: 1.250            |  |              |              |
| Vilarinho  | 212 Km | EW: 3.790            |  |              |              |
| 2. Etappe: 27 Km; 7 Std; 150 Höhenmeter; Vilarinho - São Pedro de Rates - Barcelos       |        |                      |  |              |              |
| São Mamede   | 207 Km |                      |  |              |              |
| São Miguel de Arcos  | 205 Km | EW: 820              |  |              |              |
| São Pedro de Rates   | 201 Km | EW: 2.510            |  |              |              |
| Pedra Furada   | 196 Km | EW: 400              |  |              |              |
| Pereira (Barcelos)   | 193 Km |                      |  |              |              |
| Barcelinhos  | 186 Km | EW: 1.780            |  |              |              |
| Barcelos   | 185 Km | EW: 20.630           |  |              |              |
| 3. Etappe: 34 Km; 8,5 Std; 560 Höhenmeter; Barcelos - Balugães - Ponte de Lima           |        |                      |  |              |              |
| Portela de Tamel   | 175 Km | EW: 540              |  |              |              |
| Balugães   | 169 Km | EW: 840              |  |              |              |
| Vitorino dos Piães   | 163 Km | EW: 1.540            |  |              |              |
| Facha  | 157 Km | EW: 1.530            |  |              |              |
| Seara  | 155 Km | EW: 720              |  |              |              |
| Ponte de Lima  | 151 Km | EW: 43.500           |  |              |              |
| 4. Etappe: 17 Km; 5,5 Std; 590 Höhenmeter; Ponte de Lima - Codeçal - Rubiães             |        |                      |  |              |              |
| San Roque  | 136 Km | EW: 50               |  |              |              |
| Rubiães  | 134 Km | EW: 510              |  |              |              |
| 5. Etappe: 19 Km; 5 Std; 390 Höhenmeter; Rubiães - Pedreira - ( Grenze zu Spanien) - Tui |        |                      |  |              |              |
| São Bento da Porta Aberta  | 130 Km |                      |  |              |              |
| Fontoura   | 127 Km | EW: 750              |  |              |              |
| Paços  | 125 Km |                      |  |              |              |
| Pedreira   | 123 Km |                      |  |              |              |
| Valença do Minho   | 118 Km | EW: 14.130           |  |              |              |
| Spanien, Provinz Pontevedra  |        |                      | <a href="http://www.jakobsweg-lebensweg.de">www.jakobsweg-lebensweg.de</a> |              |              |
| Tui, (44m.ü.M.), 17.000 Einwohner  | 115 Km | EW: 16.970           |  |              |              |
| 6. Etappe: 32 Km; 8 Std; 410 Höhenmeter; Tui - O Porriño - Redondela                     |        |                      | Variante 1   | Variante 2   | Variante 3   |
| Ort  |        | Einwohner            | Übernachtung   | Übernachtung | Übernachtung |
| Albelos  | 112 Km | EW: 390              |  |              |              |
| O Porriño  | 101 Km | EW: 19.570           |  |              |              |
| Veigadaña  | 98 Km  | EW: 200              |  |              |              |
| Rúa (Mos)  | 95 Km  | EW: 50               |  |              |              |
| Redondela  | 84 Km  | EW: 29.560           |  |              |              |
| 7. Etappe: 20 Km; 5 Std; 520 Höhenmeter; Redondela - Arcade - Pontevedra                 |        |                      |  |              |              |
| Cesantes   | 82 Km  | EW: 3.470            |  |              |              |
| Soutoxuste   | 80 Km  | EW: 290              |  |              |              |
| Arcade   | 78 Km  | EW: 3.560            |  |              |              |
| Pontesampaio   | 76 Km  | EW: 1.080            |  |              |              |
| Pontevedra   | 64 Km  | EW: 82.550           |  |              |              |
| 8. Etappe: 21 Km; 5,5 Std; 110 Höhenmeter; Pontevedra - A Portela - Caldas de Reis       |        |                      |  |              |              |
| A Portela  | 54 Km  | EW: 650              |  |              |              |
| Briallos   | 48 Km  | EW: 420              |  |              |              |
| Tivo   | 45 Km  | EW: 30               |  |              |              |
| Caldas de Reis   | 43 Km  | EW: 9.830            |  |              |              |
| 9. Etappe: 19 Km; 4,5 Std; 190 Höhenmeter; Caldas de Reis - O Pino - Pardón              |        |                      |  |              |              |
| O Pino   | 34 Km  | EW: 840              |  |              |              |
| Pontecesures   | 27 Km  | EW: 3.150            |  |              |              |
| Padrón   | 24 Km  | EW: 8.690            |  |              |              |
| Herbón   | 24 Km  | EW: 790              |  |              |              |
| 10. Etappe: 23.7 Km; 6 Std; 190 Höhenmeter; Padrón - Santiago de Compostela              |        |                      |  |              |              |
| Iria Flavia  | 23 Km  | EW: 350              |  |              |              |
| A Escravitude  | 18 Km  | EW: 90               |  |              |              |
| Picaraña   | 16 Km  | EW: 80               |  |              |              |
| O Faramello  | 14 Km  |                      |  |              |              |
| Rúa de Francos   | 13 Km  |                      |  |              |              |
| O Milladoiro   | 7 Km   | EW: 11.790           |  |              |              |
| Santiago de Compostela (253m.ü.M.)   | 0 Km   | EW: 93.710           |  |              |              |