



Self-Guided Galicia - The Lighthouse Way

SPAIN - TRIP CODE WSCF

WALKING AND TREKKING

Why book this trip?

Discover the remote north-western coast of Galicia, walking along deserted beaches and cliffs above the wild coastline to isolated lighthouses and viewpoints. Stay off the beaten track in the small beach resort of Laxe and the quiet fishing village of Camarinas.

- **Small fishing villages** - Stay in small, welcoming hotels along the coast of Galicia
- **Costa da Morte** - Explore rugged landscapes steeped in local history and tradition
- **Local cuisine** - Try the Galician cuisine, especially the fresh catch of the day



INCLUDED MEALS

Breakfast: 7
Dinner: 2



TRIP STAFF
None



TRANSPORT
None



ACCOMMODATION
7 nights
comfortable hotel



WALKING GRADE:
Moderate

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Holiday starts in Malpica de Bergantinos

After arriving in Malpica de Bergantinos and checking into your hotel, we recommend spending sometime exploring this colourful old fishing village and trying the fresh catch of the day for dinner.

Private transfers are available from Santiago Airport (SCQ) or Coruna Airport (LCG). Please contact our self-guided team for further information.



ACCOMMODATION:
Hotel Fonte do Fraile (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE

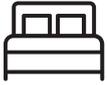


MEALS PROVIDED: NONE

DAY 2 - Walk the coastal path from Malpica to Barizo

Today start your first walk along the Camino dos Faros or Lighthouse Way. Starting at the hotel follow gravel roads and small, sometimes uneven and exposed foot paths along the coast, passing a beach, a chapel and the Sisargas islands. The route ends at the doorstep of your rural and seaside hotel near Barizo. Tonight you can either dine at the hotel or perhaps try restaurant As Garzas next door awarded with 1 Michelin star in 2018 (but remember to book in advance. Dinner is not included today.

Today's 13 kilometre walk is expected to take around five hours with 430 metres of ascent and 420 metres of descent.



ACCOMMODATION:
Hotel Rural Casa da Vasca (or similar)



Grade: **Comfortable Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 3 - Circular walk from Barizo taking in the lighthouse at Punta Nariga

Today you walk first to Punta Nariga, and one of the most famous lighthouses of the Costa da Morte. On a clear day, you will have great views both of the coastline and over to the uninhabited Sisargas Islands a mile off the coast. After the lighthouse, continue to the beautiful beach of Ninons, where you can order a taxi back to the hotel or start the return route along gravel roads that give access to a modern windmill park.

Today's 16 kilometre walk is expected to take around six hours with 720 metres of ascent and 720 metres of descent. If you take a taxi back from Ninons beach, it is shortened to 13 kilometres and 445 metres of ascent and 455 metres of descent.



ACCOMMODATION:
Hotel Rural Casa da Vasca (or similar)



Grade: **Comfortable Hotel**



SINGLE ROOM AVAILABLE





MEALS PROVIDED: BREAKFAST

DAY 4 - Taxi to Roncudo then walk to Ponteceso

This morning a taxi will take you to the tiny hamlet of Roncudo. From there you follow the Camiño along winding footpaths to the cape O Roncudo after which there is a three kilometre tarmac lane which takes you to the fishermen's village of O Corme. After a coffee break at O Corme choose between the long spectacular Camino along the coast with some exposed parts, or a shorter, higher route through shady woods before you reach the extensive sand plateau that separates the river mouth of Ponteceso from the Atlantic Ocean. Finally, walk a long stretch of sandy trail to Ponteceso. From Ponteceso a taxi will take you to your hotel in Laxe.

Today's 18 kilometre walk is expected to take around six and a half hours with 545 metres of ascent and 645 metres of descent. 23



ACCOMMODATION:

Hotel Playa de Laxe (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE

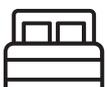


MEALS PROVIDED: BREAKFAST

DAY 5 - Walk from Laxe to Camelle harbour, taxi to Laxe

Starting from the hotel, walk around the cape north of Laxe and along Monte Insua until to reach Praia das Cristales - a beach sparkling with eroded glass stones that reflect in the sunlight. Continue along the coast to Camelle beach, a small coastal village of coloured houses. Here you can paddle, or swim if the conditions are right, before returning to Laxe by taxis.

Today's optional 15 kilometre walk is expected to take around five hours with 250 metres of ascent and descent.



ACCOMMODATION:

Hotel Playa de Laxe (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 6 - Trek from Arou to Mourin

Today a truly wild scenery awaits, as you descend and cross a chain of small beaches called Praias deTrece. You finally reach the Cemetery of the English; a symbolic burial place to honour the lives of sailors and passengers that died in three ship wrecks happened in this coast between 1883 and 1893. The last kilometres are easy as you hike along a gravel road for a while (taking some shortcuts close to the coast at times) before you head into the woods and walk to the doorstep of your cosy rural hotel Do Cotariño where you will also have dinner tonight.

Today's optional 14 kilometre walk is expected to take around five to six hours with 415 metres of ascent and 375 metres of descent.



ACCOMMODATION:
Hotel Rustica Do Cotarino (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE

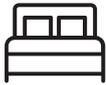


MEALS PROVIDED: BREAKFAST & DINNER

DAY 7 - Hike along the coast from Mourin to Camariñas

As you walk back to the coast from Mourin, you see the dramatic location of the most imposing lighthouse on the route: the Cabo Vilan, also the first electrified lighthouse of Spain. You can visit the house (now it holds a visitors' centre and cafe) before you continue along the coast, past a modern fish factory and a chapel located on a hilltop above Camarinas. Today's route is relatively short, which allows you to have a longer lunch at restaurant Arnelo in Camarinas. The traditional village architecture has suffered from modernity, but it houses a small museum dedicated to the typical handcrafted lace of Camarinas. After lunch walk back to Do Cotarino or order a taxi when it is time to return for dinner.

Today's optional 13 kilometre walk is expected to take around four hours with 335 metres of ascent and descent.



ACCOMMODATION:
Hotel Rustica Do Cotarino (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & DINNER

DAY 8 - Taxi to Vimianzo where this trip ends

After breakfast, a taxi will take you to Vimianzo where this trip ends. From Vimianzo you can take a bus to either Coruna or to Santiago.

Private transfers are available to Santiago Airport (SCQ) or Coruna Airport (LCG). Please contact our self-guided team for further information.



MEALS PROVIDED: BREAKFAST

Trip information

Country information

Spain

Climate

Overall, spring, early summer and autumn are ideal times for a Spanish trip - though the weather varies enormously from region to region. The high central plains suffer from fierce extremes, stiflingly hot in summer, bitterly cold and swept by freezing winds in winter. The Atlantic coast, in contrast, has a tendency to damp and mist, and a relatively brief, humid summer. The Mediterranean south is warm virtually all year round. Spain's Islands the Canaries and Balaerics experience very mild winters and warm summers making them ideal year round destinations.

Time difference to GMT	Plugs	Religion
+8 (PCT)	2 Pin Round	Roman Catholic
Language		
Castilian Spanish, Catalan, Galician, Basque		

Budgeting and packing

Clothing

Bring light and comfortable clothing that can be layered according to the temperature. It can become cool, especially at night, so bring warmer layers. Tops made from wicking materials which keep you drier, a warmer fleece is recommended as a mid layer, and walking trousers are preferable to trousers of heavier material such as jeans.

- Breathable wind and waterproof jacket (you may also wish to bring waterproof trousers)
- T-shirts
- Long sleeved tops
- Sunhat
- Long trousers (will be walking through shrubland, thorny vegetation may scratch bare legs)
- Swimwear and towel
- Midlayer Fleece/pullover
- Socks (liner and thicker pair)
- Insulated jacket

Footwear

We recommend you bring walking boots with ankle support- leather or fabric are both fine. Make sure that your boots are worn-in and comfortable before the start of the trip. Also trainers or sandals for relaxing and general wear. We suggest that on international flights you either carry your walking boots in your hand luggage or wear them - should your luggage be lost or delayed, your own boots are the one thing that will be irreplaceable.

Luggage

20kg

Luggage: On tour

Bring one main piece of luggage and a 20-30 litre day sack is recommended. You will need to carry what you need for the day which may include a raincoat, jumper, camera, sun-cream, water and picnic lunch. On hot days you will carry fewer clothes but more drinking water. Main baggage will be transported between nightstops.

Luggage transfer

Included between hotels.

Equipment

- Sunglasses
- Sun cream
- Small Torch (with spare batteries and bulb)
- Camera
- Walking poles (if you usually use them)
- Personal toiletries
- Personal first aid kit - On each walk a first aid kit is carried but you should have your own blister kit, supply of plasters, aspirin and other essentials.
- Insect repellent
- Small waterproof dry bag (for items such as your mobile phone)
- Reusable water bottle (minimum 1 litre) - Get 15% discount on a Water-to-Go bottle www.explore.co.uk/about-us/responsible-travel/water-to-go-discount-with-explore
- Lunch bag/Tupperware (for packed lunches)

Spain

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price	Dinner price	Beer price
£8.00 - 12.00	£16.00 - 20.00	£1.50 - 3.50 (depending on the region/area in Spain)

Water price
£1.4

Foreign Exchange

Local currency	Recommended Currency For Exchange
Euros	We recommend you take the majority of your spending money in Euros cash.

Where To Exchange

We recommend that you change any currency into Euros prior to arrival. Bureau de Change are generally only found in major cities and large airports.

ATM Availability

In cities and most major towns.

Credit Card Acceptance

Visa and Mastercard are generally accepted in larger restaurants and some shops.

Travellers Cheques

Not recommended.

Recommended airport

A Coruna Airport(LCG) or Santiago de Compostela (SCQ) Airports

Flying to your destination

A Coruna Airport (LCG) and Santiago Airport (SCQ) is served by scheduled airlines (including British Airways and Iberia) and low cost airlines (including Ryanair) direct from UK airports including London and Manchester.

Arrival and departure information

For this trip you can fly into and back from A Coruna Airport (LCG) or Santiago de Compostela Airport (SCQ).

Arrival in Malpica de Bergantinos

From A Coruna Airport

Bus from La Coruna airport to Coruna city centre, then bus to Malpica (5 times a day, 1.5 hours).

From Santiago de Compostela Airport

Bus or taxi from Santiago de Compostela Airport to Santiago city centre, then bus to La Coruna (every half hour, travel time about one hour). Then bus to Malpica (5 times a day).

Private taxi transfers can be booked from / to A Coruna or Santiago de Compostela Airports. Please contact our self-guided team for further information.

Essential Information

Government Travel Safety Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information.[Booking Conditions](#)

Visa and Passport Information

Spain: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may be able to apply through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

Transfers

Find out more about [Trip Transfer Terms and Conditions](#) before you book.

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full

terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them here.

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Spain

Vaccinations

Nothing compulsory but Tetanus is usually recommended as a precaution. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before traveling.

Walking and Trekking information

DAILY DISTANCES

Day 2	13km		4.5 to 5hrs
Day 3	16km		6.5 to 7hrs
Day 4	18km	16km	6.5/6hrs
Day 5	16km		5.5hrs
Day 6	13.5km		5 to 6hrs
Day 7	13km		4 to 4.5hrs

Optional Walks

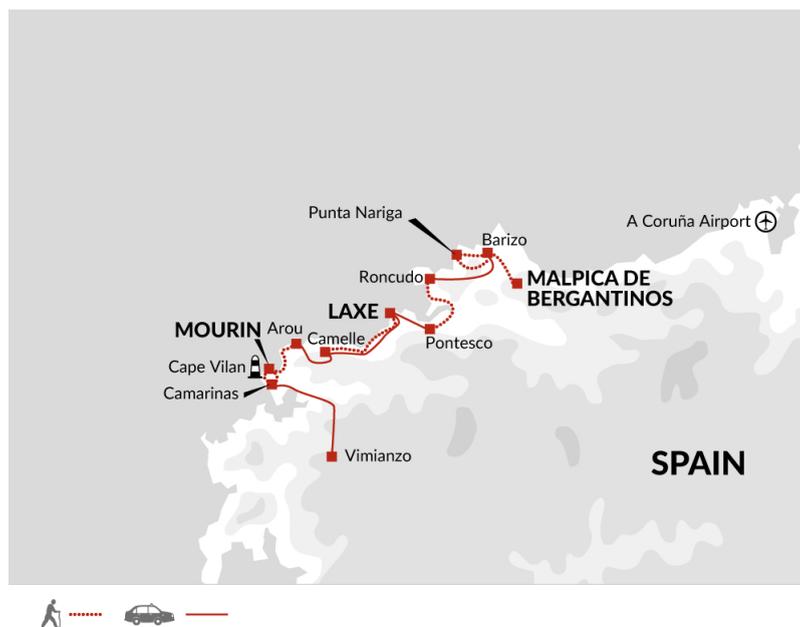
Walking grade

Moderate

Trek details

Walks on 6 days for between 4 to 7 hours each day. Walk along well-defined undulating coastal paths and sandy beaches. There is little shade along the routes and in spring time especially the vegetation on the trail can be overgrown.

Additional Information



Reviews



**AWARD WINNING
EXPLORE LEADERS**



**PRICE GUARANTEE
PROMISE**



**AIRPORT
TRANSFERS**