

15a Practical Path: The development in recent years of the *Ecovia Litoral de Norte* has greatly improved these coastal pathways. Extensive areas of new boardwalks *pasarelas de madeira* has made the way easier to both navigate and walk. *Note that walking on soft sand makes for very slow progress and the camber of the sand can create stretched muscles. Try where possible to walk on flat areas of sand closer to the waters edge which is harder underfoot.* From Póvoa de Varzim to Aguçadoura the senda litoral coincides with the camino da costa. Beyond Aguçadoura football grounds the camino da Costa turns inland and the senda Litoral continues along the coast on a high level boardwalk skirting the Estela Golf Course into Apulia. The Senda Litoral is 2.5 km longer than the Camino da Costa: **26.9 km -v- 24.4 km.**



0.0 km Vila do Conde centro. *Note: All lodging is listed on previous pages.* We can avoid the traffic through *Póvoa de Varzim* By continuing from the **Centre of Vila do Conde [0.0 km]** down the bank of the rio Ave past the replica Caravel to Praia da Senhora da Guia and on past **Forte de São João Baptista [1.8 km]** and the **marina [3.2 km]** to rejoin Camino da Costa (*Alt. Route*) at Diana Bar opp. **Av. Mouzinho de Albuquerque [1.5 km]. 6.5 -v- 4.5 km.**



6.5 km Póvoa de Varzim Promenada. We continue along the beach front to pasarela at **A Ver-o-Mar [3.1 km]**. Here the Camino do Costa heads inland but we cross over onto new boardwalks that take us all the way over the high dunes past windmills (see picture top) to **☞ Caminho Beach Bar** and hotel **Santo André [2.1 km]** (*Alt. Route joins*). Continue to **Aguçadoura [1.7 km]**.

6.9 km Aguçadoura. Continue along the sand dunes to the **Aguçadoura football ground [1.7 km]** (*Alt. Route goes inland*). Take the narrow path by side of football stand and take high level boardwalk all the way to **☞ Orbitur Camping [2.0 km]**. The boardwalk continues to **Apulia [3.0 km]** (*lodging previous page*).

6.7 km Apulia Promenada. The route veers right into **Fão [4.1 km]** where the main route joins to continue over the rio Cavado into **Esposende Centro [2.7 km]**

6.8 km Esposende The Senda Litoral continues along the boardwalks but Esposende is well worth the short detour for its architectural merit and facilities. (*Lodging listed previous pages*). Adj. the main square is the equally delightful Largo Fonseca Lima with its boat fountain representing its maritime history and links to the 'Discoveries' with its representation of a Caravel *Barca d' Agua* (see photo & above)

