

19a *Caminha / A Guarda – Baiona / A Ramallosa***Interim accommodation:** (see *Camino da Costa* previous page).**Senda Litoral entering Baiona:**

0.0 km Option Camino Portela From the option turn off by Casa Nena to the upper route via Camino Portela there is the choice to continue s/o along the *ciclopista*. While we have the Atlantic waves to our left we also have the main road on our right! This is the only option for cyclists wheelchair pilgrims. This coastal route is 400m longer **6.8 km -v-6.4 km**. It passes several viewpoints *Miradoiros* and hotels •*H*™™™™™ **Talasso Atlántico** x70 €75+ ☎ 986 385 090 and just before entering Baiona •*H*™™™™™ **Rompeolas** x40 €55+ ☎ 986 355 130 Rua Virxe da Rocha with access to the Virxe da Rocha monument and viewing platform and into:

6.8 km Baiona Turismo (see previous pages for accommodation and description). From the Tourist office we can take the seashore path around the base of the Pardor hotel (see photo bottom right>)

Senda Litoral exiting Baiona: This makes a delightful alternative to the steep climb of the Camino da Costa inland from **Sabarís**. It is flat and continues along the beaches that line the route out from Baiona.

0.0 km Baiona Turismo From the Turismo head out along the promenade along the harbour front onto boardwalks and pedestrian path veering left along **Praia de Santa Marta** [1.4 km]. [Here we have an option to take a short detour 400m around the headland past *Ermida de Santa Marta* to rejoin main route] the next beach is tree-lined **Praia Ladeira** [0.6 km] **Rúa das Areas**: [+100m •*H*™™™™™ **Casa do Marqués** x8 €70 ☎ 986 353

150 •**Areas Mar de Baiona** x20 €90. Cross the rio Guillade to roundabout [+200m •*H*™™™™™ **El Viejo Galeón** €35 ☎ 986 350 207] and the estuary of the rio Miñor (a natural reserve). Finally we make our way over the medieval bridge **Ponte Ramallosa** [1.8 km].

4.2 km Ponte Ramallosa rio Minor [For Alb. **Pazo Pias** on the *Camino da Costa* keep s/o over roundabout. The distinctive **Pazo Pias** is 400m up *Rúa Damas Apostólicas*]. The *Senda Litoral* continues left over the bridge past taxi rank and along the estuary (see later for stage 20a into Vigo).

