



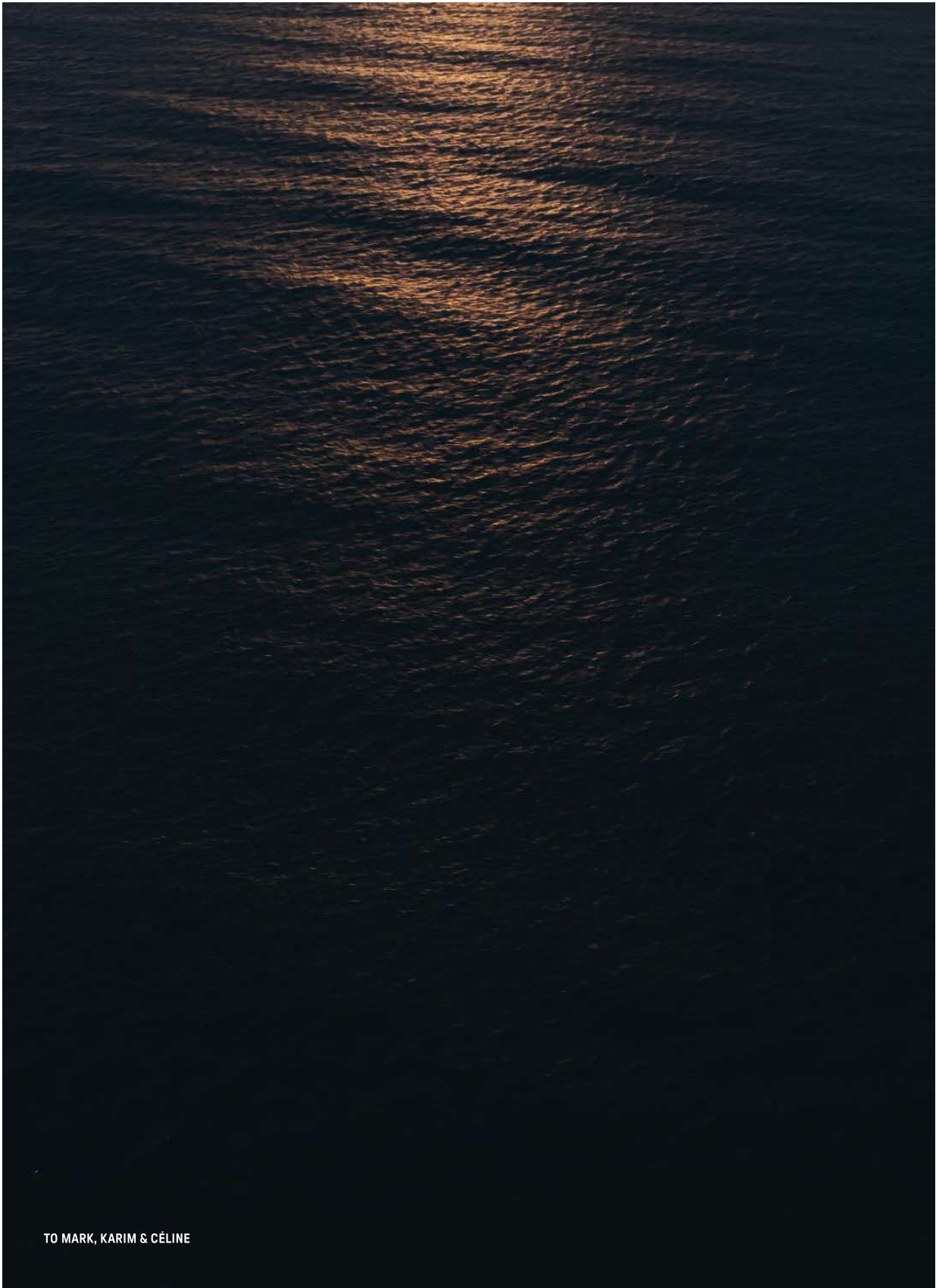


# FOLLOW ~ THE COAST —



Camille Liebaert  
Charles Van Haverbeke  
Gert-Jan D'Haene  
Lars Crommelinck  
Max Monteyne

**The Atlantic Coast**  
From San Sebastián to Gibraltar



TO MARK, KARIM & CÉLINE

## Follow The Coast II

### ↳ Foreword

When Charles and I began this journey seven years ago, we had no idea what lay ahead. Today, seven years later, having ran and explored the coastline from Belgium to Gibraltar, countless stories have been shared and countless kilometres covered. I'm deeply honoured to be a vital part of this project and proud to address you here. We take immense pride in knowing that, as of this writing, we are the first project ever to document the running of 10,000 km of coastlines—anywhere, ever.

When Charles started writing the previous book, I noticed his fascination with lighthouses. He draws inspiration from these beacons of safety that have guided humanity for centuries, scattered along coastlines. Personally, over the course of this project, I've developed a healthy obsession of my own with another human creation: bridges. This foreword is a tribute to bridges. We can't imagine a coastline without them. Often, we take bridges for granted, but these technical marvels truly deserve our admiration. With every bridge we encounter—big or small, architectural wonder or not—I can't help but reflect on its beauty and the convenience it provides humanity. For me, a bridge is the ultimate symbol of connection

I like to believe that, like bridges, we connect with Follow the Coast. We connect people, stories, and stages. Within these books, we've connected 100 stages with the stories experienced by our runners, making Follow the Coast unique. So why does one run 100 km? I believe it's because it breaks you. Whether you're an experienced ultrarunner or a complete beginner, 100 km breaks you. Whether physically or mentally, it challenges you. The beauty of this "breaking," however, lies in the overcoming. Our runners conquer their own limits. They form a bridge over their boundaries and reach for the unknown shore on the other side. Helping them reach that shore is why we do what we do. That's the beauty we strive to capture and portray.

Follow the Coast began as a wild idea and has evolved into a story about friendship, emotion, and a quest for beauty. There are no glamorous finish lines, no crowds cheering along the way, no medals, no rewards, no official timings, and no podium. Our runners leave their egos behind at the start line. Follow the Coast doesn't run on ego; it runs on the sense of contributing to the bigger picture—being an essential part of an ever-growing chain. As a participant, you become the bridge between the stage before you and the stage ahead. I can tell you, being a bridge is an amazing and wondrous feeling.

I'm grateful to you, the reader, for contributing to our project by appreciating the beauty of this second book. I'm thankful for the over 150 runners who gave it their all to conquer 100 km of coastline and make it theirs for all eternity. I'm beyond grateful to our team—our talented photographers and designers, who have become true friends with whom I've shared countless adventures: thank you, Gert-Jan, Lars, Jules, Arthur, and Camille. You may be young, but your talents are undeniable.

To Charles: you're my inspiration, my friend, my partner in this project, and in the search for meaning, recognition, and beauty. I can't express how grateful I am to be part of your wild idea and to help bring it to life. Just like the many bridges in our ongoing story, we reached out from our own shore to connect and form this special bond, which serves as the foundation for this story. Being able to call you a true friend is a privilege.

Let's run the coast of Europe. Together.

**Max**

FOLLOW THE COAST  
CAMILLE, CHARLES, JULES, GERT-JAN, LARS



<b>BASQUE COUNTRY</b>	<b>12</b>
<b>CANTABRIA</b>	<b>36</b>
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<b>GALICIA</b>	<b>190</b>
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## Follow The Coast II

### ↳ Creators

Stage 47 - Harold-Jan Vanwijnsberghe, Arthur Vander Stichele  
Stage 48 - Aaron Alonso  
Stage 49 - Jelle Jacobs  
Stage 50 - Koen Wilssens, Jeremy Genar  
Stage 51 - *Not run yet. Scheduled later.*  
Stage 52 - *Not run yet. Scheduled later.*  
Stage 53 - Maarten Hermans, Sander Donders  
Stage 54 - Federico Fiz, Stéphanie Cobbaert  
Stage 55 - Sander De Deckere  
Stage 56 - *Not run yet. Scheduled later.*  
Stage 57 - Milan Cools  
Stage 58 - Max Monteyne  
Stage 59 - Jonathan Fors  
Stage 60 - Tim Vroman, Aurillac Boury  
Stage 61 - Stijn Boury, Gilles Lietaer  
Stage 62 - *Not run yet. Scheduled later.*  
Stage 63 - Max Monteyne  
Stage 64 - Hung Nguyen  
Stage 65 - Ann Vanden Wyngaerd, Ilse Vleminck  
Stage 66 - *Not run yet. Scheduled later.*  
Stage 67 - Anna Simonsson-Søndenå  
Stage 68 - Federica Panzarella  
Stage 69 - *Not run yet. Scheduled later.*  
Stage 70 - Xander De Buysscher, Senne Vandevenne  
Stage 71 - Federico Fiz

Stage 72 - *Not run yet. Scheduled later.*  
Stage 73 - Igor Karpinski, Adrien Roose  
Stage 74 - Lars Hanegraaf  
Stage 75 - Charles Van Haverbeke  
Stage 76 - Simon Corne  
Stage 77 - Michiel Van Der Bauwhede  
Stage 78 - Lode Van Laere, Wim Christiaens  
Stage 79 - Gaetan D'Hondt  
Stage 80 - Max Monteyne  
Stage 81 - Cédric Spaas  
Stage 82 - Céline Vervinckt, Ben Swerts,  
Pieterjan Van Leemputten, Olivier Wuyts  
Stage 83 - Baptist Gilson, Arnaud Mertens  
Stage 84 - Romy Kint, Nisrien Mortier  
Stage 85 - Arthur Chambre, Amélie Harvengt  
Stage 86 - Hugo Soares  
Stage 87 - Richard Kruijskamp, Viktor Huegen  
Stage 88 - Adam Wade  
Stage 89 - Simon Corne  
Stage 90 - Yeni Van den Bergh  
Stage 91 - Joost Krijnen, Shiva Zanoli  
Stage 92 - Charles Van Haverbeke  
Stage 93 - Adrien Hardy  
Stage 94 - Ramses De Weerd  
Stage 95 - Michiel Van Der Bauwhede

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© Lannoo Publishers, Belgium, 2025

D/2025/45/29 – BISAC: TRV009000 / PHO023040

ISBN 9789020926446

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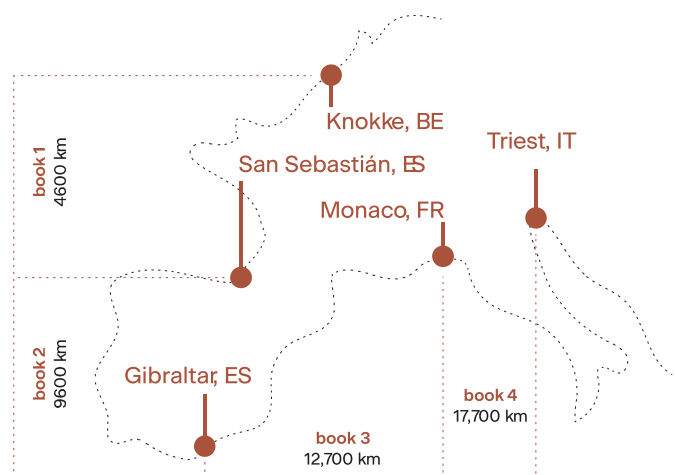
## A visual travel guide

↳ This book is your perfect guide to discover the beauty of the Atlantic coast of Spain & Portugal. You will find incredible images and practical tips & tricks on hidden gems along the way. The book is divided in 10 regions, which are subdivided again in "stages", with 100 km of coastline each. Every region section contains information on the culture, how to get around and key highlights you can't miss. Each Stage section features a clear map, local highlights, and guidelines, while also sharing the inspiring stories of those who run the 100km.

## The second chapter

↳ We created this book by doing a relay run along the coast of Europe. We divided the coast into stretches of 100 km which can be claimed by a team of runners who have 24h to run their Stage. The runners are followed by a team of professional photographers who capture the beauty we encounter during our collective journey. We started our collective journey on 1th July 2019. We survived Covid and we reached Gibraltar in March 2024.

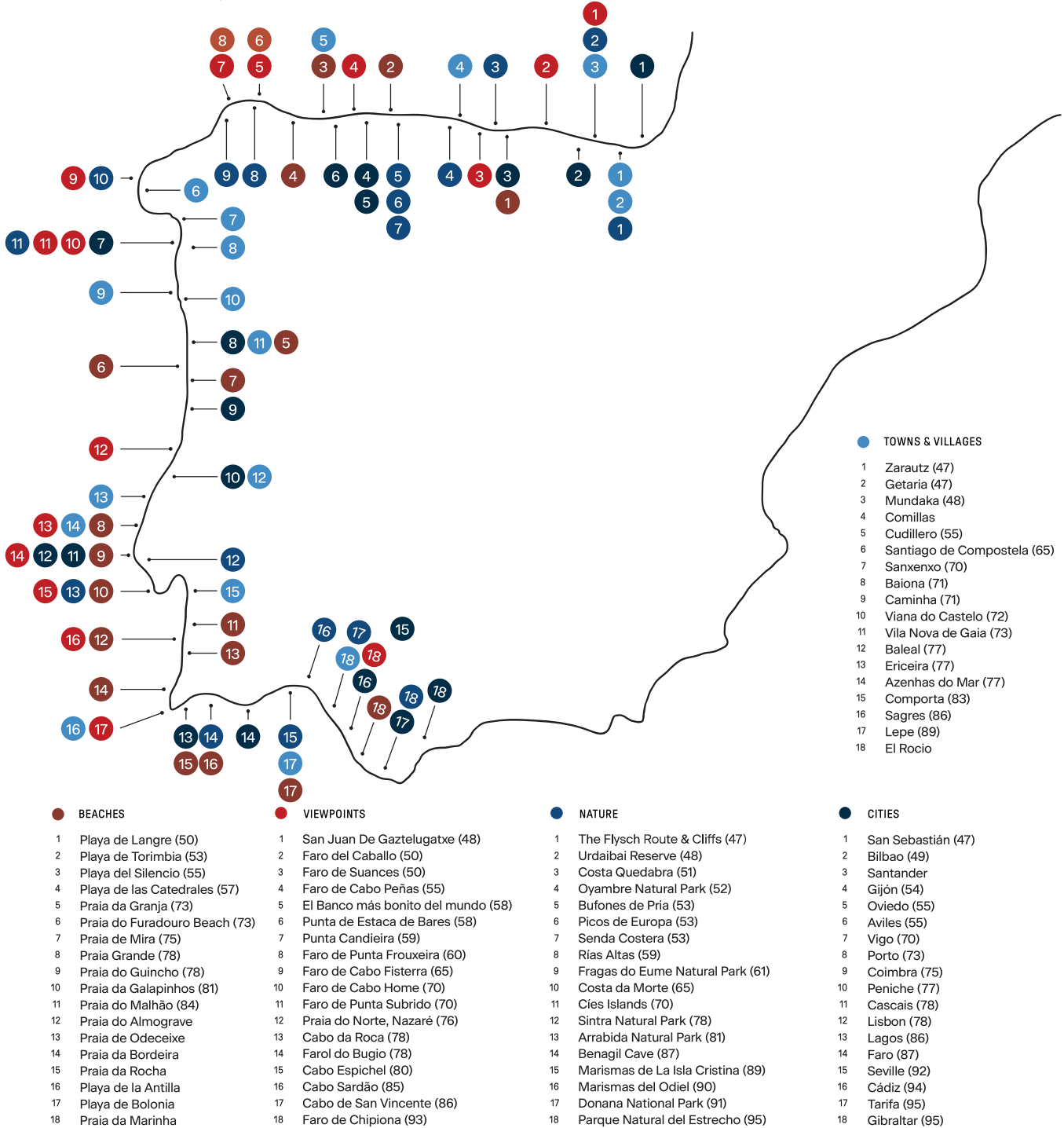
In 2021, we published our first book, covering the French Atlantic coast from Belgium to San Sebastián, of which we sold out the first edition. We are proud to publish our second book in Spring 2025 on the Iberian Atlantic coast, from San Sebastián to Gibraltar. In 2025, we will run all the Mediterranean coast of Spain and France and publish a third book, likely at the end of 2025 or 2026. The fourth book will cover the entire Italian coast. We plan to continue like this, covering 3,000 or more kilometres per year until we cover the entire coastline of Europe.



# Follow The Coast II

## ↳ Overview

To help you find your favourite spot, we have created a handy overview and map. Below is an overview map with the locations of the start of every stage and the 'best of' highlights we selected. On the right page, you can see the list of Stages with the start & finish locations, joined with our evaluation on a handful of criteria.



REGION	STAGE	FROM	TO	PAGE	Wonders of nature	City trip	Lovely village	History	Architecture	Beach	Overall
BASQUE COUNTRY	47	San Sebastián	Playa Laida	28	●	●	●	●	●	●	●
	48	Playa Laida	Barakaldo	32	●	●	●	●	●	●	●
CANTABRIA	49	Barakaldo	Colindres	56	●	●	●	●	●	●	●
	50	Colindres	Santander	60	●	●	●	●	●	●	●
	51	Santander	Playa de la Tablia	64	●	●	●	●	●	●	●
	52	Playa de la Tablia	Puertas de Vidiago	68	●	●	●	●	●	●	●
ASTURIAS	53	Puertas de Vidiago	Santa Mera	90	●	●	●	●	●	●	●
	54	Santa Mera	Bañugues	94	●	●	●	●	●	●	●
	55	Bañugues	Castañeras	98	●	●	●	●	●	●	●
	56	Castañeras	San Antonio	102	●	●	●	●	●	●	●
GALICIA	57	San Antonio	Lago	130	●	●	●	●	●	●	●
	58	Lago	O Mosteiro	134	●	●	●	●	●	●	●
	59	O Mosteiro	Cala Burbujas, O Barral	138	●	●	●	●	●	●	●
	60	Cala Burbujas, O Barral	Ferrol	142	●	●	●	●	●	●	●
	61	Ferrol	Punta Torrella	146	●	●	●	●	●	●	●
	62	Punta Torrella	Punta Falsa, Buno	150	●	●	●	●	●	●	●
	63	Punta Falsa, Buno	Arou	154	●	●	●	●	●	●	●
	64	Arou	Frixe	158	●	●	●	●	●	●	●
	65	Frixe	Punta Cantón	162	●	●	●	●	●	●	●
	66	Punta Cantón	Corrubedo	166	●	●	●	●	●	●	●
	67	Corrubedo	Catoira	170	●	●	●	●	●	●	●
68	Catoira	Illa da Toxa	174	●	●	●	●	●	●	●	
69	Illa da Toxa	Cabo Udra	178	●	●	●	●	●	●	●	
70	Cabo Udra	Patos	182	●	●	●	●	●	●	●	
71	Patos	Fontela	186	●	●	●	●	●	●	●	
NORTE	72	Fontela	Mindeló	206	●	●	●	●	●	●	●
	73	Mindeló	São Jacinto	210	●	●	●	●	●	●	●
	74	São Jacinto	Praia da Costa Nova	214	●	●	●	●	●	●	●
CENTRO	75	Praia da Costa Nova	Pedrógão	238	●	●	●	●	●	●	●
	76	Pedrógão	Lagos de Óbidos	242	●	●	●	●	●	●	●
	77	Lagos de Óbidos	Azenhas do Mar	246	●	●	●	●	●	●	●
LISBON	78	Azenhas do Mar	Samora Correia, Lisbon	272	●	●	●	●	●	●	●
	79	Samora Correia, Lisbon	Verderena, Lisbon	276	●	●	●	●	●	●	●
	80	Verderena, Lisbon	Praia do Inferno, Sesimbra	280	●	●	●	●	●	●	●
ALENTEJO	81	Praia do Inferno, Sesimbra	Gâmbia, Setubal	302	●	●	●	●	●	●	●
	82	Gâmbia, Setubal	Moitinha, Comporta	306	●	●	●	●	●	●	●
	83	Moitinha, Comporta	Praia da Aberta Nova, Melides	310	●	●	●	●	●	●	●
	84	Praia da Aberta Nova, Melides	Almograve	314	●	●	●	●	●	●	●
ALGARVE	85	Almograve	Praia do Amado	336	●	●	●	●	●	●	●
	86	Praia do Amado	Praia da Rocha	340	●	●	●	●	●	●	●
	87	Praia da Rocha	Olhão	344	●	●	●	●	●	●	●
	88	Olhão	Isla Canela, Ayamonte	348	●	●	●	●	●	●	●
ANDALUSIA	89	Isla Canela, Ayamonte	Lepe	370	●	●	●	●	●	●	●
	90	Lepe	Mazagón	374	●	●	●	●	●	●	●
	91	Mazagón	Isla Minima	378	●	●	●	●	●	●	●
	92	Isla Minima	Lebrija	382	●	●	●	●	●	●	●
	93	Lebrija	Puerto Real	386	●	●	●	●	●	●	●
	94	Puerto Real	Camarinal	390	●	●	●	●	●	●	●
	95	Camarinal	Gibraltar	394	●	●	●	●	●	●	●

● BEST-IN-CLASS ● GREAT ● NOT RECOMMENDED

↪ Regions 1 / 10  
Basque Country

7,234 km<sup>2</sup>  
2,227,000 inhabitants

---

1





MUTRIKU

↳ The Basque Country is a relatively small but true gem, featuring small beaches and numerous rugged coves nestled among lush green hills that rise into the Pyrenees mountains. These peaks are so close to the coast that swift rivers weave through the region, carving out dramatic cliffs and rugged coastlines.

With its picturesque bay and promenade, San Sebastián is a romantic hotspot and a favourite destination for those who enjoy surfing and tapas. Bilbao, the Basque Country's largest city, is a river port boasting international acclaim, largely thanks to the famous Guggenheim Museum. The area is also a foodie hotspot, with world-renowned restaurants and local specialities including Txakoli wine, cider, and pintxos, the popular bite-size snacks named after the toothpicks that characterise them.

The region has a mild climate, with average temperatures of 25°C in the summer, but it is also known for its abundant rainfall – a blessing in sun-parched Spain – which results in truly lush landscapes.

Basque Country

256km Coastline  
Capital: Vitoria-Gasteiz

# Basque Country

## ↳ Introduction

### HOW TO GET THERE

The Basque Country is well-connected internationally through its three airports. Bilbao Airport (BIO), the main gateway to the region, is located about 12 km north of Bilbao and offers numerous international and domestic flights. San Sebastián Airport (EAS), situated near the French border, primarily provides flights to and from other Spanish destinations. Vitoria Airport (VIT), near Vitoria-Gasteiz, serves fewer flights but can be a convenient option for travellers.

Additionally, both Bilbao and San Sebastián have train stations that connect them to cities in Spain and beyond.

### WHERE TO STAY

The Basque coastline is dotted with a variety of charming cities and towns that provide visitors with a range of experiences and places to stay.

Located on the French-Spanish border, the historic town of Hondarribia is known for its well-preserved old quarter. The cobblestone streets and ancient walls give it unique character, making it a delightful place to explore.

Known as Donostia in Basque, San Sebastián is famous for its stunning beaches like La Concha and Zurriola,

which attract visitors from around the world. It's a vibrant blend of urban sophistication and coastal charm, renowned for its world-class culinary scene, including numerous Michelin-starred restaurants. Whether you're strolling along the beach promenade or enjoying pintxos in the lively old town, San Sebastián offers a perfect mix of relaxation and excitement.

Although primarily an urban centre, Bilbao is conveniently located near coastal areas and provides a different kind of experience. The city is a hub of culture, with attractions such as the iconic Guggenheim Museum drawing art lovers from everywhere. Its dynamic nightlife and diverse dining options make it a great base for those who want to combine cultural exploration with coastal visits.

For those seeking a quieter, more relaxed atmosphere, Getaria is a picturesque fishing village known for its fresh seafood and beautiful coastal views. It offers a tranquil retreat with its charming harbour, narrow streets, and rich maritime heritage. It's the perfect spot to unwind and savour the simple pleasures of the Basque coast.

Finally, Mundaka is a small town that has gained international fame for its world-renowned surf spot where the river meets the ocean. This charming town attracts surfers and nature lovers alike, offering a peaceful setting with breathtaking views. Whether you're there to catch waves or simply enjoy the natural beauty, Mundaka embodies the laid-back, adventurous spirit of the Basque coast.

### HISTORY

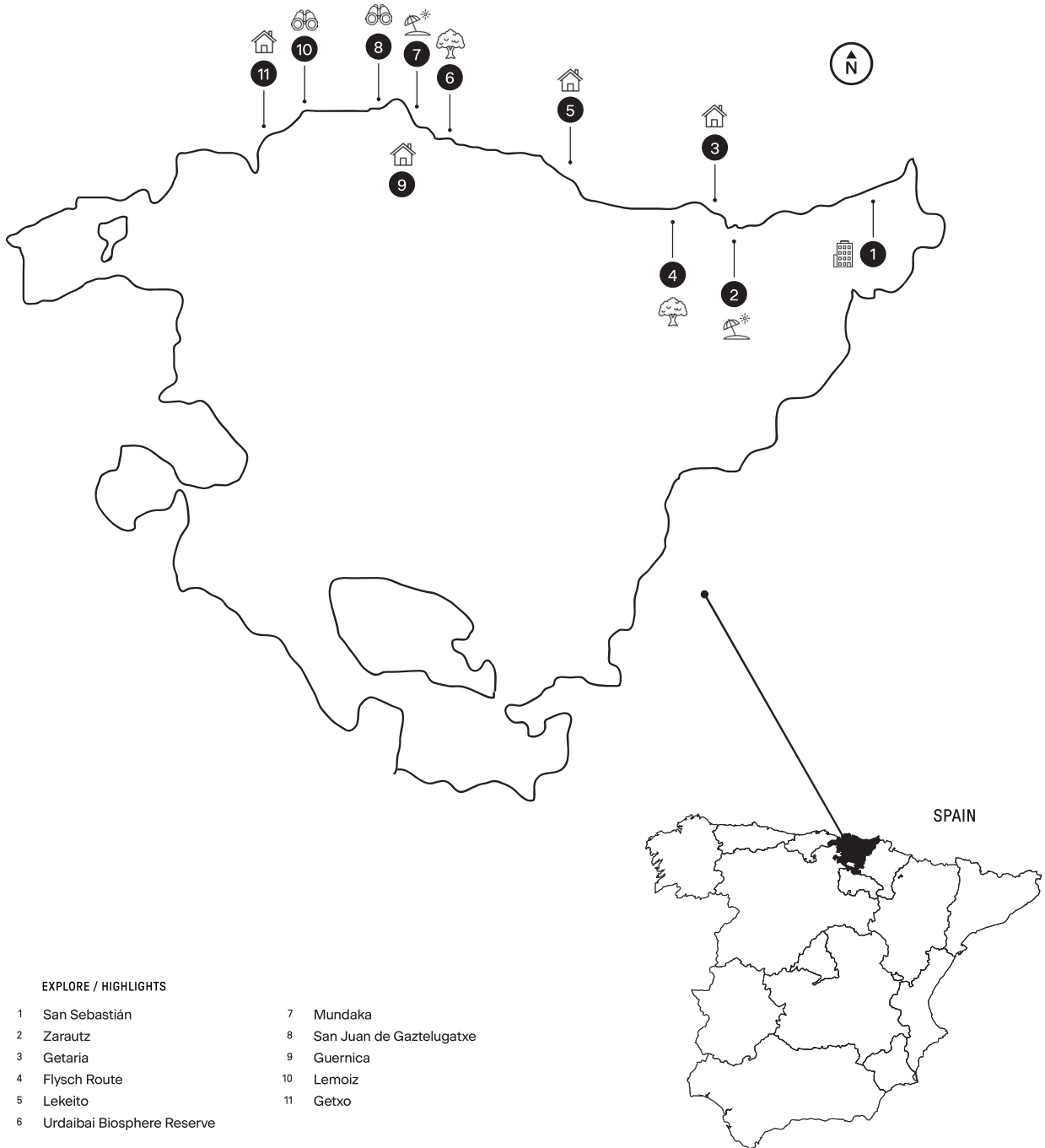
The Basque Country, or Euskal Herria in the native language, is a region steeped in history and culture. The Basque people are one of the oldest ethnic groups in Europe, while their language, Euskara, is unique and unrelated to any other language in the world, predating even the Roman Empire. This deep-rooted cultural heritage is woven into the fabric of the region, from its architecture and traditions to its festivals and way of life.

Throughout history, the Basque people have maintained a strong sense of identity and autonomy, which is evident in the region's distinctive culture and customs. The Basque Country's rich history is not only reflected in its language and traditions but also in its landscapes, cities, and towns. From the historic streets of Hondarribia to the modern art of Bilbao, the Basque Country offers a fascinating journey through time, where the past and present coexist in perfect harmony.



BASQUE COUNTRY

BAY OF BISCAY



EXPLORE / HIGHLIGHTS

- |                              |                            |
|------------------------------|----------------------------|
| 1 San Sebastián              | 7 Mundaka                  |
| 2 Zarautz                    | 8 San Juan de Gaztelugatxe |
| 3 Getaria                    | 9 Guernica                 |
| 4 Flysch Route               | 10 Lemoiz                  |
| 5 Lekeitio                   | 11 Getxo                   |
| 6 Urdaibai Biosphere Reserve |                            |



FLYSCH ROCKS

