

Camino de Santiago

1 - 8 June 2024



sara lee



T R U S T

Follow in the footsteps of pilgrims and explore the eighth and final section of the French Way, the most traditional and best known of all the pilgrims' ways to Santiago de Compostela

This trip is operated by The Different Travel Company (ATOL 6706) for The Sara Lee Trust (registered Charity Number 1055048). All the flights in this brochure are financially protected by the ATOL scheme. When you pay you will be supplied with an ATOL Certificate. Please ask for it and check to ensure that everything you booked (flights, hotels and other services) is listed on it. Please see our booking conditions for further information or for more information about financial protection and the ATOL Certificate go to: www.caa.co.uk.



Camino de Santiago Trek

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Trip overview

Santiago de Compostela

The UNESCO World heritage site of Santiago de Compostela, the final destination of the legendary medieval Camino de Santiago (Way of Saint James), is named after the Apostle Saint James (Santiago), who is buried here.

Saint James went to this most north-western part of Spain, called by the Romans 'Finis Terrae' (end of the world), to preach and convert people to Christianity. After returning to Palestine in 44AD, he was taken prisoner and tortured to death. The king refused to bury him, so his disciples stole the body and brought him by boat to the Spanish coast where he was buried in a secret place in a wood. Centuries later, in 813, the hermit Pelayo heard music in that wood and witnessed strange lights in the night sky. The site was thus called, in Latin, 'Campus Stellae', field of the star, a name that later became Compostela.

Camino

Today, thousands of people known as 'pilgrims' walk the Camino de Santiago for a number of different reasons; spiritual, cultural and adventurous or simply such as wanting to learn about the history of this ancient trail and as a way to get fit and spend time outdoors. This is not a religious tour. The Camino is about the journey and to the majority of people it symbolises a time of reflection, learning and fresh starts.

Trek overview

In a joint fundraiser with St Michael's Hospice, this trek explores the eighth and final section of the French Way, the most traditional and best known of all the pilgrims' ways to Santiago de Compostela. During the 5-day walk we traverse the hilly landscapes of Galicia, passing numerous points of cultural and historical interest along the way.



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What is the experience like?

Who accompanies us?

The trek is accompanied by local professional English-speaking guides who have an excellent knowledge of hiking in the region. The guides are first aid trained and will support you throughout your journey. You will also be supported by a Different Travel Company UK tour manager.

How tough is it?

This trek is graded *moderate to challenging*. You will be trekking long distances over varying terrain which includes some uphill sections, in varying weather conditions. You will stay in basic hotels and guesthouses.

You will be walking for many hours and sometimes on steep gradients. It is essential that you are fit enough to trek for at least 7-8 hours at a time for multiple consecutive days. Regular breaks are taken, but long days of walking are inevitable. You cannot be too fit for this challenge so you should train well before your departure.

What is the terrain like?

The terrain will vary throughout the 5 days but in general you will trek all day along country roads, compact dirt and stone footpaths, forest tracks, gravel trails, paved streets and through woods and meadows with some uphill/downhill paths. Each day you will experience undulating terrain, so it is important that your training includes hill walking and trekking up and down gradients.

What about meals?

Breakfast and evening meals will be taken in a communal dining room at the accommodation or at local restaurants. You will enjoy hearty, delicious Spanish meals that will keep your energy levels high for each day's trek. You will eat packed lunches which you will carry yourself each day or stop in small local restaurants. Please inform us in advance if you have any dietary requirements or preferences.

Where will we stay?

You will stay in basic hotels and simple guesthouses on a twin or triple-share basis. Bathrooms will generally be private with showers and flushing toilets, but there may occasionally be shared facilities.



Practical information

Is there an age limit?

You must be aged 18+ to join this trek. It may be possible for you to participate if you are 16 or 17 years old but you must be accompanied by a parent or guardian. There is no upper age limit.

Who can take part?

An ideal candidate is someone who is open-minded, positive, flexible and enjoys the challenges of the great outdoors. Adventure travel involves elements of the unexpected so do not expect the standards to be the same as you are used to at home. Remote areas are sometimes unpredictable (be it because of group pace, weather conditions etc.) and itineraries may be altered to allow for this. You must also be willing to train hard for this challenge!

How fit do I need to be?

If you do not already regularly exercise you should aim to start training (including plenty of hills) as early as possible. The best training is hill walking, which will prepare you for the type of terrain you will experience. Other activities which can complement hill walking include running, cycling, gym workouts, boot camps etc. Building up your core and leg muscle strength is important so exercises such as squats, lunges, push-ups, planks and crunches will really enhance your training. These exercises can be done at home – no gym needed. You must take your training seriously and arrive as fit as you can be, so you get the most out of this challenge.

How should I prepare?

You must engage in training (including plenty of walking up and down hills) before departure to ensure your best chance of enjoyment on the trip. This could include hill walking, running, cycling, gym workouts, boot camps, etc. You can download a number of free apps to help you train and track your progress, e.g. MapMyWalk, C25K, MyFitnessPal, etc. Attempting to complete the trek without training will make it more challenging than necessary and will be detrimental to your experience, and the experience of your teammates.

Health declaration

We require a medical form to be completed by everyone upon registering, and any pre-existing conditions, medications used, and other medical issues must be specified. All your medical details are treated in the strictest confidence.

The information will be securely screened by a qualified medical professional, and details provided to your tour manager and local guides, so our staff are adequately informed and prepared to support you during the trip. By completing this booking form you are giving consent for us to contact you confidentially with any follow up questions regarding your health. If you declare any medical conditions, you may be asked to provide more information, or we may request to contact your GP.

In the event that your medical issues at the time of booking represent a concern for your safety and wellbeing, or the safety and wellbeing of others in the group, you may be recommended not to take part. If this happens your booking will not be confirmed, and the deposit will be refunded.

We must be informed if any conditions or medication change, or if new conditions develop. If necessary, confirmation of fitness to travel from your GP or specialist may be required.

Please note that we will never unreasonably deny participation on a trip nor contravene the Equality Act 2010.

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Covid-19

Your health and safety is our top priority so rest assured that we are taking steps to ensure you not only have a memorable experience, but a safe one too.

We constantly monitor and follow the advice of the British Foreign, Commonwealth and Development Office (FCDO) who provide recommendations and advice to British travellers about travel to a certain destination.

Health and safety is our top priority so we will NEVER operate a trip in an area where there is clear and present risk to our team members, whether that is due to a health outbreak, political instability, natural disasters or anything else.

If travel restrictions either in the UK or name of country prevent safe travel we will look to either postpone or cancel your trip at no cost to you.

Please note that at the time of travel there may be enhanced safety and security measures in airports, bag drop may take longer, and you may need to provide a certificate of health or proof of vaccination.

We will inform you about any information pertinent to your travel arrangements.

If you have any questions or concerns, please contact us on info@different-travel.com.

Trip cost

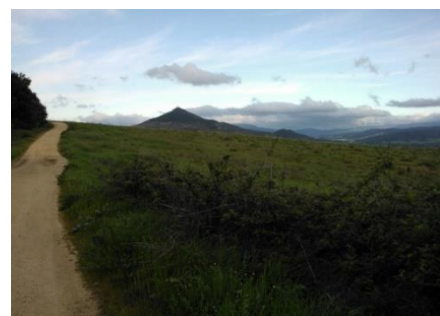
A £395 registration fee is payable at the time of booking, then you are asked to fundraise at least £2,900 for Sara Lee Trust. 80% (£2,320) is payable to Sara Lee Trust by 8th March 2024. The remaining balance of £580 is due by the departure date.

Trip Includes:

- ✓ Return flights from the UK (inc. airport taxes)
- ✓ All transfers and transport in Spain
- ✓ Accommodation as specified
- ✓ Meals as per itinerary (excl. lunch on day 7)
- ✓ English-speaking local guides
- ✓ Luggage transfers during the trek
- ✓ Different Travel UK tour manager

Trip Does Not Include:

- ✗ Visa or travel permit depending on EU regulations at the time of departure
- ✗ Personal expenses (e.g. drinks, souvenirs, etc.)
- ✗ Any necessary vaccinations
- ✗ Travel insurance
- ✗ Tips (approx. £30-£35 per person)
- ✗ Trek kit and equipment



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Itinerary

Day 1 (Saturday 1 June 2024): UK to Sarria

Fly from the UK to either Santiago, La Coruna, Vigo, or Porto (tbc). On arrival transfer to spend your first night at a hotel in Sarria and have dinner and a briefing on the trek to come.

Meals: Dinner

Day 2 (Sunday 2 June 2024): Sarria – Portomarin

After a hearty breakfast we start our walk today, through shady oak woods, pretty villages and on quiet country roads. The village of Barbedelo has a beautiful Romanesque church, the Church of Santiago, which features pictorials of fantastic birds, Daniel between two lions and the three wise men before Herod. The art displayed here represents the importance of resurrection and new beginnings. When we finally arrive in Portomarin, there is time to relax at the hotel and enjoy the numerous terraces of the main plaza and learn about the history of the area.

Meals: Breakfast, lunch, dinner

Trekking: approx. 6 hours / 22km

Altitude gain/loss: +230m / -300m

Day 3 (Monday 3 June 2024):

Portomarin – Palace do Rei

Leaving the village, the Camino crosses the River Miño and climbs steadily uphill. On our way, we cross Gonzar and the Romanesque Church of Santa María Castromaior, and then stop a moment to enjoy the peace and calm of the Galician Cemetery in Ligonde. We continue on to Eirexe and its stunning Romanesque church featuring a sculpture of Daniel, as well as Santiago de Peregrino. Our overnight stop is in Palace do Rei, a small and pretty town.

Meals: Breakfast, lunch, dinner

Trekking: approx. 6.5 hours / 25km

Altitude gain/loss: +340m / -140m



Day 4 (Tuesday 4 June 2024):

Palace do Rei – Arzua

Today, the Camino continues slightly downhill, passing the village of Casanova and the charming village of Leboreiro. At Melide there is a chance to stop in one of the many restaurants to try some local specialties. Later today, the Camino follows a forest track and crosses several streams bringing us to the village of Boente, with its church of Santiago. Then we pass through the medieval village of Ribadiso, and finally reach Arzua. This small town has 2 churches that can be visited, Santa María and La Magdalena. It has a population of around 7000 and is famous for its creamy cheese, quiexo.

Meals: Breakfast, lunch, dinner

Trekking: approx. 7 hours / 29km

Altitude gain/loss: +140m / -340m

Day 5 (Wednesday 5 June 2024):

Arzua – Rua Opino

Today's shaded section of the Camino passes through woods, along streams and through sleepy villages. We take our time and visit the chapel of Santa Irena, with its unique statues of Santiago. The rest of the way to Rua Opino is on a good and quiet country road. Rua is one of the less crowded stopping points before Santiago de Compostela.

Meals: Breakfast, lunch, dinner

Trekking: approx. 5.5 hours / 18km

Altitude gain/loss: +50m / -130m

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Day 6 (Thursday 6 June 2024):

Rua Opino – Santiago de Compostela

The final stage today, firstly to Lavacolla, where pilgrims traditionally washed in the river before reaching Santiago de Compostela. The tall eucalyptus trees line the way to Monte del Gozo (the Mount of Joy), from where we can see our goal – the Cathedral of Santiago! After descending to the city you will be able to witness the fantastic architecture of the UNESCO World Heritage Site close-up. We check into our hotel and relax after completing our camino.

Meals: Breakfast, lunch, dinner

Trekking: approx 5.5 hours / 21km

Altitude gain/loss: +150m / -185m

Day 7 (Friday 7 June 2024):

Santiago

Today is free for you to enjoy at your leisure. Take in the sights of Santiago de Compostela or optional excursions are available for a supplement, payable locally. Gather for a celebratory farewell dinner this evening.

Meals: Breakfast, dinner

Day 8 (Saturday 8 June 2024):

Santiago – UK

Transfer to the airport for the return flight to the UK.

Meals: Breakfast

N.B. This itinerary has been prepared in advance so while we do not anticipate changes, this itinerary may be subject to alteration due to flight schedules, hotel availability and other factors outside our control. During the trip itself the itinerary will depend on the group ability, weather and the daily circumstances. Any changes in the itinerary will be made in the interest of group safety and enjoyment. In-country, your guide and tour manager will have the final say in the interest of the health and safety of the group.



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Kit List – Camino de Santiago de Compostela Trek

The kit you take on your trek can make the difference between being 'just a trek' or a 'memorable trek'. Our kit lists are put together with feedback from our own experiences and that of participants who have taken part in our previous trips.

The items on this list do not take into account your personal preferences based on your previous trekking experiences, or individual requirements.

PLEASE NOTE: This list is just a guideline and is not exhaustive or take into account personal preferences.

For information about items on this list please refer to the trip dossier or contact The Different Travel Company on info@different-travel.com

*Please consider eco-friendly or biodegradable options.

ESSENTIAL **SUGGESTED** **OPTIONAL**

DOCUMENTS & FLIGHT ESSENTIALS	✓
Passport and Copy	ESSENTIAL
E-Tickets	ESSENTIAL
Travel insurance	ESSENTIAL
EHIC/GHIC Card	ESSENTIAL
ATM and credit card (s)	ESSENTIAL
Cash (£ Sterling)	ESSENTIAL
Pen for immigration forms	ESSENTIAL
Sunglasses (preferably polarized)	ESSENTIAL
Mobile phone + charger	ESSENTIAL
Camera + spare batteries	SUGGESTED

LUGGAGE	✓
Kitbag/ holdall for luggage (total weight max 20kg)	ESSENTIAL
Daypack (25 – 30 litres)	ESSENTIAL
Hand Luggage (take note of dimensions from airline)	ESSENTIAL
Dry bag/backpack liner	ESSENTIAL
Combination padlocks	ESSENTIAL

CLOTHING & FOOTWEAR	✓
Trekking boots: either worn on flight or carried in hand luggage	ESSENTIAL
Lightweight trek trousers	ESSENTIAL
Non-cotton, technical t-shirts	ESSENTIAL
Non-cotton long sleeved top/shirt	ESSENTIAL
Non-cotton long sleeved base layer	ESSENTIAL
Trek socks	ESSENTIAL
Underwear	ESSENTIAL
Warm fleece or sweater	ESSENTIAL
Shorts	ESSENTIAL
Sun hat with brim	ESSENTIAL
Lightweight waterproods	ESSENTIAL
Lightweight insulated jacket	ESSENTIAL
Neck cooling 'Cobber' or cooling towel	SUGGESTED
Buff (www.buff.com)	SUGGESTED
Casual clothes and footwear for evenings	SUGGESTED

HEALTH & HYGIENE	✓
Hygiene kit to include: toothbrush and toothpaste, antiperspirant deodorant, wet wipes, shampoo, conditioner, nail brush and nail care kit	ESSENTIAL
Personal first aid kit to include: prescription medicine, insect repellent, ibuprofen, paracetamol, plasters, blister plasters (e.g. Compeed), Imodium, rehydration salts (Dioralyte), antiseptic cream (e.g. Savlon), Anti-histamine cream/tablets, lip balm with SPF protection, zinc oxide tape, nail scissors/tweezers, muscle rub (e.g. Deep Heat)	ESSENTIAL
Hairbrush/comb	ESSENTIAL
Lateral flow tests (min x2)	ESSENTIAL
Disposable masks	ESSENTIAL
Feminine care products	SUGGESTED

OTHER KIT	✓
Sun block (high SPF)	ESSENTIAL
Toilet bag: toilet paper, wipes, hand sanitiser, nappy sacks	ESSENTIAL
2 ltr water hydration system (e.g. Camelbak)	ESSENTIAL
1 ltr water bottle	ESSENTIAL
LED head torch + spare batteries	ESSENTIAL
Adaptor (European 2 round pin)	ESSENTIAL
Ear plugs	ESSENTIAL
Hiking poles – to be stowed in hold luggage for flight	SUGGESTED
Energy food/snack bars	SUGGESTED
Bags for dirty washing	OPTIONAL
Spare glasses/contact lenses	OPTIONAL
Video camera + charger	OPTIONAL
MP3 player/ipod	OPTIONAL
Portable power bank	OPTIONAL
Books/packs of cards	OPTIONAL
Travel pillow	OPTIONAL
Swimwear*	OPTIONAL

*Some accommodation may have a seasonal outdoor swimming pool, though this is not guaranteed.