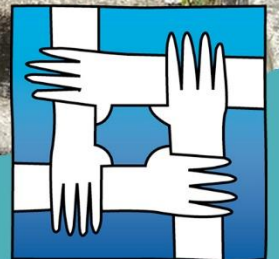


# Camino de Santiago

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](http://www.caa.co.uk).



# Camino de Santiago Trek

1 - 8 June 2024



Camino de Santiago Trek

1 - 8 June 2024



## 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.



# Camino de Santiago Trek

1 - 8 June 2024



## 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.

# Camino de Santiago Trek

1 - 8 June 2024



## 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](mailto:info@different-travel.com).

## Trip cost

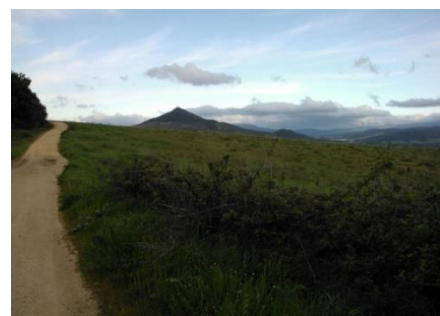
A £395 registration fee is payable at the time of booking, then you are asked to fundraise at least £2,900 for Sara Lee Trust. 80% (£2,320) is payable to Sara Lee Trust by 8<sup>th</sup> March 2024. The remaining balance of £580 is due by the departure date.

### 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



# Camino de Santiago Trek

1 - 8 June 2024



## 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*

# Camino de Santiago Trek

1 - 8 June 2024



## 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.



# Camino de Santiago Trek

1 - 8 June 2024



## Before you go! Important information to help you prepare for your trip

Travel practicalities and country information

Trek knowledge

Food and drink

Kit tips

Luggage

Responsible travel and culture

Fitness, health and safety

Kit list

## Travel practicalities and country information

### Visas and passports

British Citizens do not currently require a visa to enter Spain. As you are travelling as a tourist, you can travel to countries in the Schengen area (including Spain) for up to 90 days in any 180-day period without a visa. For other nationalities this may be different, please consult with the Embassy or Consulate of the destination for advice.

You must have a valid passport which is less than 10 years old and with validity of at least 3 months after the day you plan to leave Spain or any other Schengen country. The 3 months you need when leaving the country must be within 10 years of the passport issue date. *(Correct at the time of writing)*.

### Travel insurance

The Different Travel Company will do everything possible to ensure a safe and enjoyable trip however unexpected things can occur such as delays, medical problems, baggage loss, cancellation by you etc. The purchase of travel insurance is mandatory; you are advised to organise it at the time of booking to ensure you are covered immediately. Different Travel is an Unregulated Introducer of Campbell Irvine Ltd who are authorised and regulated by the Financial Conduct Authority.

You can find out more here: <https://microsite.campbellirvinedirect.com/differenttravel>

Please note: most travel insurance policies protect you before departure too so it is advised to buy insurance as close to booking as possible as it may protect you against the loss of your non-refundable, non-transferable registration fee if you cancel due to injury, illness etc.

### Phone and Wi-Fi Access

Wi-Fi or internet access is available at some hotels and guesthouses but not all of them. The Camino goes through rural areas where internet service might not always be reliable. During the trek, most mobile phones should work and get reception (subject to your phone provider, and phone reception in your location). In general you should have reception for much of the route, particularly in the towns, but signal may be intermittent in the valleys and more rural spots.

### Electricity

Electricity in Spain is 230V, 50Hz. The plugs used are European two round pin plugs. Electricity is only available at the hotels and guesthouses. Please bring the necessary plug adaptor. If access to electricity during the trek is important to you, you are advised to bring a portable power pack (power bank or battery pack) which when fully charged allows you multiple charges of USB-powered devices such as phones. You should buy a power pack with a minimum capacity of 15,000mAh and these are widely available online.



# Camino de Santiago Trek

1 - 8 June 2024



## Money

The currency used in Spain is the euro. The current exchange rate is 1.13 euros to the pound (February 2023). Cash is the main form of payment on the trail so ensure you have enough cash with you. The small bars and cafes you will see along the Camino sometimes do not accept credit cards or there may be a minimum spend on a credit card, so cash is recommended. You will require cash for guide tips, drinks, snacks and other personal expenses. As a guideline, around €150 should be sufficient although of course it depends on how much you wish to purchase.

## Accessing cash

You can find ATMs at the airport and in Santiago de Compostela if you wish to withdraw cash. There may be ATMs at the small towns en route, but please note these may not always be working. Please be aware that your bank may charge for overseas withdrawals and transactions and some banks block overseas transactions; inform your bank of your travel plans before departure and check fees.

## Tipping

While tipping is not mandatory, it is recommended and greatly appreciated by the local staff and the trek team. We would recommend allowing around £30-35 in total for tips per trekker.

## Photocopies

Remember to photocopy of all your documents (insurance details, flight numbers, passport, credit/debit cards etc.) and take a copy with you during the trip, stored separately from the original documents. You should also scan and email these documents to yourself and leave a copy with a trusted family member or friend. If you lose any of your documents, you will then have access to a copy with you and online. You may also wish to upload your documents to cloud storage such as Dropbox or Google Drive.

## Language

Spanish is the main language for this trip and attempting even a few words of Spanish will help you feel more welcome with any locals you meet along the route. Here are some helpful Spanish words and phrases to get you by:

<b>Hello/Goodbye:</b>	Hola / Adios	<b>Water:</b>	Agua
<b>How are you?:</b>	Cómo estás?	<b>How much?:</b>	Cuánto cuesta?
<b>Please:</b>	Por favor	<b>Enjoy (food):</b>	Buen provecho
<b>Thank you:</b>	Gracias	<b>Yes:</b>	Sí
<b>Excuse me!:</b>	Permiso!	<b>No:</b>	No

## Books

There are numerous guidebooks available about walking the Camino along with other Camino based literature including:

Buen Camino!, Natasha and Peter Murtagh (2011); ISBN: 9780717148431, £18.99

Spanish Steps: Travels with my Donkey, Tim Moore (2005); ISBN: 9780099471943; £12.99

The Pilgrimage, Paul Coelho (1987); ISBN: 9780722534878; £9.99.

## Trek knowledge

### Accommodation

In larger towns you will stay in 3\* hotels whilst in the smaller towns/villages/hamlets, hotels and guesthouses will usually be of a 2\* standard. Accommodation is based on location, comfort, character and service and will be booked as most appropriate for our group and as close to the historical centre of a town/city as possible rather than on the outskirts. This is facilitated by the fact that the Camino usually goes through the heart of each town and/or city. You will stay in rooms on a twin or triple-share basis.

### Hygiene and bathroom facilities

During the trek you will have daily access to showers and toilets at the guesthouses and hotel accommodation. The majority of rooms will have a private bathroom although you may occasionally have the use of a shared bathroom. Towels will be provided at the accommodation, but toiletries may not always be provided so you may wish to bring these with you. You may also wish to carry a small pack of baby wipes for your general hygiene during the trek day (e.g. to clean your hands before you eat lunch).

If you need to use the toilet during the trek day you must find a private area off the trail. You must never leave used toilet paper on the ground; this must be packed up into a nappy bag or sanitary disposal bag, pop it in your daypack and dispose of it properly at the accommodation (please bring your own nappy sacks with you). You should bring one roll of toilet paper for your own use. There are many bars and cafes along the route, so there aren't many sections where you will be without access to facilities for more than 5km. However most bars and cafes will only allow you to use their toilet if you purchase a coffee or something from them.

### Difficulty

This tour is classified as moderate to challenging for someone of a good general level of fitness. Each day you can expect to walk for 5.5-7 hours on various types of terrain. The activity level is high so don't expect it to be easy. **You will need to train in preparation for this.**

### Weather

The section of the Camino de Santiago you will be walking is located in the Northwest of Spain in the region of Galicia also known as the Ireland of Spain. Here, there is usually a temperate climate all year round, however weather can be unpredictable, so it is important to be prepared for a variety of weather conditions and temperatures by packing non-cotton layers and waterproofs. In general, the temperature each day can range between 20-24°C during the day but could drop to 10°C (or lower) at night. Weather conditions will vary but in general during June, it will be relatively warm (average 17°C) but still with a small chance of rainfall.

## Food and drink

### Water

Tap water on this trip is safe to drink and bottles can be refilled at each night's accommodation and at water fountains along the route. You will need a bottle to carry your own drinking water (please see below). During the trek you will need to drink at least 3 litres of water per day to stay hydrated.

# Camino de Santiago Trek

1 - 8 June 2024



## Keeping hydrated

Electrolyte tablets (e.g. Nuun, High5, PowerBar etc.) are flavoured effervescent tablets which contain salts, sugars and minerals which are naturally lost from your body when you sweat. By adding these tablets to your water it not only offers flavour to your water, but it can help prevent dehydration before it begins. Electrolyte tablets are widely available in outdoors stores and online for around £8 for 12 tablets. You may also wish to bring a small supply of rehydration salts (e.g. Dioralyte) which treat dehydration.

## Water bottle

You will need to bring your own bottles to carry at least three litres of water per day. Some people will bring a 2-3 litre CamelBak hydration system (for effortless access to water while you trek) plus one 1-litre water bottles (e.g. plastic Nalgene or metal Sigg bottle). Some people prefer to bring three 1-litre bottles. The choice is yours. If you're bringing a CamelBak hydration system, a separate 1-litre bottle is essential as it can be used as a backup if your hydration system fails.

**Please write your name on all your bottles in marker pen.** Please note that 'own brand' and cheap hydration systems are notorious for splitting, leaking or valves not functioning properly. CamelBak and Platypus are the leader in this market because their products are significantly better quality and more reliable.

## Dietary requirements

The majority of special diets, such as vegetarian, vegan, gluten-free, etc., can be catered for if we are notified in advance. Please ensure that you notify us of any dietary requirements at the time of booking or as soon as possible. Please note that we cannot guarantee that food preparation will have taken place in a contamination free environment.

## Food

Breakfast, lunch and dinner are included throughout the trip as specified on the itinerary (lunch is not included on your free day in Santiago). Breakfast in Spain is typically a light meal and continental style. It may include a variety of bread, cheese, meats, fruits, tea and coffee.

Lunch will be packed with bread, fruit, cheese, cured meats, oat bars etc. or will be ingredients to form a buffet lunch, which will be shared. Dinner will be served at the hotel or at a nearby restaurant and will usually consist of a 3 course set menu of starter, main and dessert. It will be hot and include dishes such as soup, salad, potatoes and fish or meat followed by a dessert depending on location. There will be plenty of choice for people who do not like fish.

## Snacks

You may wish to bring a selection of snacks for energy, a pick-me-up or a little taste of home. Please bring snacks you have tried before (and enjoy!) so they are appetising to you. Items such as sweets, individually wrapped cake bars, protein bars and dried fruit are ideal but don't forget to bring savoury treats also such as salted nuts, biscuits or salted crackers.

Since the UK's departure from the EU, foods containing meat or dairy (e.g. a ham sandwich) and fresh fruit or vegetables (including cartons of fruit juice) are not allowed to be brought into Spain. Please do not bring any snacks containing these ingredients with you.

## Kit tips

### Discount

When you book you will receive a 10% Nomad Travel discount voucher for use at their travel.

# Camino de Santiago Trek

1 - 8 June 2024



## Footwear

You need to wear hiking boots or trek shoes during the trek. It is important that your boots/shoes are waterproof (e.g. Gore-Tex or eVent), have good ankle support and a good quality sole (e.g. Vibram). You are recommended to try on lots of pairs at a specialist outdoors store such as Cotswold where the staff can advise you on the correct boot and fit for you. Do not leave it to the last minute to purchase hiking boots/shoes as you need time to break them in. You should wear your boots/shoes on the plane, or carry them in your hand baggage, in case there are problems or delays with your luggage. A pair of sandals or lightweight shoes can be worn in the evenings.

## Socks

It is important that the socks you choose are high quality, non-cotton and will not slip down in your boots which causes blisters. Never wear cotton socks which absorb sweat making them damp and more likely to rub against your feet, causing blisters. Socks containing Coolmax (a brand of polyester) or nylon have wicking properties which means that it pulls sweat away from the skin for it to evaporate. Good brands to consider include Bridgedale, Smartwool and Brasher.

## Trek clothing

You are recommended to invest in trekking gear which can be worn in layers (base layer, warm layer, shell layer) which can be added and removed easily to manage your temperature and the climate. Your clothes should be made of technical fabrics designed to wick sweat away from your body which keep clothes dry and smelling fresh. Merino wool, nylon, polyester, polypropylene and bamboo fabrics are all effective technical fabrics.

Never bring cotton clothing to trek in. Cotton clothing can be hazardous to wear in cool conditions because when sweat is absorbed by cotton fibres (rather than forced to evaporate as with technical fabrics), it leaves clothes damp. Damp clothes make you cold and uncomfortable and could even leave you vulnerable to hypothermia on a cold day. You can find good quality technical clothing in all reputable outdoors stores. Check the garment label to ensure your garments contain 0% cotton.

Good quality Gore-Tex waterproofs are important just in case there are showers. Most people will trek in the same outfit for the duration of the trip and have one or two spares in their kit bag.

## Top clothing tips

A loose fitting, non-cotton, long sleeved shirt will keep you cool better than a short-sleeved t-shirt as, technically, covering your skin keeps you in the shade. It also helps prevent sunburn. A long sleeved shirt also offers the flexibility to roll sleeves up and down as required. Lightweight non-cotton zip-off/convertible trek trousers made of quick-dry material, are also ideal for the same reason in that they keep your skin in the shade; however sports leggings and shorts are fine too.

## Headwear

A hat with a wide brim is recommended and/or a Buff (see <https://www.buff.com/>).

## Hiking poles

Although there are no significant inclines, you may wish to bring hiking poles to help reduce the load on your feet and offer a bit more stability. Poles are optional and it is up to the individual if they wish to bring any. If you choose to bring them, you should use them on your training walks to familiarise yourself on how to use them. Hiking poles must fit inside your main luggage/kitbag for the purpose of the international flight.

## Sunglasses

These are important even on overcast days. They must offer 100% UV protection, and polarised sunglasses are ideal. Taking a spare pair is recommended.

## Luggage

This trip is different to a standard holiday so you will need the following four luggage items:

### 1. A small daypack

You are responsible for carrying your own daypack containing essentials for each day. We recommend you bring a 25-30 litre rucksack which **must** have a hip belt and a chest strap. High quality brands to consider when looking for a suitable pack include Osprey, Berghaus and Lowe Alpine (amongst others) and you are strongly advised to visit a reputable store like Cotswold to have your backpack fitted, as they come in a variety of sizes, and some brands offer male and female specific fits. You can expect to carry your personal first aid kit, warm layer, sun cream, packed lunch, three litres of water, snacks, waterproofs, toilet paper, wet wipes and camera. It could weigh 6-8kg when packed, so you should make your backpack selection carefully and ensure it fits correctly and is comfortable. You will not have access to your main pack while trekking.

### 2. A dry bag/rucksack liner

You are advised to use a lightweight waterproof rucksack liner or dry bag (e.g. Exped dry bag) inside your daypack to keep your belongings dry in rainy conditions. It should be large enough to fit inside your entire backpack. Rucksack covers alone are ineffective at keeping your kit dry in wet conditions and can often blow away in the wind.

### 3. A soft-sided kit bag or large rucksack

This will hold your entire luggage when you check in on the flight. This luggage will be transported by vehicle during the trek to each night's accommodation and will contain the items you need for the evenings and mornings during the trek (e.g. toiletries, change of clothes, extra snacks etc.) but also anything not required for the trek (e.g. travel clothes, etc.). The weight limit is strictly 20kg for this bag. Your airline baggage allowance will be confirmed in your pre-departure information.

4. You should bring **combination padlocks** to secure your luggage.

## Responsible travel and culture

The environment of the Camino is a fragile one. We are environmentally conscious and aim to minimise our impact as much as possible. Key points:

- Never leave toilet paper or litter on the trail.
- Don't dispose of fruit peel, cores or seeds on the ground; although they decompose eventually, they are unsightly and may attract animals.
- Turn off lights when not in rooms.
- Minimise your water usage by having short showers.
- Avoid touching or marking works of art, sites or monuments.
- Leave everything where you found it, including shells, plants, pieces of stone etc and do not move stones and large objects.
- Keep your backpack and belongings from hitting decorated walls and paintings.

### Etiquette

Always endeavour to be polite and respectful. If you show respect, then it will be reciprocated. Some tips include:

- Respect other accommodation guests by keeping noise to a minimum, especially early in the morning and late at night.

# Camino de Santiago Trek

1 - 8 June 2024



- Be respectful to your guides and hosts; don't forget to say please and thank you.
- Be considerate of the feelings of other group members.

## Fitness, health and safety

### Vaccinations and travel health

Different Travel regrets that we cannot provide medical advice or recommendations. You are advised to seek medical advice at least 8 weeks before travelling to ensure that all appropriate vaccinations are up to date. For general information visit [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk) or [www.travelhealthpro.org.uk](http://www.travelhealthpro.org.uk) but your GP or travel health professional should be the first stop for a consultation tailored to your medical history. Please note that failure to be adequately vaccinated or take necessary prophylactic medication can invalidate travel insurance policies as it is considered that you have not taken necessary precautions.

### First aid kit

You should bring a small first aid kit of essential items which is for your own personal use and keep it in your backpack. Suggested items to include: personal prescription medicine, painkillers, blister plasters, insect repellent (50% DEET), anti-histamine tablets, Loperamide (e.g. Imodium), lip balm with SPF, indigestion remedy, muscle rub, zinc oxide tape etc. Please keep the contents to a minimum as you have to carry it yourself.

### Zinc oxide tape

This tape is really useful to prevent blisters. When you feel your boots start to rub against your feet, you should stop and remove any debris from your boots and check your feet. If a hot spot is developing (a red, sore area without broken skin) you can apply zinc oxide tape to the area and it will stop (or slow down) a blister developing. If you are too late to prevent the blister, you should clean the area and apply a Compeed blister plaster instead.

### Fitness training

You should start training at least 6 months before your departure. The best form of training for a trek is get outside and start walking. If you're not a regular walker, start slowly with short distances then as you get more comfortable, increase your mileage and add in more challenging terrain until you can comfortably walk for several consecutive days, for around 8 hours at a time, on hilly terrain while maintaining a comfortable pace without needing to stop more frequently than once an hour for a 5-minute rest.

Hill walking while carrying a fully packed backpack while wearing your hiking boots/trek shoes should feature predominantly in your training as this will help prepare your body for the terrain and baggage load you will experience during the trek.

Other activities which can complement hill walking include running, cycling, gym workouts and boot camps etc. Developing your core and leg muscle strength is also 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 can download a number of free apps, which will help you train and track your progress. E.g. MapMyWalk, C25K (couch to 5k run), MyFitnessPal.

Please note that attempting to complete the trek without any training may make the experience unnecessarily difficult and hinder your experience, and also the experience of your teammates.

The local guides, in consultation with your Different travel tour manager, may advise that if you are not fit enough to continue, that you leave the trek.

# Camino de Santiago Trek

1 - 8 June 2024



## Safety

Please take common-sense precautions while travelling to ensure your safety and the protection of your belongings. For example: leave flashy jewellery, watches and accessories at home; keep wallets out of sight stowed in a handbag or backpack rather than sticking out of a pocket; don't leave bags unattended at any time; carry cameras in their cases rather than carrying them openly with the camera strap; split cash into different pockets rather than carrying all your money in one place, especially immediately after you have used the ATM; and so on.

## Emergencies and evacuations

In the unlikely event of a serious illness or accident, the local team will ensure you are transferred as swiftly as possible to the nearest hospital. Please ensure your travel insurance covers you for airlifting/emergency evacuations as this can be required to reach casualties on more remote trails in an emergency. You are recommended to bring a credit card during the trip in the event that you need to pay for medical treatment upfront in the event of an emergency.

## European Health Insurance Card (EHIC) and Global Health Insurance Card (GHIC)

When visiting countries within the European Union, you must take a European Health Insurance Card (EHIC) or a UK Global Health Insurance Card (UK GHIC), which entitles you to emergency medical treatment on the same terms as EU nationals. With an EHIC or GHIC, you can get medically necessary treatment in Spain on the same basis as a Spanish citizen. This means that you'll get state healthcare services for free or at a reduced cost.

Please note that the EHIC or GHIC is not a substitute for travel insurance. Following Brexit, for most people, the UK GHIC replaces the existing EHIC, but if you have an existing EHIC, it will remain valid until the expiry date on the card. A UK GHIC and new UK EHIC are free of charge (beware of unofficial websites which may charge a fee) and you can apply via the NHS website: <https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic>.

*Last updated February 2023*

# Camino de Santiago Trek

1 - 8 June 2024



## 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](mailto: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 ( <a href="http://www.buff.com">www.buff.com</a> )	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	ESSENTIAL
Spare glasses/contact lenses	ESSENTIAL
Video camera + charger	ESSENTIAL
MP3 player/ipod	ESSENTIAL
Portable power bank	ESSENTIAL
Books/packs of cards	ESSENTIAL
Travel pillow	ESSENTIAL
Swimwear*	ESSENTIAL

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