

# CAMINO DE SANTIAGO

TREK



GLOBAL  
ADVENTURE  
CHALLENGES

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GLOBALADVENTURECHALLENGES.COM



# KEY INFO

Duration: 5 days

Distance: 67km approx.

Challenge Grade: Challenging ①

Location: Spain

# CHALLENGE HIGHLIGHTS

- Explore the beautiful rolling green landscapes of rural Galicia
- Follow in the footsteps of thousands of pilgrims along the Camino Frances
- Explore Santiago de Compostela's Old Town – a UNESCO World Heritage Site, home to the Santiago Cathedral

# THE CHALLENGE

Join us on a classic Camino de Santiago experience – trekking the final 67km of the famous Camino Frances - the French Way. Starting in Palas de Rei, we begin our three-day trekking adventure along this popular pilgrimage route. We will trek through rolling green landscapes, traditional villages and picturesque woodlands on our way to Santiago, discovering local traditions and meeting fellow pilgrims along the way. Today the Camino is more than a pilgrimage, it is a remarkable journey and a unique experience. Our final destination is the magical Santiago Old Town, a wonderful UNESCO World Heritage site, home to the stunning Cathedral of Santiago de Compostela!

## Day 1

### Depart UK

We depart the UK for Santiago airport and transfer to Santiago de Compostela for our overnight stay. Here we enjoy dinner and a good night's sleep before starting our trek along the famous Camino Frances.

## Day 2

### Palas de Rei to Arzúa

After breakfast we will be transferred to the town of Palas de Rei – the starting point to our Camino trekking adventure! Today we head downhill along the Camino trail, passing the charming villages of Casanova and Leboeiro. We continue to Melide where we have the option to enjoy octopus, a local delicacy! From here we cross several small streams and follow a forest track bringing us to the village of Boente and the church of Santiago. Next, we trek through the medieval hamlet of Ribadiso and arrive in the town of Arzúa, famous for its local cheese. Here we have time to relax and explore the old town, including the idyllic churches of Santa María and A Magdalena.

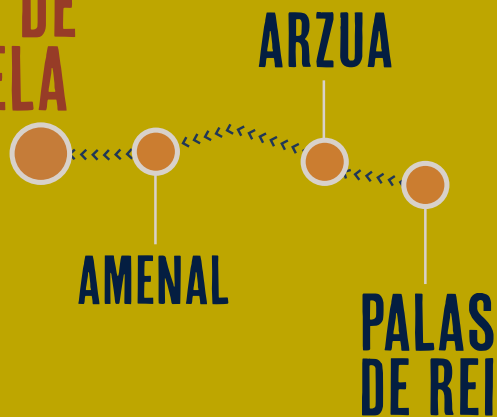
*If our group size is larger than 20 we will transfer to Santiago for dinner and our overnight stay before transferring to Arzua in the morning.*

**Trekking distance – approx. 30km**





# SANTIAGO DE COMPOSTELA



## TREK THE FINAL 67KM OF THE CAMINO FRANCES, AND EXPLORE THE UNESCO WORLD HERITAGE SITE OF SANTIAGO CATHEDRAL

### Day 3

#### Arzua to Amenal

We continue through beautiful woods, sleepy villages and across streams. The chapel of Santa Irene with its unique statue of Santiago is one of the sights we will see along the way. We continue through the hamlet of Rúa, along country roads and forest tracks to Amenal.

*If our group size is larger than 20 we will transfer to Santiago for dinner and our overnight stay before transferring to Amenal in the morning.*

**Trekking distance – approx. 21km**

### Day 4

#### Amenal to Santiago

Our first destination is Lavacolla, set along the outskirts of Santiago where pilgrims used to wash themselves in the river in preparation for their arrival in Santiago de Compostela. From here rows of tall eucalyptus trees line our journey to Monte do Gozo – and we can then catch our first glimpse of the spires of Santiago Cathedral.

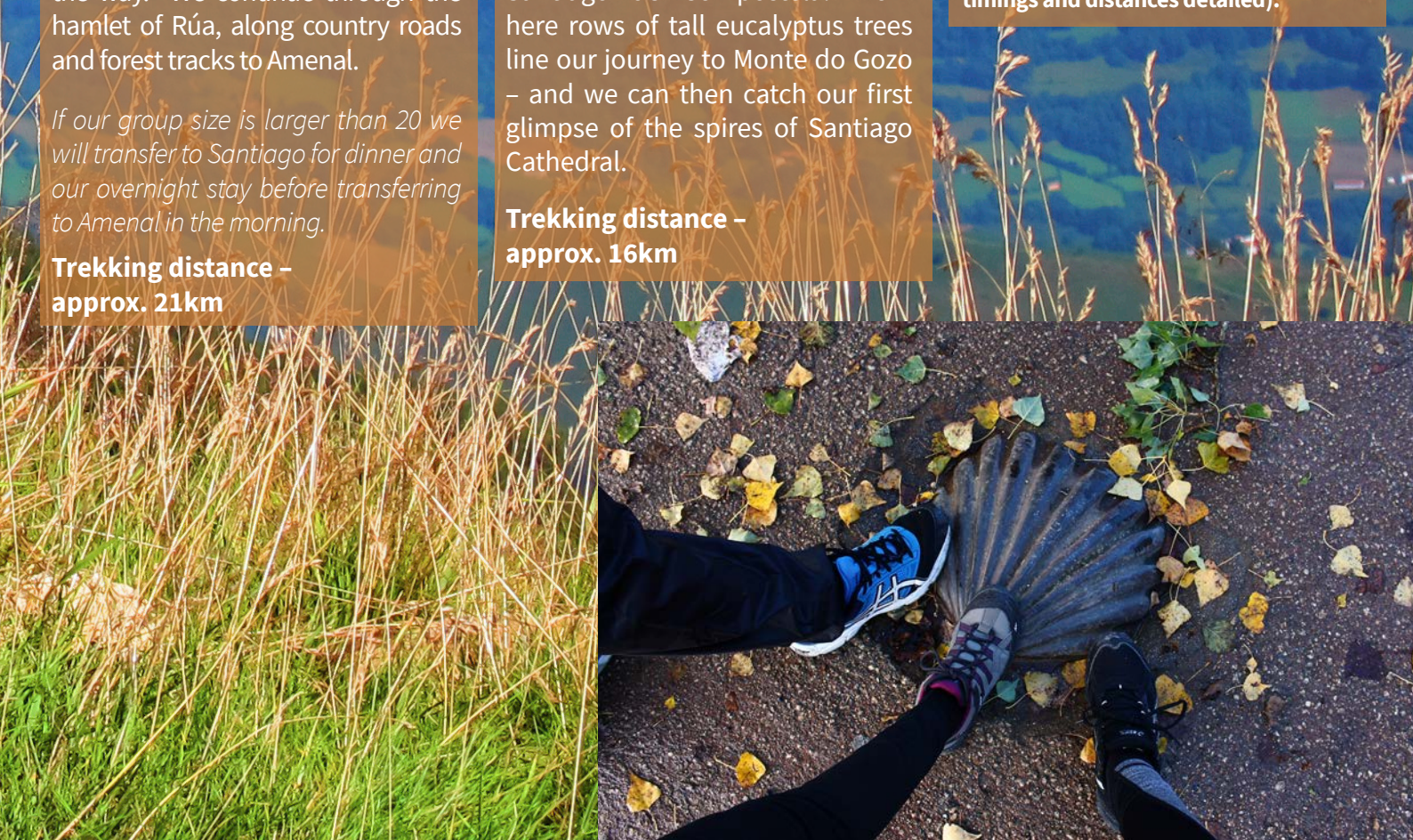
**Trekking distance – approx. 16km**

### Day 5

#### Return to UK

Following breakfast, we will transfer to Santiago Airport for our flight back to the UK.

**(Please note this is a complex itinerary and subject to change, including the timings and distances detailed).**





# YOUR QUESTIONS ANSWERED...

## Is this trip for me?

ABSOLUTELY! This trek is suitable for all ages with the correct training. The minimum age for this trek is 18 years old (those aged 14 - 17 years must be accompanied by a parent or legal guardian). The one thing everyone will have in common is a great sense of adventure and a desire to help a charity. Whether you are taking part as an individual or as a team with friends, team spirit will be flying high on the challenge.

## How fit do I need to be?

This trek has been graded as Challenging (1) on our challenge grading scale and is designed to push your boundaries, however it is achievable by anyone as long as you fitness train beforehand. Remember, you are trekking for 3 consecutive days, covering approximately 67km – the fitter you are, the more you will enjoy this challenge. Training tips can be found on the Global Adventure Challenges website to point you in the right direction and why not join one of our training weekends - it's a great opportunity for you to meet our team and fellow participants!

Our policy is to encourage and support as many people as possible to take part in our challenges. But they may not be suitable for all people due to restriction posed by limitation in mobility, physical or cognitive disability, pregnancy or other various medical conditions. If you have any doubts regarding your suitability for your challenge please contact our office to speak to one of the team.

## What is the challenge grading scheme?

All of our challenges are graded on a scale from 1 to 3 to indicate the level of difficulty, 1 being the lowest challenge grade and 3 being the most challenging. (1 = Challenging, 2 = Tough and 3 = Extreme).

## Where will we stay?

Whilst on the trek we will be staying in local hotels on a twin-share basis. All accommodation will have showers available.

## Do I need specialist kit?

We will supply you with a kit list of what to take once you register to take part. Apart from some broken in trekking boots you do not need any specialist kit.

## Do I have to carry my own luggage?

No. Your main luggage will be transferred between accommodation. You may wish to carry a small day pack while trekking to carry items such as a camera, waterproofs, sunscreen, energy snacks, etc.

## Food Matters...

All meals will be provided from dinner on Day 1 through to breakfast on Day 5. We cater for most dietary requirements as long as we know in advance – just fill in the appropriate section on your registration form.

## What's included?

- Return flights from London to Santiago
- All accommodation
- Luggage transfers
- Local English-speaking guide/s
- All meals on the trek, starting with dinner on Day 1 through to breakfast on Day 5
- Global Adventure Challenges Leader from the UK
- Comprehensive first aid/medical kit

## What's not included?

- Personal travel insurance
- Alcoholic drinks
- Tips and gratuities
- Your personal kit (trekking boots, poles, etc.)

## What support is there on the challenge?

There will be a strong support team with a professional local guide and a Global Adventure Challenges Leader and a full, comprehensive first aid kit will be taken.

## What happens if I get tired?

There will be regular rest stops for drinks and snacks – there is no problem if you need to take more rest stops.

## How do I go about raising the sponsorship?

Once you have signed up you will receive a fundraising pack from your chosen charity in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.

## I'm interested... What do I do now?

You can register online at [www.globaladventurechallenges.com](http://www.globaladventurechallenges.com), payment of the registration fee is due at time of booking – all payment options and costs are explained on the dates and costs information sheet. Once your registration is received Global Adventure Challenges will write to you with further information on what to expect from this awesome adventure! Your charity will also be in contact to discuss your fundraising.

# #BELIEVEYOU CAN

## REGISTER ONLINE TODAY!

[WWW.GLOBALADVENTURECHALLENGES.COM](http://WWW.GLOBALADVENTURECHALLENGES.COM)

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