

Camino de Santiago Trek

Trip Code: CDS

Version:



WALK & TREK



GUIDED GROUP



MODERATE



HIGHLIGHTS

- Walk through rural Galicia, from Sarria to Santiago de Compostela Cathedral
- Fully guided, with baggage support, and cosy hotel/guesthouse accommodation
- Earn your 'Compostela' certificate by collecting stamps in your 'Pilgrim's Passport'
- Discover historic towns, romanesque churches, medieval bridges and roman ruins
- Experience Spanish culture and delicious regional cuisine

AT A GLANCE

- 6 days walking
- Max altitude - 600 metres
- Join at Sarria, Ends Santiago de Compostela

ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

Take a journey through history on this fully guided walking holiday following Spain's Camino de Santiago, The Way of St James. Since the middle ages the Camino has been considered one of the holiest pilgrimages in world. Legend has it that the remains of the apostle St James, having been carried by boat from Jerusalem, were interred in northern Spain, at what is now Santiago de Compostela. For centuries Christians have journeyed here to pay homage; nowadays, these pilgrims are also joined by explorers from around the world, drawn in by the fascinating history of the route. We will join the Pilgrim's Way in Sarria, from where we follow the iconic scallop shell route markers all the way to the cathedral in Santiago de Compostela, thus completing the last 100km stretch that qualifies us for our 'Compostela' pilgrimage certificate.

We set out from the pretty, tree-shaded streets of Sarria, armed with our 'Pilgrim's Passports', which we'll enjoy filling with stamps each day in the small cafes and Romanesque churches we pass by. Our route leads us beside waterways, through woodland and picturesque rural villages. Along the way we will be sure to encounter a variety of friendly fellow pilgrims and, after greeting each other with a "Bon Camino, Peregrino!", we can enjoy sharing stories as we walk. Finally we arrive at the ancient town of Santiago de Compostela, with its cobbled streets and welcoming cafes and tapas bars, where we visit the impressive Baroque Cathedral, now a shrine to St James, where we can attend a Pilgrim's Mass to mark the end of our journey if we wish. During the week we'll stay in small, family run hotels and our baggage will be transferred for us, allowing us to walk with just a light pack. With our experienced guide always on hand to explain about the history of the Camino, the villages and churches we pass, this fully guided walking holiday really allows us to enjoy the very best of this 1000 year-old pilgrimage route.

Is this holiday for you?

This hotel based walking week involves 6 days of hiking along well marked and well established paths, which will vary from forest tracks to cobbled pathways. The route will be signed with the classic scallop shell symbol, but we will have our guide with us to also help lead the way and to tell us all about the history of the route and region! For the most part we will be walking on lightly undulating or relatively flat paths. We should be prepared for 4 - 7 hrs of walking each day and distances will vary from 23km to just 15km, we will be walking at a relaxed pace and will take plenty of stops for refreshments, to collect stamps in our passports, and to visit some of the churches/monuments we pass along. This holiday is fully guided and includes baggage transfers on all days allowing us to walk with just a light day pack. With all but one meal included we can also enjoy sampling all the delicious food from this region of Spain!

Itinerary

Version:

Holiday Information

What's Included

- A professional and qualified tour leader
- Single timed group airport transfers
- All accommodation as described
- All meals as described in the Meal Plan
- All land transport required by the itinerary
- All baggage transfers

What's not Included

- Travel Insurance
- Visas (if applicable)
- Tips
- Miscellaneous personal expenditure - drinks and souvenirs etc...

Joining Arrangements & Transfers

TRAVEL TO YOUR DESTINATION

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

The group will meet at the group hotel in Sarria.

There will be a single timed transfer from Santiago de Compostela airport to the group hotel on in the afternoon of Day 1 of the Land Only itinerary.

On the last day of the Land Only itinerary there will be a single timed transfer back Santiago de Compostela Airport. This transfer will be in the morning.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If this is not practical, we can provide private transfers at an additional cost. Taxis are also available.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All meals except 1 dinner are included in the holiday price. We have also not included the final dinner in Santiago de Compostela as we have found that this evening is more enjoyable when the group and the leader decide on a final restaurant together. This also leaves you free to decide on your number of courses and budget.

Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

Breakfasts will be 'continental' in style, with tea and coffee, orange juice and plentiful bread/toast, fruit, jam, honey, cheese, meat and sometimes eggs. Packed lunches are provided and will be sandwiches, with some fruit and a snack. You may wish to bring along a few of your favourite energy snacks from home for the walking days. Our evening meals will be taken at our overnight accommodation or at a nearby restaurant chosen by our guide, we will pick from a special 2 course 'Peregrino Menu' with a mix of vegetarian, meat and fish options on offer, accompanied with some local wine - this menu is designed for hungry pilgrims and portions will be generous! the final evening meal in Santiago is not included, there are so many amazing restaurants in Santiago that it is nice to leave the choice of where to dine with you! It is of course traditional for the group to dine together with the guide to celebrate the end of the pilgrimage and our guide will be able to help out with some restaurant suggestions and with making a reservation. Those looking to sample some local delights from the Galicia region of Spain should look out during the week for the Galician Pie/Empanada (most commonly filled with tuna and red peppers), Santiago Tart (a delicious almond cake, decorated with the cross of St James and made from a recipe that dates from the middle ages) and when in overnighting in Melide it is a must to visit a 'Pulperia' to try the town's signature dish of Octopus (or 'Pulpo'). Traditionally the octopus is boiled, sprinkled with sea salt, olive oil and Spanish paprika, and served on a wooden platter - it's delicious! Though more common in southern Spain than in the north, we are also sure to enjoy some incredible tapas during our week!

Accommodation

In the small towns of Sarria, Portomarin, Palas de Rei, Melide and Arzua we stay in comfortable family-run hotels and guesthouses. In Rua we stay in a charming rural property, which has all the flavour and charm of Spain. In Santiago we stay in a comfortable hotel in the old town.

All accommodation is en suite and is based on twin sharing. If you are travelling by yourself, you will be paired with another single client of the same sex. Single rooms are available for a supplementary cost. If you are planning to extend your holiday, additional nights are available on request.

Group Leader & Support Staff

The group will be led by a professional and qualified tour leader. There will also be a driver who will transfer the luggage from each accommodation.

Spending Money

We estimate that €100-150 will be sufficient to cover all personal expenses including the not included meal and some beverages. This should also allow you to pay tips to the local staff. We recommend that you carry your travel money in the form of Euros since there will be not be many opportunities to change it once you arrive in Sarria. ATM's are available in Santiago de Compostela at the end of the trek. If you are intending to buy considerable quantities of soft drinks or beer, or expensive souvenirs you should budget accordingly.

Guidance on Tipping

Tipping is the accepted way of saying 'thank you' to your trekking leader and local team. Tipping is entirely voluntary and should be dependent on good service. We advise you to tip as a group.

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. Luggage with wheels is useful for this holiday. For international flights please check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

Currency

The currency for part or all of this holiday is the Euro.

Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience.

You should be aerobically fit and comfortable with walking up to 6 hours for consecutive days. Hill walking, with a good amount of ascent and descent, is the best training. Running, cycling and swimming are also good for developing cardiovascular fitness and stamina.

Climate

The temperatures that we can expect to encounter during the day will vary according to what time of year you travel. In the Spring and Autumn temperatures will be cooler than mid-summer and temperatures can range from 18 to 30 degrees Centigrade. This is a lush part of Spain, and the reason is that rain is likely at any time of year!

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- A Pilgrim's guide to the Camino de Santiago. John Brierley.
- The Way of St James, Spain (Pyrenees-Santiago-Finisterre). Cicerone Guide.
- A practical & mystical manual for the modern day pilgrim. Camino Francs: St-Jean-Pied-de-Port Santiago de Compostela.
- 'The Way' (2010 film), starring Martin Sheen and directed by Emilio Estevez *'life is too big to walk it alone'*

Maps

Spain: The Way of St James 50K Topographic Survey Maps

Camino de Santiago from the Pyrenees to Santiago de Compostela on double-sided topographic maps at 1:50,000 from the Spanish civilian survey organization, overprinted with the route and sights, plus information of accommodation and other facilities, route profiles, etc. For the full route that we walk you would require stages 27 - 32

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

You SHOULD bring the following items:

- Hiking boots
- Socks
- Trekking trousers
- Waterproof overtrousers
- Underwear
- Baselayer shirts
- T-shirts and/or casual shirts

- Fleece jacket or warm jumper
- Lightweight windproof/waterproof jacket
- Lightweight thermal gloves
- Sunhat
- Warm hat
- Sunglasses
- Daypack c. 30 litres
- Headtorch and spare batteries
- Sun protection (including for lips)
- Water bottles 1 Litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Washbag and toiletries
- Antibacterial handwash
- Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, Insect repellent, and re-hydration salts (Dioralite)

The following items are optional:

- Trainers or sandals
- Gaiters
- Shorts
- Trekking poles

- Spare laces
- Insect repellent - (DEET)
- Camera
- Reusable cloth bag for shopping (to avoid plastic bags)

Cotswold Outdoor

Many of the equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive a 12.5% discount with Cotswold Outdoor, Snow+Rock and Runners Need. The discount code can be downloaded from your MyKE account and you can use this code at the checkout, either in store or online.

Land Only Information

We sell this holiday on a Land Only basis allowing you the flexibility to choose the travel method that best suits you. The holiday starts at the group hotel in Sarria and ends in Santiago de Compostela. A single transfer is provided from/to Santiago de Compostela Airport.

Why Choose KE

Why KE

'The Way' to a great value holiday.... fully guided, with all but one meal included, our Camino trek is fantastic value for money.

Please Note This document was downloaded on 23/11/2024 and the trip is subject to change