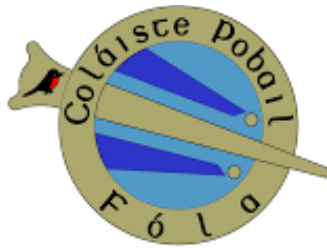


Camino De Santiago International Trip May 9th - 14th



What is the Camino De Santiago?

The Camino de Santiago, or Way of St. James, is a trail that leads to the city of Santiago de Compostela in Spain. People walk or cycle these routes for various reasons, such as personal growth, adventure, and enjoying scenic views. This journey has been popular for over a thousand years, drawing travellers from around the globe. It's an opportunity to push yourself, connect with others, and discover new cultures and history along the way.

The goal is to reach Santiago—this will be one of the biggest achievements of your life, something you'll remember forever.

Travel Itinerary



Day 1 - Aer Lingus flight to Santiago. Upon arrival in Santiago, you will get a private transfer from Santiago airport to Portomarín, drop your bags there and continue to Ferreiros. Stamp your passports there and walk 8.5km to Portomarín.

Day 2 - Walk from Portomarín to Palas De Rei, 25km.

Day 3 - Walk from Palas De Rei to Arzúa, 29km.

Day 4 - Walk from Arzúa to Pedrouzo, 19km.

Day 5 - Walk from Pedrouzo to Santiago de Compostela, 20km.

Day 6 - Collected near your hotel in Santiago for return to airport. Return flight to Dublin (Aer Lingus) in the afternoon.

The full cost includes:

- 5 nights accommodation.
- Bag transfer each day: 1 bag per person.
- Airport transfer from Santiago airport to Portomarin and from Santiago to Santiago airport.
- Internal transfers between Pedrouzo and Santiago. Meals: Half board (breakfast and dinner)
- Travel Insurance Info pack: Includes Pilgrim Passport (Issued by Camino Society Ireland – the only official Irish pilgrim passport), full itinerary and walking notes.

Camino Packing List

- Passport
- Walking Shoes(hiking runners, walking runners, important they are broken in weeks in advance)
- Transition year hoodie for airport and evenings.
- After hiking shoes (i.e sandals)
- Socks for walking & others for evenings (Merino Wool is best – light, no odour, reduced irritation)
- Hiking Pants (no jeans) sports shorts will do too!
- Short sleeved t-shirts (light wool)
- Underwear
- Sun hat or cap
- Sunglasses
- Toiletries
- Water bottle
- Day bag (school bag/small hiking bag)
- Snacks for walking (can be bought in supermarkets over there)
- Blister Plasters (Compeed) VERY IMPORTANT
- Travel Adaptor/Powerbank
- Rain jacket/ poncho
- Cash/Card (some shops along the way only accept cash).
- Deck of cards (optional)

Bag Transfers

The luggage transfer service ensures your bags are transported from one hotel to another daily, so you only need to carry a small daypack with essentials like water, a raincoat, and snacks. This allows you to travel light and fully enjoy the Camino experience.

Camino Pilgrim Passport

To avoid confusion, this is different to your official passport!!

The most well-known and essential Camino document is the Camino Pilgrim Passport). This passport verifies that you have completed the necessary 100km. This official document testifies your journey. Collect at least two stamps daily from local cafes, shops, town halls, or other official establishments on your journey to Santiago. Once in Santiago de Compostela, you must show your stamped Camino Pilgrim Passport at the Pilgrim's Office to apply for your Camino certificate.

Lunch:

Your trip cost includes breakfast and dinner, but lunch is not covered. Along the trail, you'll find cafes where you can buy a lunch. There will also be opportunities in the evening to visit a supermarket if you'd like to pick up snacks or supplies for the next day.

Training and preparation:

Walking long distances can be tough, especially if you're not used to it. I'd recommend aiming for 10,000 steps a day, five days a week, plus a 5-7 km walk or hike on the weekends. Doing this for about 10 weeks before the Camino will really help get your body ready. Make sure you break in your walking shoes well ahead of time to avoid blisters or discomfort on the trail. Wear them regularly in the weeks before your trip to make sure they're comfy and broken in. I can't stress enough how important it is to prepare properly, especially with the shoes!

Walking along the trail:

The most common and recognisable symbol on the Camino is the **yellow arrow**. These arrows point the way and are typically painted on posts, walls, stones, and even the ground. They guide walkers along the correct path and ensure they stay on course. The arrows are usually placed every 100 meters or so, so it's almost impossible to get lost.



Payment Details:

The total cost is €768, with a deposit of €200 already paid, leaving an outstanding balance of €568. This balance will be split into three payments:

- €200 due February 1st
- €200 due March 1st
- €168 due March 24th

(You may pay in full at any time before March 24th.)

Each student has a payment link sent to their email

This is all the information I have so far. There will be a zoom call for parents/guardians and students before Christmas with the Camino Company. There will also be one arranged for April internally at our school. More information will be provided on accommodations, flight details etc. If any details above change, I will keep you updated.

If there any questions in the meantime, please do not hesitate to email me at thomashardiman@cpfola.ie