



# Camino de Santiago

**The Camino de Santiago** continues to be the oldest and most celebrated route of the old continent and one of the most popular long-distance trails. Jerusalem and Rome were for centuries the two poles of attraction for the European pilgrims, but neither of them had established a route to get there and eventually Santiago de Compostela surpassed Jerusalem and Rome in its power to attract pilgrims.

One of the most famous medieval pilgrims in Compostela was the Frenchman Picaud, a monk from the French town of Poitou. His fame comes from the chronicle of his journey around 1130, with an endless list of advice for fellow travellers. This chronicle is included within one of the most beautiful documents preserved in the Compostela cathedral library. In the past the pilgrimage was made generally for the fulfilment of a vow or to free oneself of penitence, or to fulfil the desire of a deceased relative.

Our journey starts at Sarria, from where we walk the final stages of this epic trail. Along the way we will meet fellow walkers and discover the extraordinary spirit and hospitality this trail evokes as we make the final steps to the resplendent city of Santiago de Compostela, a World Heritage site.

**If you encounter any difficulties** getting to the start of your holiday and are delayed, it is important that you contact our partner agent, S-Cape Travel in Spain.

**Agency:** S-Cape Travel  
**Contact:** Maria Knaapen  
**Address:** Edificio Sovega, Bajo nº 2  
33554 Arenas de Cabrales  
Asturias - Spain

**Tel. office** +34 985 846 455  
**Emergency cell phone** +34 678 674 537  
**Email:** [info@s-cape.es](mailto:info@s-cape.es)

If you have any problems during the tour, then the first point of contact is the leader who is most able to help you and offer relevant assistance.

## Travel

**Start:** For those who have booked our “with flight” holiday, a coach transfer from Santiago de Compostela airport will connect with the group flight from London. A representative of our partner agent will meet you upon arrival and direct you to your transfer.

**Finish:** The holiday finishes in Santiago and similar arrangements apply. A coach transfer to La Coruna airport has been arranged to connect with the group flight.

**We cannot make separate arrangements for guests arriving/departing at different times or other airports. If you are travelling independently but would like to use this transfer, please contact us for details.**

## Making Your Own Travel Arrangements By Air

If you are flying into La Coruna Airport, it is approximately 1hr 30 (by road) to the first hotel in Sarria. There are trains from La Coruna to Sarria. Santiago Airport is approximately 2 hrs (by road) from the first hotel in Sarria. Public buses to Sarria are available from the airport.

## Return Transfers

**Our final hotel is in the historic centre of Santiago de Compostela.** If you are flying out of **La Coruna** Airport, it is approximately 70 km from the city of Santiago. The old town does not permit regular car traffic, but taxis have access, should you wish to use one for your transfer to the airport. Alternatively there is one daily departure, by public bus to La Coruna airport from Santiago. There are buses that run from the city centre to Santiago airport. Please note that the bus



# Camino de Santiago

station is located about 15 minutes walk from old town.

Once you have made your travel arrangements, please contact us on 020 8732 1266 or e mail [trails@hfholidays.co.uk](mailto:trails@hfholidays.co.uk) with your travel plans and expected time of arrival.

## Baggage transport

Transport of your luggage will be arranged by us through local operators and is included in your holiday price. It would be appreciated if you limited your luggage to one medium sized bag, rucksack or suitcase, and remember that your baggage has to be moved by the drivers and accommodation providers during the transfers, so please keep each item to a manageable weight. Please also ensure that your luggage is labelled at all times. Daily arrangements will be finalised by your leader at each hotel.

## Accommodation

We stay at a number of carefully selected hotels or guesthouses.

In the hopefully rare event of any cause for complaints regarding accommodation then you must notify your leader at the time; he or she can then attempt to rectify the problem.

### Hotel Alfonso IX (night 1)

Rúa do Peregrino, 29. 27600 Sárria  
Tel. +34 982 530 005  
Website: [www.alfonsoix.com](http://www.alfonsoix.com)

This warm and friendly four star hotel is located in the town centre of Sarria. It has a total of 60 rooms spread over 3 floors. All rooms have WiFi, air conditioning, hairdryers, telephones & TV.

### Hotel Pousada de Portomarín (night 2)

Av. Sarria, s/n. 27170 Portomarín  
Tel. +34 982 545 200  
Website: [www.pousadadeportomarin.es](http://www.pousadadeportomarin.es)

Located in one of the Camino's most historic towns, **Pousada** offers rooms with en suite bathrooms, hairdryer, minibar, digital TV, telephone, safe, central heating and free WiFi. The hotel also has a sauna, gym and outdoor pool for guests to use during their stay.

### Hotel La Cabana (night 3)

C/ Doctor Pardo Ouro. 27200 Palas de Rei  
Tel: +34 982 380 750  
Website: [www.complejolacabana.com](http://www.complejolacabana.com)

**La Cabana** is a cosy hotel built completely of wood situated on a large estate surrounded by gardens, pines and chestnut trees. All rooms have private bathrooms, telephone, television, hairdryer and heating. WiFi is available in public areas; the hotel also has laundry facilities.

### Casa Lucas Arzua (night 4)

Lugar da Igrexa, Viñós - 15819 Arzúa, A Coruña  
Tel: +34 981 194 209  
Website: [www.casa-lucas.com](http://www.casa-lucas.com)

**Casa Lucas** was founded by Lucas Piñeiro and was passed from father to son and served as a family home until 1998 when Jose Antonio and Marisol took over restored the house and turned it into a country hotel. Casa Lucas offers rooms with en suite bathrooms, hairdryer and television.

### O Acivro (night 5)

A Rúa - Arca 15821 O Pino A Coruña  
Tel: +34 981 511 316  
Website: [www.oacivro.com](http://www.oacivro.com)



# Camino de Santiago

**O Acivro** is a hotel where you can enjoy nature in a rural environment. Country apartments are provided with en suite bathroom, hair dryers, heating and TV. There's a vending machine on site also. The hotel has swimming pool for guests to use during their stay. Free WiFi is available in public areas.

## **Hotel Virxe da Cerca (nights 6 & 7)**

Virxe da Cerca, 27, Santiago De Compostela  
Tel. +34 981 569 350

Website: [www.pousadasdecompostela.com](http://www.pousadasdecompostela.com)

The main building, a former bank and Jesuit residence, is surprising in its warm interior due to the elegant traditional decoration, in both its rooms and common areas. It was built in the 18th century with its back façade facing the Convent of Belvís, founded in the 14th century, and its main façade towards the picturesque "Mercado de Abastos" (food market) in the old town, which is now the second-most visited place in Santiago after the Cathedral. All rooms come with en suite facilities as well as hairdryer, TV, radio, WiFi, telephone, mini bar, air conditioning and heating.

## **Meals**

It is important you let us know in advance if you have any special dietary requirements.

**Breakfast** – "el desayuno" – is a very simple affair in Spain. Breakfasts are continental and are served at each hotel.

**Evening meal** – "la cena" – Your evening meals are arranged at your hotel or nearby restaurants and give a flavour of traditional, hearty Camino cuisine. Spaniards eat their evening meal quite late in comparison to the UK. We organise our evening meals to be served starting at approx 8:00-8.30pm, which is often the earliest time possible.

**Lunch** – "el almuerzo". Packed lunch is not included in the holiday price and will need to be purchased. You will usually be able to

purchase lunch ingredients from local shops in the villages, although normally the leader will stop for lunch at a bar or restaurant where you can order lunch or eat your own lunch if you purchase a drink on the premises. Your leader will advise you of all the options.

Coach transport or local transport between the walking route and your accommodation is included in your holiday price.

## **Planned Itinerary**

### **Day 1: Arrival Day**

Transfer from Santiago de Compostela airport to Sarria, where you spend your first night.

### **Day 2: Sarria to Portomarin**

Walk from the monastery of La Magdalena in Sarria to the Gallician vineyards and along the banks of the Mino River, to the delightful Portomarin. Our route is lined by shaded groves of chestnuts and oaks, fields enclosed by traditional Celtic 'chantos', and examples of Galician Romanesque architecture in a landscape little changed for centuries. 14.5 miles (23km) with 755 feet (226m) of ascent.

### **Day 3: Portomarin to Palas do Rei**

Enjoy panoramic views as we walk through undulating countryside. Our walk climbs gently to Hospital de la Cruz, and then winds through the pine groves and meadows of the Sierra de Ligonde. 14.5 miles (23km) with 1,116 feet (335m) of ascent.

### **Day 4: Palas do Rei to Arzua**

The Camino meanders through villages and river valleys, through wooded trails shaded by oak, pine and eucalyptus, leading us to the hustle and bustle of Arzua, and the ruined former convent of La Magdalena. 17 miles (28km) with 459 feet (138m) of ascent.



# Camino de Santiago

## Day 5: Arzua to Rua-O Pino

Tiny hamlets dotted with shingle houses, hidden amidst wooded glades and eucalyptus trees, line the trail to Rua. Visit the ancient church of San Verisimo and the 18th century chapel in Santa Irene. 11 miles (18km) with 164 feet (50m) of ascent.

## Day 6: Rua to Santiago

A triumphant finale. Our first glimpse of the city is from the summit of Monte del Gozo, from where we descend and enter the city of Santiago de Compostela via the Porta do Camino. Your eagerly awaited goal awaits you at the impressive cathedral, the final resting place of the Apostle St James. 12 miles (19km) with 492 feet (148m) of ascent

## Day 7: Santiago de Compostela

Celebrate your journey's end and explore this magnificent city.

## Day 8: Departure Day

*The itinerary may be subject to change at the discretion of the leader with regard to the weather and other external factors*

## Your local leader

Each holiday is personally escorted by an experienced local leader. Their local knowledge and experience is pivotal to the success of your holiday. Your leader will guide you on the walks in a caring and considerate way, showing you places of interest on route. They are experienced in caring for the needs of walking groups, and have a wealth of practical knowledge of the area.

## Walking as a group

Local leaders always consider the safety of the group as a whole, and will show more caution over potential risks (such as bad weather) than an individual or couple might make on a private outing. Walks may be modified following the leader's assessment of

the day-to-day situation. Your leader's duty is to the group as a whole and he or she will refuse to accept any guest whose clothing, equipment, behaviour or walking ability is considered unsuitable, and where it could affect the safety and enjoyment of other guests on the proposed walk. As a group member it is your responsibility to follow the leader's guidelines, for the benefit and safety of the group as a whole. If you leave the group, then your leader will no longer have responsibility for you.

## Your health

It is essential that you describe on your Guest Registration Form any health conditions or disability you may have. The leader will treat this confidentially and may be able to take these into account on the walks.

EU citizens should get a new European Health Insurance Card prior to their holiday. There can be problems with medical authorities and insurance companies if you cannot produce this when you require treatment. Even with a health card, medicines and out-patient treatment normally have to be paid for at the time and the costs claimed back afterwards. Details are available at [www.dh.gov.uk/travellers](http://www.dh.gov.uk/travellers)

## First Aid

In line with current practice, leaders are first aid trained and carry a group first aid kit but are not able to supply any 'medication', including aspirin, paracetamol, antihistamines and antiseptic cream.



# Camino de Santiago

## Fitness

We want you to be confident that you can meet the demands of this walk and get the most out of your holiday. A sustained effort is required to complete this walk and provision cannot be made for anyone who opts out. Please be sure you can manage the daily mileage and ascent/descent detailed in the daily itineraries. The walking day is normally 7-8 hours and it is important for your own enjoyment, and that of your fellow guests that you can maintain the pace.

It makes a lot of sense to spend time getting some additional exercise before your holiday. We suggest that you try to fit in a number of longer walks, including some in hilly terrain. Other exercises such as cycling, jogging and swimming are also excellent for developing increased stamina.

## Hydration

It is very important in the hot weather typical of the area to carry plenty of water, and equally important to ensure you are well hydrated. You'll need to take a minimum of 2 litres of water to keep you hydrated throughout the day.

## What to Take

**Walking boots:** We recommend wearing walking boots on all our walks, as these provide the best ankle support and grip. Approach shoes offer appropriate levels of grip and are fine if you're comfortable with, and used to walking without the ankle support.

**Walking socks:** suitable for warm weather – major sock manufacturers such as Bridgedale make socks specifically designed for warm weather – just ensure that your footwear fits correctly if you're used to wearing thicker socks.

**Windproof/waterproof jacket (with hood) and waterproof trousers** – these are essential at all times of the year. **Shorts and T-shirts** -

lightweight wicking materials are best. Warm fleece & trousers

**Sun protection** – hat, sunglasses and suncream.

**Clothing:** Fleece or other purpose designed synthetic tops give good lightweight insulation and nylon or cotton trousers can provide unrestricted movement. A layering system is better than one thick top.

Lightweight hat and gloves

## Additional equipment for walking

**Rucksack:** this needs to be large enough to carry your picnic lunch, drink, waterproofs and spare clothing. A size of 25-30 litres is probably best. A plastic bin liner as well as a rucksack cover will keep the contents dry should you be unlucky enough to encounter any rain.

**Water bottle:** a size of at least 2 litres is recommended.

**Plastic bags/sandwich box** for packed lunches

**Sun protection:** high factor sun screen and lip salve

**Personal First Aid Kit:** containing for example plasters, insect repellent, antiseptic wipes, painkillers, blister kit, tape and personal medication

**Spare food:** Leaders cannot carry emergency food for the whole party. As this walk crosses remote areas it is essential that you take some high energy food. Energy bars, nuts, dried fruit, chocolate etc are not included in your picnic so please take supplies, or pick up some enroute.

**Camera/binoculars** – your choice.

**Trekking poles** - many people find these aid balance and take some of the strain off their knees during steeper descents

## Travel Insurance

**Insurance is a condition of booking. Therefore if you have not already arranged insurance, it is imperative that you do so, and advise us of the insurance company and policy number.**



# Camino de Santiago

We have negotiated special holiday insurance and full details of this cover can be found in our brochure or at [www.hfholidays.co.uk](http://www.hfholidays.co.uk). There is no extra charge for pre-existing illnesses. If you would like to purchase insurance from us please call us on 020 8732 1220 or email [holidayservices@hfholidays.co.uk](mailto:holidayservices@hfholidays.co.uk).

## Vaccinations

There are no compulsory vaccinations required for Spain, however Tetanus is recommended. Further information can be found at [www.traveldoctor.co.uk](http://www.traveldoctor.co.uk)

## Changing Money

There are cash points at the airport and banks at some of the bigger towns along the way where it is possible to change money into Euros. We recommend that you take enough money to last you through the week.

## Tipping

A tip of about 10% is expected in bars and cafés. It is totally up to the individual if they wish to tip hotel staff, leaders, etc, but there is absolutely no expectation to do so.

## Electricity

220 Volt AC with round two pin plugs; you will need an adaptor for any appliances brought from the UK.

## Telephoning

To call the UK, dial 00 44, then the number, omitting the initial 0 of the local code.



***While every effort has been made to ensure accuracy, the information in this guide may change after it has been printed. For the most up-to-date information please see our website or use the contacts below.***

Enquiries

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