

# FURTHER INFORMATION



## CAMINO DE SANTIAGO TREK

You are joining us on the 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!



“BELIEVE YOU CAN”



# CAMINO DE SANTIAGO TREK



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## INTRODUCTION

This document will provide you with challenge and route information along with approximate timings for each day. It is hoped this will give you an insight into what you can expect whilst on this awesome challenge and help you to prepare further.

Taking part in one of our challenges undoubtedly requires commitment, determination and, above all, a positive attitude from the outset. From the moment you sign up there are steps in place to ensure that you have the correct level of support and help throughout the entire journey not just on the challenge itself. Each participant should approach the challenge with an open mind and prepare to be adaptable throughout. Whilst thousands of hours of work will have gone into the preparation across all of our challenges, the itineraries are complex and things can often need to change on the ground, therefore they are strictly subject to change.

If you have any other questions which are not answered in this document, about the challenge you are about to embark upon, please do not hesitate to contact the office on 01244 676454 or email [customer.care@globaladventurechallenges.com](mailto:customer.care@globaladventurechallenges.com).

## MINIMUM NUMBERS

Each of our challenges require a minimum number of participants to enable us to run the challenge at the advertised costs.

For this challenge the minimum number of participants is 10.

If the group is smaller or becomes smaller than this minimum number in the run up to the challenge, we may consider the option to continue to run the challenge with less than the minimum number.

In this instance we will communicate this to you no later than 11 weeks before departure.

Our average group size for this challenge is approximately 20 participants.



# CAMINO DE SANTIAGO TREK

## FINANCIAL PROTECTION

By travelling with Global Adventure Challenges you are protected by the Civil Aviation Authority (CAA) under our ATOL licence number 6506.

When you buy an ATOL protected flight inclusive Overseas Challenge from us you will receive an ATOL Certificate. This lists what is financially protected, where you can get information on what this means for you and who to contact if things go wrong.

The CAA are the UK's specialist aviation regulator. They are a public corporation, established by Parliament in 1972.

As the Tour Operator we are responsible for your travel package. The whole philosophy of this type of challenge is one which allows for changes and a substantial degree of on-tour flexibility. The outline itinerary given later in this document is an indication of what you and the group are aiming to accomplish and not a contractual obligation on our part.

## ABOUT GLOBAL ADVENTURE CHALLENGES

Global Adventure Challenges have been organising world-wide charity challenge events and adventures since the year 2000. Since we began organising challenge events we have grown and developed very steadily – we believe that our charity partners, participants and corporate organisations – basically, our customer base – are the best form of advertising. Word of mouth, they say, is the best form of marketing and we believe this also.

Our challenges have helped raise well in excess of £15 million for a wide range of charities located throughout both the UK and overseas. Over the years, we have taken tens of thousands of people on exciting challenges all over the world, helping them realise their dreams and fulfil lifetime ambitions. Our challenge events are “life-changing...” and these are the words of our participants, not ours!

We are extremely proud of the events we organise and we are here to give you a memorable lifetime experience. Without doubt our success lies in the dedicated team we have working both in the office, and out in the field.

Our passion for adventure travel and pushing your ‘comfort zone’, combined with extensive fundraising



event experience, are what makes us different from other operators. We believe that from the moment you enquire, you will be embarking on a journey that you will remember forever.

Travelling with Global Adventure Challenges is an enjoyable and satisfying way to show your commitment to fantastic charitable causes. Come and be part of our success! We are taking more and more individuals away on exciting challenge events every year... join them... join us!



# CAMINO DE SANTIAGO TREK



## RESPONSIBLE TOURISM

At our overseas destinations we work with small, local ground handlers who employ local guides and we use as much local infrastructure as we can to boost the economy and income. We aim to ensure that all local guides involved with our events are given a fair wage in accordance with appropriate local standards and each of our challenges is designed using the knowledge of local experts.

We believe that we need to preserve and respect the locations in which our challenges take place in order for future generations to experience the same fantastic places as we do now. More information regarding our Responsible Tourism Policy can be found on our website.



## A FEW NOTES ON CAMINO DE SANTIAGO

With just over a 2 hour flight from the UK to Santiago de Compostela (the capital of northwest Spain's Galicia region) this week long challenge will see us trek the last 67km of the famous Camino Frances section of the popular pilgrimage route of Camino de Santiago.

Camino de Santiago means Way of St James and refers to the routes leading to Santiago de Compostela, in Galicia.

One of the most iconic symbols of the Camino de Santiago is the scallop shell (or 'vieira' in Galician and Spanish) which today is used, along with the yellow arrow, to guide pilgrims heading to Santiago de Compostela.

The starting point of our trek will be the town of Palas de Rei. During the next 3 days, we will trek across green rolling landscapes, through pretty villages and peaceful hamlets until we reach Santiago, a wonderful UNESCO Heritage site with its stunning architecture and fantastic atmosphere.

## USEFUL TIPS

English	Spanish	Galician
Hello	Hola	Ola
Good morning	Buenos días	Bos días
Good evening	Buenas noches	Boas tardes
Please	Por Favor	Por favor
Thank you very much	Muchas gracias	Moitas grazas
Bye/See you	Adios	Chao / Ata logo
Does anyone here speak English?	Hay alguien que hable inglés?	Alguén fala inglés?
I'm looking for...	Estoy buscando	Estou buscando...
Where is...?	Donde está...?	Onde está...?
How much is ..?	Cuanto cuesta...?	Canto custa...?
Where are the toilets?	Dónde están los servicios?	Onde están os servizos?



# CAMINO DE SANTIAGO TREK

## CURRENCY

The unit of currency is the Euro. There is approximately €1.15 Euro to £1 GBP. Cash can also be exchanged in banks or associated currency exchangers (English notes only). We suggest you take cash with you on the trek itself as some of the overnight stops are really small towns and credit card facilities are very scarce.



## CLIMATE, TEMPERATURE & HUMIDITY

In Galicia, located in north-western Spain, the climate is different from what is normally expected in Spain. It is mild oceanic, with relatively mild, rainy winters and mild to warm somewhat dry summers. The prevailing winds from the Atlantic and the surrounding mountains combine to give Santiago de Compostela some of Spain's highest rainfall: about 1,550 millimetres (61.0 inches) annually.

Month	Average Max Temp (°C)	Average Min Temp (°C)	Average Max Rain Fall (mm)
Jan	11	4	259
Feb	12	4	223
Mar	14	5	145
Apr	15	6	141
May	18	11	147
Jun	21	12	82
Jul	24	13	39
Aug	24	13	57
Sep	22	12	127
Oct	18	9	194
Nov	14	6	200
Dec	12	5	281

\*The temperatures and rainfall measurements stated above are for Santiago de Compostela.



## SNAKES & BUGS

There are snakes and spiders that inhabit the area, however it is unlikely that you will encounter any of them, especially if you follow a few simple rules:

- Never put your hands or feet anywhere you cannot see.
- Shake out all clothes and shoes before reaching into them.
- Never go barefooted.
- Use a torch at night so you can see where you are walking.

Your local guides will inform you of any other precautions that may be necessary.

As with most wildlife they would rather avoid an encounter with you as much as you would with them!



# CAMINO DE SANTIAGO TREK

## HEALTH & VACCINATIONS

As part of the registration process we require you to complete a medical questionnaire in full. Your answers will be treated in the strictest confidence in accordance with the Data Protection Act and our policy is to encourage and support as many people as possible to take part in our challenges. We request medical information from you in an endeavour to minimise risk to all participants, and for that reason **we ask that you disclose all your medical history.** Depending on the answers given you may need to get your Doctor to sign and stamp your medical declaration. If you are 70 years of age or over at time of travel you must be authorised by your Doctor regardless of the answers given.

It is strongly recommended that you consult a medical professional to ensure your vaccinations are all up to date. You must discuss your own particular needs and contra-indications to vaccines or tablets with them.

The following information is only given as a guideline – always seek professional advice:

- Confirm primary courses and boosters as recommended for life in Britain are up to date.

If you take prescription medication please make sure they are in the original packaging with a label showing your name, alternatively take a copy of the prescription with you or a letter from your Doctor

confirming you have been prescribed this medication.

Wash your hands wherever possible to avoid stomach upsets. We highly recommend that you bring a couple of small bottles of antibacterial dry wash, this is especially important when washing facilities aren't available.

We also recommend you use a high factor sunscreen and re-apply regularly.

## SAFETY & SECURITY

To ensure the safety and security of your group all guides will be in radio/phone contact with each other.

You should always be vigilant when staying in an unfamiliar environment and it is sensible to look after your personal possessions as you would do at home:

- Keep handbags closed and wallets in zipped pockets.
- Don't leave valuable equipment such as cameras and mobile phones unattended on tables etc.
- Don't wear expensive jewellery/watches or carry large amounts of cash.
- Use hotel safes and lock boxes where available for passports, tickets and other valuables when leaving your accommodation for the evening.



- Our recommendation is to leave valuables at home. If you don't need it, don't bring it!

**Credit card for emergencies** – in the unlikely event you have to curtail your challenge, it is expected that you will have to cover any additional costs such as extra accommodation, transfers etc. Often these additional costs incurred can be claimed back through your travel insurance on your return to the UK.

## PASSPORT & VISA

Passports should have a validity of at least 6 months after your return. Please ensure that your passport is in good condition as you may be refused entry onto the plane if it is damaged in any way.

UK citizens do not need to acquire a visa to enter any countries visited on the challenge. For other nationalities please contact the appropriate Embassy.



# CAMINO DE SANTIAGO TREK



## TRAVEL INSURANCE

We strongly recommend you take out comprehensive travel insurance at the earliest opportunity. A comprehensive travel insurance policy is available through Global Adventure Challenges and details of how to apply for it are enclosed in your welcome letter.

If you are opting to use your own personal travel insurance then details of your policy should be sent to us. Please be aware that we will not vet or check your own personal travel insurance policy details. Therefore you and you alone are responsible for ensuring that you have adequate personal travel insurance with protection for the full duration of the challenge in respect of at least medical expenses, injury, death, repatriation, cancellation and curtailment. You should also make sure there are no exclusion clauses limiting protection for the type of activities included in the challenge.

## FLIGHTS

Flights normally depart from the UK early in the morning and will arrive back into the UK late morning/early afternoon. Your flying time will be approximately 2 hours on both the outbound and inbound leg.

Your exact flight details will be confirmed in the lead up to your challenge. Flight bookings will normally be made on a group fare basis and be in economy class. If you would like us to look into upgrading you to a different class please contact our Customer Care team at [customer.care@globaladventurechallenges.com](mailto:customer.care@globaladventurechallenges.com) or call us on 01244 676454.

You are responsible for checking in at the correct time and for presenting yourself to take up all pre-booked components of your Challenge.

Unfortunately, we have no control over cancellations and delays, which are subject to operational decisions by carriers, airlines and/or traffic control authorities.

Where it is not possible to ensure your timely return to the departure point due to unavoidable and extraordinary circumstances, we will bear the cost of any necessary accommodation for a period not exceeding 3 nights.

## LUGGAGE

You will need a suitcase or large holdall for your main luggage which will be transported by vehicle to your hotel.

We recommend that your main piece of luggage weighs no more than 20kgs irrespective of whether the airline has a higher baggage allowance. Please remember our ground crew, porters and in some cases animals, will be transporting your luggage whilst you are on the challenge and so with their health and safety in mind, it is advisable not to pack any heavier.

You will also need a small backpack/camelbak to carry any essentials with you during the day i.e. sunscreen, tissues, camera, small personal first aid kit etc.



# CAMINO DE SANTIAGO TREK



## EXTENDING YOUR STAY

If you would like to take the opportunity to extend your stay, it might be possible for us to arrange an extension for you with the airline so you can spend some extra time immersing yourself in the culture and beautiful landscape on offer.

If you are interested, please contact the Customer Care team to request an extension form at [customer.care@globaladventurechallenges.com](mailto:customer.care@globaladventurechallenges.com) or by calling us on 01244 676454. We recommend you do this as soon as possible as all extensions are strictly limited, subject to availability, given on a first come, first served basis and the final decision always rests with the airline. Your request will be placed on a list in order of receipt and we will contact you at the earliest opportunity before the date of travel to confirm whether the extension has been granted. Therefore please do not make any plans for your requested extended period until you have heard back from us.

There is a minimum £60 + VAT charge to have your return airline ticket extended.

Through our in-country ground handler it may also be possible for us to create bespoke/tailor-made extension packages to suit your needs.

## ACCOMMODATION

We will be staying in hotels on this challenge. The hotels are clean and comfortable, but may be more basic than what you are used to in the UK.

We submit our rooming lists for your challenge at 8 weeks before challenge departure. Please make sure you have informed us of anybody you would like to share with along with your relationship to them before this time as we are unable to amend the rooming lists once submitted. If you are a solo participant, we will partner you with another participant of the same sex, and where possible, of a similar age.

Please contact the Customer Care team at [customer.care@globaladventurechallenges.com](mailto:customer.care@globaladventurechallenges.com) if you would like the cost of a single supplement.

Accommodation details given in the Accommodation Information Document are strictly subject to change. This includes the facilities and services available on each night.

## TOILET & WASHING FACILITIES

When staying in hotels most will have en-suite washing facilities.

During the day whilst trekking, it may be necessary to use 'the great outdoors'. Please bury everything before you leave. It is a good idea to carry a small amount of tissue in a plastic bag in your daypack every day, but please dispose of this appropriately - use 'nappy sacks' and dispose of them when you reach a bin. Please keep the region beautiful!

Remember to wash hands wherever possible to avoid getting stomach upsets. A small bottle of antibacterial hand gel is a must.





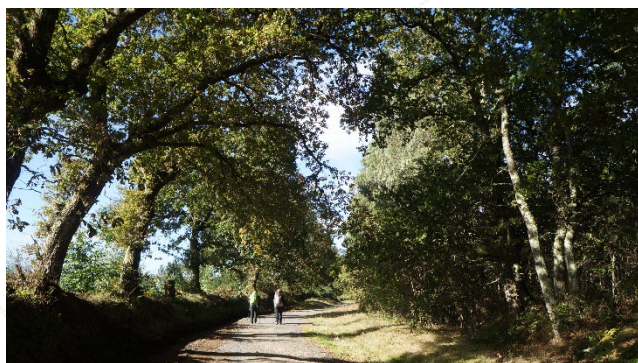
# CAMINO DE SANTIAGO TREK

## TELEPHONE & WI-FI

Telephone and Wi-Fi are readily available in major towns but due to the type of terrain in the areas we trek through mobile telephone signals can be patchy and will decrease significantly, obviously this varies with the terrain. Please don't rely on being able to use your mobile phone as coverage may be poor to non-existent for significant parts of the challenge.

Wi-Fi will also be very limited along the route and more information can be found on Wi-Fi availability at the hotels we stop at in the Accommodation Information Document.

There will be the opportunity to charge electrical items at hotels so make sure you bring the appropriate travel adapter for the region.



## OTHER COSTS THAT YOU NEED TO BUDGET FOR

Below are some approximate costs for other expenditure you may incur for the challenge:

Item	Approx. cost
Kit and clothing	Please see kit list
Travel insurance	£37
Spending money	£150 - £200
Hotels the night before your UK departure and/or the night of your UK arrival	£60 - £100 per night
Airport car parking	£75 - £150
Travel to and from the UK departure airport	The cost depends on how far you need to travel and type of transport you are taking - flights and trains are quicker but also more expensive than going by coach.



**Average costs** - A few examples of average costs in Santiago de Compostela would be - €1.20 to €1.50 for a coffee, €2 to €3 for a pint of beer and €8 to €11 for a sandwich and drink.

How much spending money you will need usually depends on how many presents and souvenirs you want to bring home!

## TIPPING

Tipping your crew is appropriate, customary and always appreciated. Your gratuity should reflect the quality of service you received and anything special the team did to enhance your trip. We recommend around £15 - £20 from each person but this does depend on your budget, and what you feel is appropriate.



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## TRANSFERRING YOUR PLACE

It may be possible to transfer your place to another person. Any transfer request must be made at least 7 days before the departure of your challenge. Costs associated with a transfer are detailed below.

- 56 days or more before challenge departure: £60.00 plus VAT.
- Within 56 days of challenge departure: £100.00 plus VAT.

Suppliers associated with the challenge may also charge additional fees (as an example an airline will often charge a name change fee).

All costs associated with a transfer must be paid in full before it can be confirmed / granted.

In addition to the costs above the person taking your place on the challenge must meet all registration formalities including completing a full registration form, medical questionnaire and if necessary get their GP's signature confirming they are physically and mentally fit enough to complete the challenge.

As you know our challenges are not your normal 'flop and drop' trips! Therefore, we reserve the right to decline a transfer request. For example, this may be because we don't feel there is sufficient enough training and preparation time before the challenge departs.

## DIFFICULTY & TERRAIN

Our challenges are graded 1 (Challenging), 2 (Tough) or 3 (Extreme). This challenge is graded at 1 (Challenging).

Trekking for 3 consecutive days and covering approximately 67km our route will certainly challenge us, walking on varied terrain including forest tracks and several streams.

This itinerary has been designed to maximise our chances of success - it is worth remembering it is not a race and one top tip you should follow is to trek at a slow steady pace.

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. GAC reserves the right to refuse a booking if we feel unable to accommodate the particular needs of the person(s) concerned. If you have any doubts regarding your suitability for your challenge please contact our office immediately to speak to one of the team.



# CAMINO DE SANTIAGO TREK



## CHALLENGE GRADING

Each of our challenge events are designed to be achievable by most individuals, providing you are prepared to put the effort into training. You do not need to be a professional athlete or 'super fit', however, the fitter you are the more you will enjoy the challenge!

Please keep in mind that these guidelines are to give an insight into the difficulty level associated with the challenge. You may find that an event rated 'Challenging', could have a 'Tough' day, or we may find that a 'Tough' challenge, may have a 'Challenging' day.

## CHALLENGING

A 'Challenging' trek requires a good level of fitness. As a general rule they do not go into altitude, but there are exceptions! They usually involve varied terrain, with some tough long trekking days.

Accommodation can be a mixture of hotels/lodges and camping.

The weather may also be changeable especially between the day and night.



## TRAINING TIPS

Training is a critical component in the preparation for your challenge. Good cardio vascular fitness is essential in order to complete these challenges and prior fitness preparation is a MUST! It is important that you are fit enough to complete the challenge.

Training tips can be found on our website and in your welcome pack to point you in the right direction. We also offer training days and weekends to help you prepare.

As mentioned previously this challenge has been graded as 'Tough' and we strongly recommend training for this challenge.

### Our training tips include:

- Train in the hills and in particular, on short, steep sections. Lots of step training will also prove to be of massive benefit. If you haven't experienced aching feet then we suggest you probably haven't trained for long enough.
- Try to go training on consecutive days instead of doing one big day. This will help your muscles get used to the strains of trekking over consecutive days.
- It is best to improve and work on your stamina, leg and joint strength.



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## SUPPORT ON YOUR CHALLENGE

There will be a strong support team with two professional Global Adventure Challenges leaders and a support crew member including vehicle support to look after us.

A comprehensive first aid kit will be carried with the group at all times. All Global Adventure Challenges leaders are 16 hour Outdoor First Aid qualified.



## FOOD, WATER & REFRESHMENT STOPS

All meals will be provided on the challenge from dinner on Day 1 to breakfast on Day 5.

All dietary requirements can be catered for so long as we know in advance.

We don't have scheduled rest stops but we can stop at any time for water and snacks. Rest stops will be whenever needed and depend on the dynamics of the group.

We will need to drink between 4 and 6 litres per day and will need to have enough containers for up to 4 litres during the day's trek.

It is essential that you bring some of your own snacks for throughout the trek to supplement the packed lunches provided. Tracker bars and fruit sweets such as jelly babies are ideal.



## COMPLAINTS

We view complaints as an opportunity to learn and improve for the future, as well as putting things right for you.

If there is something that you perceive to be a lack of conformity during the performance of the challenge you must inform your challenge leader without undue delay. This will allow us the opportunity to remedy the situation on the ground.

If you have any form of complaint in the lead up to your challenge please contact the Customer Care team on the details below who will endeavour to put things right.

[customer.care@globaladventurechallenges.com](mailto:customer.care@globaladventurechallenges.com)



# CAMINO DE SANTIAGO TREK



DAY	TRANSFERS	DIFFICULTY RATING	TREK STATS (APPROX.)	ITINERARY NOTES
<b>Day 1:</b> Depart UK for Santiago de Compostela	Approx. 45 minute transfer to our accommodation	N/A	N/A	<ul style="list-style-type: none"> <li>Upon arrival we transfer to our accommodation just outside of Santiago for dinner and overnight stay.</li> <li>Tonight, we will meet our local guide(s) for the challenge and we will also have a briefing about the challenge ahead.</li> </ul>
<b>Day 2:</b> Palas de Rei to Arzua	Approx. 50 minute transfer at the beginning of the day and a 25 minute transfer at the end	Tough	<b>Distance trekked:</b> 29km <b>Trekking time:</b> 7 hours, 30 minutes	<ul style="list-style-type: none"> <li>In the morning, after breakfast, we transfer to the start of our trek. Our trek today continues downhill, passing the villages of Casanova and the delightful village of Leboreiro.</li> <li>We continue to Melide (454m) from here we cross several small streams and follow a forest track bringing us to the village of Boente and the church of Santiago.</li> <li>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 church of Santa María.</li> </ul>
<b>Day 3:</b> Arzua to Amenal	Approx 25 minute transfer at the beginning of the day and a 15 minute transfer at the end	Tough	<b>Distance trekked:</b> 21km <b>Trekking time:</b> 5 hours, 30 minutes	<ul style="list-style-type: none"> <li>Following breakfast, and a short transfer we continue our trek through beautiful woods, sleepy villages and across small streams.</li> <li>The chapel of Santa Irene with its unique statue of Santiago in one of the beautiful sights we will see along the way.</li> <li>We continue through the lovely hamlet of Rúa along calm country roads and forest tracks to Amenal.</li> <li>We then have a short transfer back to our overnight accommodation.</li> </ul>



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DAY	TRANSFERS	DIFFICULTY RATING	TREK STATS (APPROX.)	ITINERARY NOTES
<b>Day 4:</b> Amenal to Santiago de Compostela	Approx. 15 minute transfer at the start of the trek.	Challenging	<b>Distance trekked:</b> 16km <b>Trekking time:</b> 4 hours, 30 minutes	<ul style="list-style-type: none"> <li>▪ The final day of our 'French Way' challenge.</li> <li>▪ After breakfast and a short transfer 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 to Santiago de Compostela. From here rows of tall eucalyptus trees line our journey to Monte do Gozo – and it is from here that we will catch our first glimpse of the spires of the cathedral of Santiago.</li> <li>▪ Reaching our destination, we reflect on our triumph over the last few days and enjoy the sights of Santiago's Old Town – a UNESCO World Heritage Site, boasting stunning architecture and a fantastic atmosphere.</li> </ul>
<b>Day 5:</b> Depart Santiago de Compostela to UK	Approx. 20 minute transfer to the airport	N/A	N/A	<ul style="list-style-type: none"> <li>▪ Transfer to Airport where we depart for the UK and continue our onward journeys home.</li> </ul>

Please note that on this challenge the itinerary and route are subject to group ability and weather conditions.



