



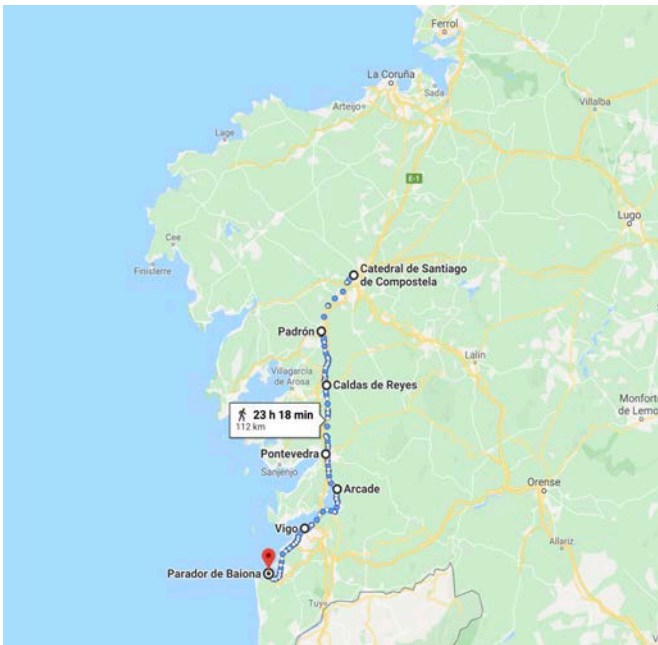
Camino de Santiago 8-17th September ,2022

PORTUGUESE COASTAL ROUTE

The spirit of Camino is Surrender and Remember!

Surrender to the moment, to the adventure.

Remember those you have loved and lost, remember who YOU are and enjoy the journey for what it is.



5 REASONS TO SIGN UP

SPIRITUAL JOURNEY The Camino was historically a religious pilgrimage to the tomb of St. James and today many people (about 25%) still walk for a religious or spiritual reason. While not necessarily Catholic, many pilgrims walk to connect and discover a deeper meaning in life, to spiritually connect with nature, a loved one in the spirit world , themselves, or walk to find answers to deep questions.

EXERCISE & WELL BEING Another popular reason to walk the Camino is for the physical effort and challenge the Camino provides. Even though experienced hikers and backpackers walk the Camino every year, the majority of people have

little to no experience in walking long distances over many days. One of the exciting parts of the Camino is getting ready to take on this challenge and instantly becoming part of a community. A popular saying is "Your Camino begins when you sign up". So even though our trip is in September 2022 your Camino has already begun!



ADVENTURE Walking the Camino isn't your typical vacation. You aren't going to someplace to rest and relax. After the last Camino trip, many people tell me it's the vacation they didn't know they needed. The spirit of the Camino calls to those who appreciate the "good old days". When we didn't have cell phones glued to ourselves. Pilgrims always remark how "old and authentic" everything looks. And that's because the Camino hasn't changed in 1200 years!

Small villages still have 4 houses and a stone church, you can still pet donkeys along the road and your hotel is run by the 3rd generation of the original family who built the place. Stepping onto the Camino is stepping back in a pilgrimage that has a history of over a thousand years.

DISCONNECT TO RECONNECT In a world of busyness with too many obligations and long workdays, many of us have become disconnected and disillusioned. We all say we would love to disconnect for a bit, but typical vacations are anything but. Answering e-mails at the pool or watching the news after dinner, we seem never to have the opportunity to truly "get away from it all". At first it may seem strange to not constantly think about what's going on back home, or not check your phone every 15 minutes; soon you find a peace and silence in the journey. It takes a few days to adjust to the ways of the Camino, but the reward is clarity and a feeling of peace that you will find revealing. Many say the Camino is as much a mental/inner journey as it is a physical journey. This disconnection is so powerful that after walking the Camino people are moved to make changes in the way they live their lives and almost everyone vows to walk the Camino again.

FUN The Camino is fun, the scenery is gorgeous, you will meet new friends along the way and every evening we enjoy sharing stories from the day's hike over dinner and your favorite tippie !

THE JOURNEY

The Camino de Santiago from Baiona to Santiago is the last stage of the Portuguese Way: this stage begins in the beautiful coastal town of Baiona. Baiona is located in the Ria de Vigo.

From Baiona to Santiago we will walk along the coast, traditional farmland and small villages and rural towns as well as historic towns.

Arcade is a city famous for the oyster festival that takes place every year. We will also have the opportunity to visit Pontevedra and its classic old town that has wonderful architecture.

In the Rías Baixas we will have the opportunity to taste the famous Albariño white wine, typical of this area of Galicia.

We will also visit Padrón, hometown of the most famous Galician poet of all time, **Rosalía de Castro**.

Day to Day Program

Thursday, 08 September 2022: Baiona (D)

Make your arrangements to arrive in Baiona and meet the group in the selected hotel. Relax or explore! Enjoy an organised welcome dinner where besides enjoying traditional food, we will have the briefing and introduction to El Camino.

Menu to be defined, drinks included.

Friday 09 September 2022: Baiona - Vigo (B)

Breakfast in the hotel.

At the scheduled time we leave our luggage in reception ready to be transported to our next hotel.

We start the Camino from the wonderful city Baiona from the most important hotel in the city, El Parador de Baiona. It's an historical city with one of the most beautiful nautical ports in Spain. We walk along the coast in the Galician Ria and head to Vigo.

Lunch en route at own cost and choice

Route: **24 km**

On arrival to Vigo, check in to our hotel and enjoy free time, dinner at leisure and a good nights sleep ;



Saturday, 10 September 2022: Vigo - Arcade (B)

Breakfast in the hotel. As per our daily ritual we leave our luggage in the hotel reception ready to go to the next hotel!

Today we walk the Camino from Vigo - Arcade

Walking distance: Approx **16 Km**

Lunch en route.

Check into the hotel, free time and own choice dinner.

Sunday, 11 September 2022: Arcade - Pontevedra (B)

Breakfast in the hotel.

Luggage in reception ready to transport to our next hotel.

Today we walk the Camino from Arcade - Pontevedra

Along the route today we will cross the Verdugo River in Ponte Sampaio. On this bridge is where Napoleon's army suffered the greatest defeat in Galicia. From Ponte Sampaio we will continue our path along a cobbled road that will take us to the Church of Santa Maria of the thirteenth century.

From here we can observe magnificent views of the Bay of Vigo while we continue our route to Pontevedra.

Lunch en route

Route: **11 km**

Check into our hotel, free time and dinner at leisure



Monday, 12 September 2022: Pontevedra -Caldas de Reis (B)

Breakfast in the hotel.

Luggage in reception ready to be transported to our next hotel.

Today we walk from Pontevedra - Caldas de Reis. Once we leave Pontevedra, the route will take us through pine forests and eucalyptus and chestnut trees until we reach the town of Ponte Cabras where it is advisable to visit the parish house of Santa María de Alba. We can also visit a statue of Santiago in Lombo da Maceira, this statue is famous since Santiago is resting on a cane that indicates the Way. Before reaching Caldas de Reis, we will cross Tivo, famous for its beautiful fountain and public laundry.

Lunch en route

Route: **24 km**

Check into our hotel, free time and dinner at leisure.



Tuesday, 13 September 2022: Caldas de Reis - Padron (B)

Breakfast in the hotel.

Luggage in reception ready to transported to our next hotel.

Today we walk from Caldas de Reis - Padron

After leaving Caldas de Reis, we will cross the Umia river. Thanks to the hot springs, the town of Caldas de Reis is famous since Roman times. We will continue our route along forests and climb to the town of Santa Mariña. Once we reach the town, we will begin the descent until we cross the Fontenlo River until we reach the town of Patron. Legend has it that when Santiago's body was transported to Compostela by ship, Padrón was the first to arrive on land.

Lunch en route

Route: **18 km**

Check into our hotel, free time and dinner at leisure

Wednesday, 14 September 2022: Padron - Santiago de Compostela (B)

Breakfast in the hotel.

Luggage in reception ready to be transported to our next hotel.

Today we walk the last stage of the Camino, Padron - Santiago de Compostela

From Padrón to Santiago de Compostela, our path will cross small towns until we reach the historical sanctuary of A Esclavitude. From Agros dos Monteiros we can see the towers of the Cathedral of Compostela. We will pass by the ruins of the Castle of A Rocha Vella as we approach Santiago de Compostela.

Once we arrive in Santiago it's time to admire the rich local architecture and delight in its historic center declared World Heritage by UNESCO. We aim to arrive in Santiago intime to participate in the Pilgrim's Mass at the main catherdral.

Lunch en route

Route: **24 km**

Thursday, 15 September 2022: Santiago de Compostela (B)

Breakfast in the hotel.

Today we will enjoy an orientational tour of Santiago de Compostela, exploring some of the most interesting sites and the Cathedral. At the end of the tour, we will taste and savor one of the most traditional dishes of Santiago with a drink. ¡After lunch, each one of us will receive our pilgrim diploma! The rest of the afternoon and evening is at leisure. ¡A good nights sleep!

Friday, 16 September 2022: Santiago de Compostela (B, D)

Breakfast in the hotel.

Day at leisure ☺ Options : chillo ut, explore Santiago or we arrange a trip to Finisterre.

Speical farewll dinner, meal to be defined (drinks included)

Saturday, 17 September 2022: Santiago de Compostela (B)

Breakfast in the hotel and then it's time to head home! Arrange a taxi to take you to the airport base don your flight timings.

Participation Rate:

Price per person based on a twin / doublé room: **Dhs 12,900 / \$ 3510**

Single Supplement **Dhs 3,320 / \$905**

25 % Deposit on booking required (3,225 dhs / 878 \$)

25 % Second payment required by 1st March 2022

Balance payment by 8th August 2022

Accommodation: Parador De Baiona, Pazo Los Escudos, Hostal Antolin, Parador De Pontevedra, Pousada Real, Pazo De Lestrobe, San Francisco Hotel Monumento.

What is included:

- Welcome dinner with drinks
- Daily Luggage Transportation
- Santiago and Julie escorting the group
- Daily breakfast
- Accommodation
- Walking tour of Santiago
- Farewell dinner with drinks
- Team fleece, wáter feeder & kit bag
- Official Pilgrim diploma/ compostella



60 YEARS ON THE PLANET

- Walkie talkies

What's excluded

- Flights
- Travel Insurance
- Visa (if required)
- Lunch and dinners on the Camino route - this gives us maximum flexibility and choice.

Next Step

1. Arrange a call / zoom / skype with Julie if it's your first trip with Mountain High
2. Complete booking form, make the 25 % deposit and send along a copy of the passport you will be travelling on. Next payment of 25 % March 2022 , balance by 8th August 2022
3. Start training - walking with a light backpack!
4. Book your flights and arrange travel insurance

Please send all correspondence to

jules@mountainhighme.com and copy into support@aprilkilpatrick.com

Julie : Tel/ What's app : +971 50 6595536