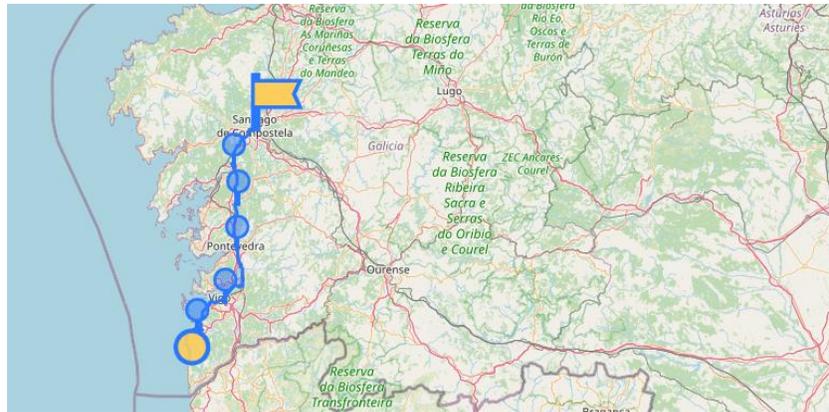


AnamCara

Supporting Parents After Bereavement

Anam Cara Camino Trek 2026 – 27th Sept – 04th Oct 2026



Anam Cara's Camino Trek at a Glance

- **Dates:** 27th September – 04th October 2026
- **Route:** Portuguese Coastal Camino – Oia to Santiago (approx. 128km over 7 walking days)
- **Your Costs Paid Include:** Accommodation, breakfast & dinner, Camino guide, baggage transfers, and support from an Anam Cara representative.
- **Fundraising Target:** €1,500, to be met before departure on **4th November 2026**.
- **Single** Occupancy Cost (Limited Spaces Available) €1,613
- **Shared** Occupancy Cost €1,240
- **Flights** are not included, we recommend flying with Aer Lingus EI 742 departing Dublin at 12:50 on 27th September 2026, with the return flight EI 743 departing at 16:50 on 4th October 2026.

Anam Cara Rep: We will be setting up a **WhatsApp group** in early September for all participants on the trip to connect and share ideas and tips, and for any questions direct to the Anam Cara's representative who will be joining the trip.

*Please note that the below itinerary is subject to minor changes before final confirmation closer to trip date.

Trek Itinerary

📅 DAY 1 – Sunday, 27th September 2026

Arrival in Oia

- 🚗 Transfer to accommodation: Hotel A Raina
- 🏠 Accommodation:
 - Hotel A Raina (Oia)
 - 1 night | 3 Single, 6 Twin rooms
 - Includes Dinner & Breakfast
 -

📅 DAY 2 – Monday, 28th September 2026

Oia → Baiona

- 📍 Distance: 17.66 km / 10.97 miles
- 🚗 Luggage Transfer for 15 people
- 🏠 Accommodation:
 - Hotel Bahia Bayona
 - 1 night | 3 Single, 6 Twin rooms
 - Includes Breakfast & Dinner

📅 DAY 3 – Tuesday, 29th September 2026

Baiona → Vigo

- 📍 Distance: 27.57 km / 17.13 miles
- 🚗 Luggage Transfer for 15 people
- 🏠 Accommodation:
 - Playa de Vigo
 - 1 night | 2 Single, 6 Twin rooms
 - Includes Breakfast & Dinner

📅 DAY 4 – Wednesday, 30th September 2026

Vigo → Pontevedra

- 📍 Distance: 19.46 km / 12.09 miles
- 🚗 Luggage Transfer for 15 people
- 🏠 Accommodation:
 - Rias Bajas
 - 1 night | 3 Single, 6 Twin rooms
 - Includes Breakfast & Dinner



DAY 5 – Thursday, 1st October 2026

Pontevedra → Caldas de Reis

-  Distance: 20.89 km / 12.98 miles
-  Luggage Transfer for 15 people
-  Accommodation:
 - O Cruceiro Center Caldas
 - 1 night | 3 Single, 6 Twin rooms
 - Includes Breakfast & Dinner

DAY 6 – Friday, 2nd October 2026

Caldas de Reis → Padrón

-  Distance: 18.5 km / 11.5 miles
-  Luggage Transfer for 15 people
-  Accommodation:
 - Pazo De Lestrove Hotel
 - 1 night | 3 Single, 3 Twin rooms
 - Includes Breakfast & Dinner

DAY 7 – Saturday, 3rd October 2026

Padrón → Santiago de Compostela

-  Distance: 24.72 km / 15.36 miles
-  Luggage Transfer for 15 people
-  Accommodation:
 - Hotel Montes (Santiago de Compostela)
 - 1 night | 2 Single, 6 Twin rooms
 - Includes Breakfast & Dinner

DAY 8 – Sunday, 4th October 2026

Departure from Santiago de Compostela

-  Check-out from Hotel Montes
-  Transfer to Santiago Airport (SCQ)



Camino Trek 2026 – FAQ's

What is the Camino Trek?

The Camino Trek is a scenic and spiritual journey along the Portuguese Way of the Camino de Santiago. Our 2026 route runs from Ouí to Santiago de Compostela, covering approximately 129km over six walking days. This journey is a chance for reflection, connection, and contribution – walking in solidarity with bereaved parents across Ireland.

How fit do I need to be?

You don't need to be an athlete! This trek is suitable for anyone of average fitness. We recommend walking 2-3 times per week in the months leading up to the trek, gradually increasing distance to 15-20km in a single walk, including hill training and walking on consecutive days. Break in your walking shoes or boots early!

Who is this trip suitable for?

The Camino is open to anyone aged over 18 who is relatively active, emotionally resilient, and seeking an experience that is both meaningful and physically rewarding. It's a group trek, but you'll have plenty of time to walk at your own pace too.

Will the trek be emotionally difficult?

The Camino can be many things to different people – healing, emotional, therapeutic, and wonderful fun too. Many participants walk in memory of someone, and we make space for reflection and remembrance, as well as connection, conversation and laughter. You will be surrounded by a supportive group who understand and respect everyone's individual journey.

What is the cost and how much do I need to fundraise?

The cost of the trip is €1,240 (based on shared accommodation). A single room supplement is available for €373. This includes transfers to and from Santiago de Compostela Airport, 7 nights' accommodation with breakfast and dinner, walking guides and support vehicle, all in-country transfers and baggage transport, an Anam Cara representative, Camino passport and official certificate.

The fundraising target is €1,500 per participant. This supports Anam Cara's vital services for bereaved parents. Flights should be booked privately, and we recommend Aer Lingus **flight EI742** departing on 27th September at 12:50. For the return journey, we suggest Aer Lingus **flight EI743** on 4th October at 16:50.

How and when do I pay for the trip?

- €350 non-refundable deposit upon registration
- Remaining costs (€1,240 shared, or €1,613 single) to be paid by **Friday 24th July**
- Fundraising target of €1,500 to be met by **4th November**

How will Anam Cara support my fundraising?

We'll support you every step of the way with a personalised iDonate page, fundraising ideas and resources, event and matched-funding guidance, and peer support from fellow Camino trekkers.

What's the weather like in Late September/October?

Weather is typically mild, with temperatures between 18-20°C, making it a great time to walk. Still, be prepared for some rain and cooler mornings/evenings.

How many people will be in the group?

We can accommodate any number of participants but we tend to keep the group size to no more than 20 people. Places are allocated on a first-come, first-served basis.

Is this a holiday?

Not quite! While the Camino is scenic and fulfilling, it is a physical and emotional challenge. You will be walking long distances daily, sometimes in less-than-ideal weather. Accommodation is comfortable but not luxurious. The focus is on personal growth, community, and supporting bereaved families.

Can I travel with a friend or relative?

Yes, many participants bring a walking partner, just be sure both of you register early to secure your places and room preferences.

What's the daily routine like?

Early breakfast and start walking around 8-9am. Walk for 5-7 hours, with plenty of rest stops. Arrive at accommodation mid/late afternoon. Free time to shower, rest, or explore. Group dinner and briefing for the next day.