



# Follow the Camino

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**AnamCara**

Supporting Parents  
After Bereavement

## Camino Frances – Sarria to Santiago de Compostela 21st – 28th May 2023

For more information and to register your interest go to [www.anamcara.ie](http://www.anamcara.ie) or email [s.dagg@anamcara.ie](mailto:s.dagg@anamcara.ie)

A walk that provides beauty, peace, friendships and a time for reflection.



**Price per person: €790**

**Single rooms: €971**

### This Walking Tour includes:

- 6 nights' accommodation in 2-3\* hotels
- Experienced bilingual guide
- Breakfasts & Dinners
- Luggage transfers between hotels
- Airport transfers
- Holiday pack (maps, scallop shell & pilgrim passport)
- Fun, memories & friends!



Flights are not included. The recommended flights are:

Depart: Sunday 21<sup>st</sup> May Depart Dublin @12.55 hrs – arrive Santiago 16.10

hrs Return: Sunday 28<sup>th</sup> May Depart @ 16.50 hrs – arrive Dublin 18.00 hrs

### Highlights

Along the way you will see stunning churches, traditional homesteads, cathedrals, rivers, forests, and lovely views. Your Camino will be filled by the fantastic cuisine of Galicia, and plenty of excellent wines!

Your first glimpse of Santiago will be from the "Mount of Joy". Get a stamp at the small church, admire the views and visit the massive pilgrim statue.

There are few feelings like the one of arriving to Praza do Obradoiro in front of the Cathedral de Santiago de Compostela after your long pilgrimage. Once in the city, you can explore the bustling medieval streets, filled with market stalls, restaurants, bars and buskers, as well as the many interesting museums.

### About the Camino de Santiago

Camino de Santiago or The Way of St. James is an ancient pilgrimage that dates back to the 9th century.

The local bishop declared the remains those of St. James the Greater, Apostle to Jesus Christ, and built a church there.

Pilgrims began walking to the resting place of St. James from their homes all over the world.

The modern Camino de Santiago is made up of nine main routes - all of varying lengths, terrain, culture and natural beauty. Hundreds of thousands of pilgrims make their way to Santiago each year.

### About Follow the Camino

Follow the Camino began creating fantastic walking and cycling holiday experiences on the Camino in 2007. Since then we have sent tens of thousands of clients on hundreds of thousands of kilometers of trails across Europe.

Our team is multicultural and multilingual so we can talk to all our suppliers on the ground as well as our clients in a number of languages.

We have been working with charities walking the Camino as a fundraiser for over a decade. From groups of 7 or 8 to over 50 people, we love supporting charities in meeting their fundraising and awareness goals.





## Itinerary

### Day 1: Sunday - SARRIA (Arrival)

You will be collected from the airport in Santiago de Compostela and transferred to your accommodation in Sarria. Enjoy your first evening meal with your group, and get a good rest before you begin your camino.

### Day 2: Monday - SARRIA to PORTOMARIN - 21.9km

Expect a peaceful walk in shady oak woods and pretty villages on quiet country roads. The village of Barbadelo has a beautiful Romanesque church that is worth a visit. When you arrive in Portomarin you can relax on one of the terraces of the main plaza.

### Day 3: Tuesday - PORTOMARIN to PALAS DE REI - 24.2km

From the village, the Camino crosses the river Minho. On your way, you'll be crossing Gonzar and passing the Romanesque Church of Santa María, Castromaior. In Eirexe, the Romanesque portal of the church is a beauty, featuring a sculpture of Daniel and animals, as well as a statue of Santiago de Peregrino. You will then arrive in Palas de Rei.

### Day 4: Wednesday - PALAS DE REI to MELIDE - 14.7km

The Camino continues slightly downhill, passing the village of Casanova and the charming village of Leboeiro. At Melide (454m), you can stop in one of the many restaurants to try some local specialties.

### Day 5: Thursday - MELIDE to ARZUA - 14.3km

This is the perfect start as the stroll quickly leaves Melide and heads off to the quiet countryside, along forest track and through a few hamlets. At Boente de Ariba, you will pass by the ancient church of Santiago before continuing through a forest track and reaching Catanada. You will then cross a few streams, and the last stretch to Arzua is an long uphill bit.

### Day 6: Friday - ARZUA to RUA - 17.5km

This shaded section of the Camino passes through woods, along streams and through sleepy villages. Take your time and visit the chapel of Santa Irena, with its unique statues of Santiago. Rua is one of the less crowded stopping points before Santiago de Compostela.

### Day 7: Saturday - RUA to SANTIAGO DE COMPOSTELA - 20.5km

Take a short break to wash your feet in the river at Lavacolla before heading on to Santiago de Compostela. The tall eucalyptus trees line your way to Monte del Gozo, or Mount of Joy. From here, you can see your goal - the Cathedral of Santiago! Walk into the city and to the wonderful Old Town.

### Day 8: Sunday - SANTIAGO DE COMPOSTELA (Departure)

Explore the incredible city of Santiago de Compostela. Wander the narrow stone streets, taste the incredible food, and wander around the many museums and galleries of the city.

