

HIKING JOURNEY

# The Pilgrim's Way

WALKING HOLIDAYS IN THE PAYS-BASQUE, AINHOA, SANTIAGO DE  
COMPOSTELA, FRANCE & SPAIN

14 DAYS



**WALKABOUT**  
GOURMET ADVENTURES

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## Journey Overview

Only someone who has travelled the route to or from Santiago can understand that the so-called Route of St James which ends in Santiago de Compostela, is more than just religion, culture, sport, history, art, gastronomy and countryside rolled into one. It is all these things but at the same time much more. It is hard to explain a phenomenon that is more than twelve centuries old in its current form but which also incorporates myths and legends from people and traditions long predating Christianity itself. Part of the answer lies in Galicia, a land prone to harbouring mysteries, spirits, witches, mandrakes and other hidden treasures. In the middle ages, when half a million pilgrims a year walked this path in spiritual quest, extraordinary monasteries, pilgrim hospices and villages sprouted along the route to serve the pilgrims' needs. Our walking journey covers the most beautiful sections of "El Camino" on peaceful mountain paths and country lanes marked with the scallop shell, symbol of St. James. Our walk begins in Ainhoa in Pays Basque in France which is very different from its neighbouring regions and best illustrated by the unique Basque language. As we walk these thousand-year-old trails, where 20th century intrusions are few, we relish Romanesque settings redolent with the air of pilgrimage. Following "The French Route", our journey ends in Santiago de Compostela, the Holy City reputed to hold the bones of fisherman-evangelist St. James.



## Journey Schedule

### DAY 1

Biarritz – St Jean De Luz – Ainhoa

### DAY 2

Ainhoa – Sare – Ainhoa

### DAY 3

Ainhoa – Col De Veaux – Chapelle N.D De L'aubepine

### DAY 4

Ainhoa – St Jean Pied De Port – Espelette – Ainhoa

### DAY 5

Ainhoa – Pamplona – Sos Del Rey Catolico

### DAY 6

Sos Del Rey Catolico – Free Day

### DAY 7

Sos Del Rey Catolico – Marques De Riscal Winery La Rioja – Santo Domingo De La Calzada

### DAY 8

Najere – Santo Domingo De La Calzada

### DAY 9

Santo Domingo De La Calzada – Redecilla Del Camino – Burgos – Leon

### DAY 10

Leon – Puente De Orbigo – Astorga

### DAY 11

Leon – Free Day

### DAY 12

Leon – O Cebreiro – Samos – Portomarin

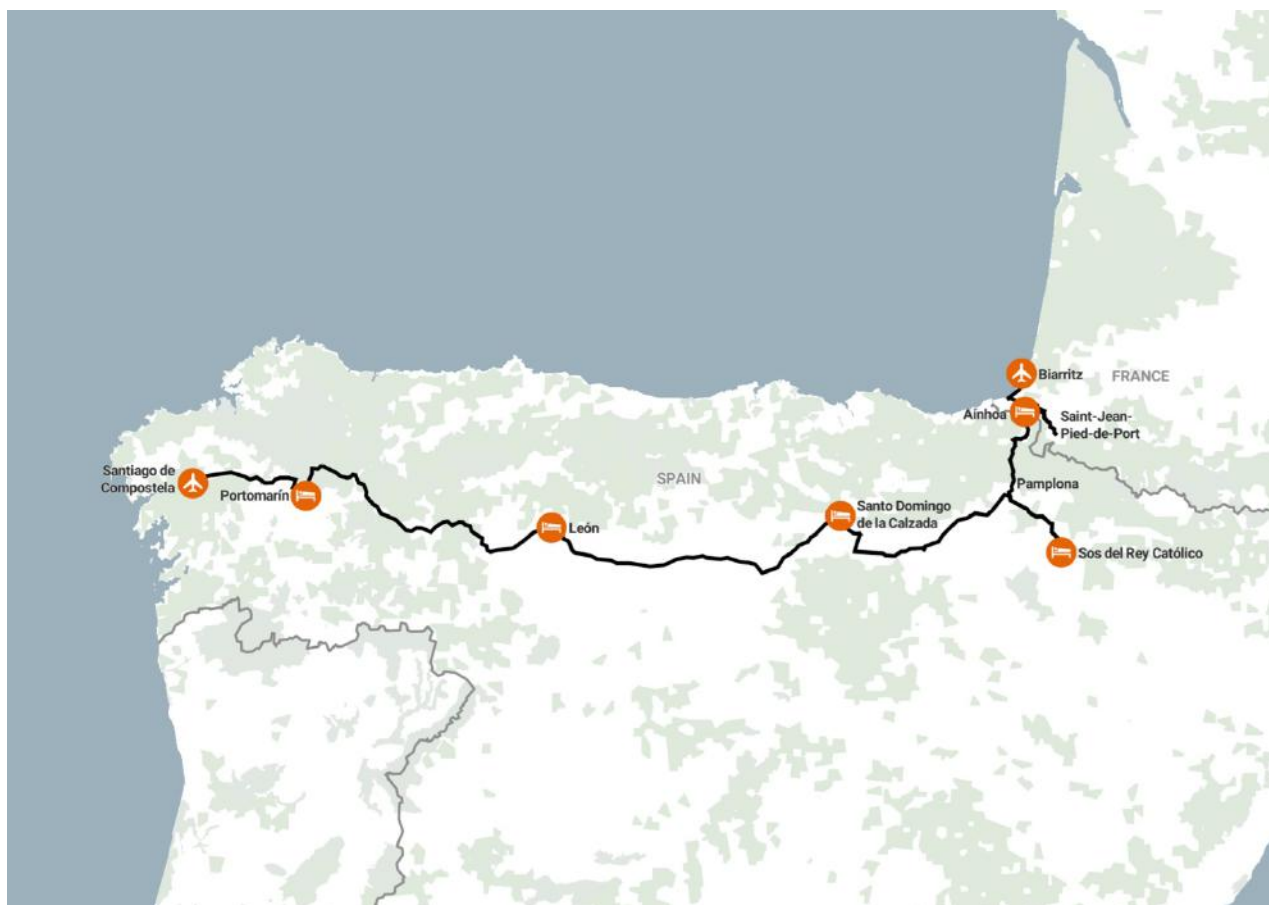
### DAY 13

Portomarin – Ferreiros – Mouzos – Portomarin

### DAY 14

Portomarin – Ventas De Naron – Santiago De Compostela

## Journey Itinerary



### DAY 1

#### Biarritz - St Jean De Luz – Ainhoa

This morning we meet at 10.00 am:

Hotel Saint Julien, 20 Avenue Carnot, 64200 Biarritz

<https://hotel-saint-julien-biarritz.fr/en/>

It is a comfortable and central hotel near the old harbour in Biarritz. Please book directly with them. From the charming old worldly town of Biarritz, we have a short drive to Le Moulin de Bassilour. This lovely old mill, now also a bakery, produces a

variety of interesting bread, particularly the “Pain de Mais” and one of the best “Gateau Basque” we have eaten. A lovely spot for our first morning tea! Our next stop is St Jean de Luz, one of the most picturesque Basque towns on the French Coast. The fishing port, the beautiful Basque architecture and a fine sheltered beach and harbour combine to make a superb site and excellent place for lunch. The port of St Jean de Luz maintains a strong fishing tradition. Sardines are caught off the Portuguese and Moroccan coasts, anchovies in the Bay of Biscay and tuna off the French coast in summer and Northern Africa in winter. After lunch we have a short drive to our hotel and base ourselves for the next 4 nights in Ainhoa in the lower Pyrenees. It is one of the most picturesque villages in Pays Basque. Our cosy hotel dates back to the 17th century and has been classified as an historical monument. Once, an ancient hostel on the pilgrim's road to Compostela, nowadays, it is an extremely comfortable\*\*\* hotel with a secluded garden and swimming pool. It is renowned for its elegant dining and the restaurant has a Michelin star which it has proudly held for many years.

### AINHOA



## DAY 2

### Ainhoa - Sare – Ainhoa

This morning we leave the beautiful village of Ainhoa to join our walking track. The countryside is a mixture of open fields and forest which blends in beautifully with the architecture of the region. It is a very rural area and we are likely to see farmers tending the land. After descending down through an ancient forest, we come to an abandoned fish farm which was located, in former times, on the Nivelle River. We follow this meandering stream through a forested valley until we reach the Spanish border. From here we join a trail which takes us up along a spur through lush farmland until we arrive once again at the Spanish border. Located here is a very welcome Spanish country inn where we can stop for lunch. After a nice rest we walk back into France and join a country lane which takes us past a number of farmhouses and rural villages. We soon arrive at the National Trust classified village of Sare, surrounded by superb Basque farmhouses and right in the heart of the old smuggling region. The Basques never recognized the legality of the frontier and considered the transportation of goods "nightwork", while avoiding customs formalities, as perfectly natural. With over 20 kilometres of easy mountain passages nearby, Sare became an important smuggling centre. We have time for a welcome coffee or cool drink before we take the short drive back to Ainhoa.

 **5 HOURS**

 **AINHOA**



## DAY 3

### Ainhoa - Col De Veaux - Chapelle N.D De L'aubepine

After breakfast we leave our hotel and follow the "Stations of the Cross" up the hill to a small chapel. Here you might get the first amazing view of the eagles and vultures. They are very plentiful in this region and during our walk we get quite close to their nests which are located on rocky outcrops. An unforgettable experience! Our trail continues up over beautiful meadows with sweeping views down towards the coastline near St Jean de Luz and across to the higher Pay Basque peaks in Spain. Near Col de Veaux we take a break for our well-earned picnic lunch and admire the splendid panorama. In the afternoon we retrace our route back to the Chapelle N.D de L'Aubepine - here we have a superb view of Ainhoa and the Nivelle Valley all the way to the Atlantic. We follow the path back to Ainhoa where we have time to explore the village and have a coffee or cool drink in one of the many cosy cafes.

 **5 HOURS**

 **AINHOA**



## DAY 4

### Ainhoa - St Jean Pied De Port – Espelette – Ainhoa

This morning we leave Ainhoa and have a lovely drive through the Basque countryside to the village of Saint Jean Pied de Port which for most pilgrims is the official beginning of the famous Camino. The village is always a buzz with pilgrims preparing for their journey to Santiago de Compostela. It is still surrounded by its medieval walls and has some important historical monuments including its 13th century Gothic prison of the Bishops, the church of Nuestra Senoradel Puente and the arch of Saint Jean. Our route takes us beside the Petit Nive River and we begin our climb on a narrow winding road which leads up into the high Basque hills. For most of the pilgrims this is one of the most difficult stages of their journey as they will need to cross over the Pyrenees.

Our trail passes through a variety of vegetation including lovely forests of ash, alder and willow. We shall also have sweeping views of grassy hillsides – a favorite spot for the shepherds and their flocks of sheep. Weather permitting, we should be able to have a lovely picnic with a panoramic view of the beautiful Pays Basque countryside. If the weather should be inclement then there is a cosy mountain hut where we can have a warm bowl of vegetable soup.

In the afternoon we retrace our steps back down into St Jean Pied de Port where you will have time for a stroll through the back streets and a coffee.

We rejoin our vehicles for the trip back to Ainhoa. We pass through the village of Espelette which has become very famous for its pottoks (basque mountain ponies) and especially for “le piment” – the red pimentos which are drying in the sun, hanging from the facades of the village houses. They are the classic image of several Basque villages and are ground into a powder to provide a mild spice and are an essential part of the Basque cuisine today.

Back at our hotel we can now unwind and sit back and enjoy some of the best regional food the Basque country has to offer. Between the traditional country cooking and the coastal dishes there is a wide variety of local specialities. The delicious “piperade” sauce, often eaten with the Bayonne ham is based on the red pimentos of Espelette. The pimento festival is held in the village during the last week of October. Ttoro, sometimes known simply as “fish soup” is another delicacy from this region or the

ewe's cheese known as Fromage de Brebis is manufactured following traditional practices and renowned throughout France. The perfect wine to complement our meals is the Irouleguy, which grows in the heart of the Basque country on vineyards and the steep mountainsides of the Pyrenees. The red is superb with red meat, sauces and cheeses while the rosé is delightful with fish and seafood.

 **5 HOURS**

 **AINHOA**



## DAY 5

### Ainhoa - Pamplona - Sos Del Rey Catolico

This morning we leave the beautiful village of Ainhoa and cross the border into Spain. After a very pleasant 60-minute drive we arrive in the bustling city of Pamplona where we stop for lunch. The city, best known these days for its bull-running festival was once the fortress capital of Navarra and an important stage in the Santiago pilgrimage. It was here that the young Basque nobleman Ignatius Loyola fell wounded in 1521 during the defence of Pamplona against the French. He went on to found the Order of Jesuits and to achieve saint hood. After allowing plenty of time to explore this old city we rejoin our minibuses and make our way up into the hills and arrive at our base for the next 2 nights, Sos del Rey Catolica.

Our hotel is part of the famous Spanish Parador Group. This parador is a stately building in the Aragonese style that has preserved the monumental, historical and artistic ambiance of Sos del Rey Católico. The town, which has been declared an area of artistic and historical importance, was the birthplace of influential nobles such as Ferdinand, the Catholic Monarch himself. It therefore has a rich heritage. The parador's décor is elegant - the interior columns are covered in wood and there is an abundance of Castilian-style furnishings. Space and light are the common denominator in the guest rooms, thanks to the large windows. The restaurant offers tradition and authenticity in the aromas and flavours of the cuisine of the Cinco Villas district - the region that lends the restaurant its name.

Here you will discover a walled medieval town built on top of an enormous rock with views of vast mountains and valleys. Within the high walls that surround the town, you will find stone houses with coats of arms, Gothic and Renaissance windows and ancient cobbled streets which combine to create a very harmonious setting. These same streets lead to chapels, churches and lovely spots such as the Lonja (wholesale market) and the ruins of the medieval castle, Sada Palace and Nuestra Señora de Valentuñana Monastery.

 **5-6 HOURS**

 **SOS DEL REY CATOLICO, SPAIN**

## DAY 6

### Sos Del Rey Catolico - Free Day

In order to relax after witnessing so many beautiful sights, our parador is the ideal spot to enjoy the beauty of the castle, the surrounding landscapes and local cuisine.

Visiting the old quarter of Sos del Rey Catolico, a medieval town which has been declared to be of an historical, artistic interest, as well as offering many cultural delights, is an unforgettable experience. The steep streets, balconies and houses are inviting for a closer visit along with churches such as San Martin or San Esteban - built in lovely Pyreneean Romanesque style. In the surrounding areas we find many picturesque villages which are full of history.

Dinner tonight is at your own leisure and a good opportunity to try out one of the local restaurants. Alternatively, you can eat à la carte in our hotel.

#### SOS DEL REY CATOLICO, SPAIN



## DAY 7

### Sos Del Rey Catolico - Marques De Riscal Winery La Rioja - Santo Domingo De La Calzada

Today we continue to follow the symbols of scallop shell and make our way from Sos del Rey Catolico to Santo Domingo de la Calzada. The origin of the scallop shell remains a mystery but has been an important symbol since at least the 11th century. Nearly all images of Santiago or his followers incorporated a scallop shell either on their rucksacks, hats or clothes and many pilgrims today continue to wear it.

Today we move into the famous wine producing region of La Rioja. Our destination is the amazing winery of Marques de Riscal. It is the oldest winery in La Rioja established in 1858. It has more recently become famous because of a new building designed by the eminent Canadian architect Frank Gehry. He attracted world-wide fame when he designed the Guggenheim Museum in Bilbao. Like the Guggenheim Museum, the building designed by Gehry is covered with titanium. In this case, however, the architect wanted to infuse his work with the signature colours of Marqués de Riscal – pink, like the wine, gold like the mesh on the Riscal bottles and silver like the bottle top. It is certainly a stunning building and it houses an exclusive restaurant and boutique hotel. We allow time for a guided tour of the extremely impressive winery and of course a wine tasting. In the late afternoon we rejoin our minibuses for the drive to Santo Domingo de la Calzada our base for the next 2 nights. This is one of the towns with the greatest Jacobean tradition. The town owes its name and origin to Santo Domingo, who devoted his life to caring for pilgrims, to such an extent that the town came to be known as the “Compostela of la Rioja”.

The Cathedral preserves the hen house, which recalls one of the most famous miracles of St James. This involved a pilgrim boy who was travelling with his parents and was hung for being a thief, despite being innocent, based on the accusation of a spiteful servant who had hidden a silver cup in his luggage. The innocent boy was hung and his parents continued their pilgrimage to Santiago.

On their way back, returning to the place where their son had been hanged, they found him alive, and went to inform the local magistrate who, at that moment, was sitting down to eat a roast hen and cock. Incredulous, the magistrate exclaimed that if the boy were alive, the cock and hen would begin to sing on his plate. This is exactly what happened, proving the boy's innocence. Ever since then, a cock and a hen have been venerated at the cathedral.

Our accommodation is in the atmospheric Parador of Santo Domingo. It occupies the site of the former Pilgrim's Hospital and still preserves the well which was built by Santo Domingo. As a place of peace and rest, at Santo Domingo de la Calzada we have also the opportunity to enjoy some delicious cuisine.

It is based on local produce and washed down with an incomparable Rioja wine. Artichokes with clams, fine kid and suckling pig roasts are all a real treat and may well be on the menu along with exquisite desserts such as pears in wine with chocolate sauce and the Tarta de Santo Domingo.

### **SANTO DOMINGO DE LA CALZADA, LA RIOJA,**



## DAY 8

### Najere - Santo Domingo De La Calzada

We leave Santo Domingo and drive the short distance through vineyards and farmlands to Najera. This ancient town was founded by the Arabs who also gave it its name - "place among crags". It was taken away from the Muslims in 923 in a joint action by the Kings of Najera and Leon. After allowing some time for a look around the town and to purchase your picnic lunch we follow the pilgrim's trail through the outskirts of the town and begin our climb up to a small pass where we arrive at a fertile plateau. If we are lucky, we may spot a flock of vultures as they circle the nearby Pic de Najera. Also, along our walk, we should see and hear the elegant common stork, which after passing the winter in North Africa, they fly to the Iberian Peninsula to reproduce. They are often near human populations, in contrast to their shy black relatives, which hide in the woods. They construct or re-inhabit huge, complex nests perched high in the most unlikely places such as water pumps, telephone poles or chimneys. A preferred nesting site appears to be church bell towers, sometimes crowding a single tower with three or four heavy nests.

After approximately 2 hours walking, we arrive in the small rural village of Azoifra where there is a welcome bar in the main square. After our break we continue through the vineyards and after an hour we stop for our picnic lunch.

Our track is full of ups and downs until we reach a plateau with an extremely alien looking golf course in the middle of a holm oak wood.

Shortly after we arrive at Cirinuela we are greeted by another welcome bar. From here it is only 1½ hours easy walking through the fields back to the edge of our town of Santo Domingo de la Calzada or alternatively those who prefer can finish the walk here.

 **5 HOURS**

 **SANTO DOMINGO DE LA CALZADA, LA RIOJA,**

## DAY 9

### Santo Domingo De La Calzada - Redecilla Del Camino - Burgos – Leon

This morning we join the pilgrim's trail and walk out of the town across the bridge which spans the River Oja (built by St James himself). The camino continues on its way until it reaches the Cross of the Brave (Cruz de la Valientes) after a further hour of walking we come to the small village of Granon where we can stop for a short break in a bar. Our trail then continues back into the cereal fields before we arrive at Redecilla del Camino, the conclusion of our morning's walking.

Here we rejoin our minibuses and follow the N120 through the hills of Oca. Today they form a peaceful landscape but they used to be known for being extremely dangerous due to the presence of bandits and ruffians who robbed the pilgrims of their belongings.

After approximately 1½ hours we arrive in Burgos. This city was an important point along the journey which pilgrims were anxious to reach. Here they found material and spiritual comfort at more than thirty hospitals which existed during the Middle Ages. Among all of the historical sites found in the city of Burgos, the cathedral stands out. Construction on this building began in 1322 - this being one of the purest examples of the Spanish Gothic style.

Here we break for lunch and you will have time to explore this magnificent city at your leisure. In the late afternoon we re-join our minibuses again and drive the remaining distance to the Monastery of San Marcos in Leon - our base for the next 3 nights.

This former Hospital of San Marcos, the headquarters of the Order of Knights of St. James, is today one of the most important buildings in the Paradors' chain. The construction for the monastery began in the 16th century under the influences of various craftsmen and is today a living museum. In the restaurant we have the opportunity to sample the tasty delights of the renowned Leonese cuisine - featuring

lamb dishes and fine sausage-meats, delicious trout and some exquisite desserts to finish.

 **2 HOURS**

 **LEON, CASTILLA Y LEON, SPAIN**



## DAY 10

### Leon - Puente De Orbigo- Astorga

After a short drive to Puente de Orbigo, named after its famous bridge which has lent its name to the town since the 17th century, we allow some time to visit this charming small town. The main reason for its fame is the "Passo honroso", the private feat of a worthy predecessor to Don Quixote, the noble Suero de Quinones from Leon. This is one of the most spectacular stories of the Road from Santiago in which pilgrimage and knightly matters combine in a bizarre mix. During the Holy Year of 1434, fulfilling a promise to a lady and naming St James as his witness, this knight participated in some famous jousting competitions in this enclave.

After a coffee in one of the loveliest cafes along the Camino we join the trail again which takes us through the region of La Maragateria, famous for its muleteers and deep-rooted traditions with distinct food, folklore and housing construction.

We walk on a beautiful rural trail between poplars and irrigated corn fields until we arrive at Hospital de Orbigo. We continue through farming land and have a break for lunch besides some trees with beautiful views towards the distant mountains.

After lunch we continue our way across a plateau and reach the highest point where we are rewarded with a glorious view towards Astorga. It was once a strategic Roman town linking the ore rich mountains with the southbound transport route. Today the town still retains numerous Roman artefacts as well as a lovely cathedral and the Episcopal Palace designed by Antoni Gaudi.

After allowing some time to wander around this lovely town we re-join our minibuses and return to Leon. In the evening we meet for a pre-dinner drink before having dinner in one of Leon's cosy old town restaurants.

 **5 HOURS**

 **LEON, CASTILLA Y LEON, SPAIN**

## DAY 11

### Leon - Free Day

Today explore Leon at your leisure. This two-thousand-year-old Roman city became the Kingdom of Leon and enjoyed great prosperity until the 13th century. A large part of the historical quarter of Leon has been preserved, the city still being surrounded today by its ancient walls. There are numerous churches to visit such as San Isidoro, Santa Maria del Mercado and, above all, the cathedral, another Gothic jewel of the 13th century. Tonight, you are free to try one of the local restaurants in the old town of Leon.

#### LEON, CASTILLA Y LEON, SPAIN



## DAY 12

### Leon - O Cebreiro - Samos – Portomarin

This morning we leave our wonderful parador and depart from Leon on the freeway which takes us almost to O’Cebreiro where we commence our walking. The village is surrounded by a spectacular landscape of mountains, dating back to prehistoric times. The centre of this small village is comprised of the sanctuary of Santa Maria a Real do Cebreiro and the building houses of the old pilgrim hospital, founded by the French Saint, Giraldo de Aurillac, in the 9th century. After lunch, we join the camino and make our way through the pine covered slopes of Mont Pozo.

It is delightful countryside – passing meadows, holly and hazel bushes. Our trail is surrounded by rounded peaks and towering mountainsides passing through the Sierra of Ranadoiro. After approximately 2 hours walking, we come to the isolated village of Hospital de Condesa where we rejoin our minibuses again.

Our next stop is Samos whose monastery is considered to be one of the oldest in the western world, its origins dating back to the 6th century. The first monastic community followed the ascetic doctrine of the Coptic monks of the desert, reinforced by the Rule of San Fructuoso.

After adopting the Benedictine Rule in the year 960, the monastery started to take in pilgrims and still maintains the old inn today. During the year 1,000, the monks constructed the chapel of el Salvador known as the “chapel of the Cypress” because of the enormous cypress tree next to the chapel which is over 1,000 years old.

In modern age the economic and cultural effort of the monastery of Samos was the driving force behind a major architectural renovation. During this process, a grandiose 18th century church replaced the Romanesque Church. All that remains of the medieval construction is the interior porch.

Time permitting, we shall have a coffee in the town and then continue via Sarria to Portomarin - our base for the last 2 nights. It is one of the most attractive villages on the pilgrim's trail. From our hotel we have lovely views across the Mino Valley and it specializes in typical Galician gastronomy.

 **2 HOURS**

 **PORTOMARIN, GALICIA, SPAIN**



## DAY 13

### Portomarin - Ferreiros - Mouzos – Portomarin

After breakfast we drive over the bridge, built in the early 1960s, to cross the reservoir of the Mino River. Water levels permitting, it is possible to see the arches of the old bridge over the Mino River as well as the ruins of the old town of Portomarin, which were sacrificed in 1956 to construct a reservoir. Our route takes us to the tiny farming community of Leiman and then the outskirts of Sarria where our walk begins. The pilgrim's trail winds its way across rich farming land where there is certainly no scarcity of water! There seems to be a string of little hamlets we pass through. They are all dominated by the grey granite which is typical of this region. Their mere names are a sign of their modesty, for example, Xisto means slate in Galician, Domiz, Leiman, and Peruscallo are all people's names and Cortinas means small property for ploughing and Lavandeira is a place for washing clothes. We break for lunch under the shade of some lovely old oak trees beside a beautiful meadow. In the late afternoon we arrive back in Portomarin where you will have time to explore the town at your leisure. It has a long history since it was an important river crossing point, dating back to Roman times. It disappeared under the waters of the Belesar Reservoir, built at the Mino River in 1962. The new town of Portomarin, built from the ruins of the old town, has tried to maintain its traditional charm. Some of the old constructions from the original site were moved to the new location, such as the Church of St Nicholas. It belonged to the Order of the Knights of Saint John of Jerusalem, later known as the Order of Malta. The Knights of Saint John protected this stretch of the Way, as well as the bridge and the two hospitals pertaining to the borough of San Pedro. Tonight, we have our final celebratory dinner and we can reflect about our journey along the Pilgrim's Trail over the last 2 weeks!

 **5 HOURS**

 **PORTOMARIN, GALICIA, SPAIN**

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## DAY 14

### Portomarin - Ventas De Naron- Santiago De Compostela

On our final day on the pilgrim's trail, we depart from our hotel and join the camino and make our way through the village and over the pedestrian bridge before climbing out of the valley towards Mont St Antonio. We follow a very pleasant forest path which brings us out on a fertile farming plateau. The countryside is normally lush and green thanks to the high Galicien rainfall. In Hospital de la Cruz we stop for an early lunch and complete our final section of the pilgrim's trail. After lunch we rejoin our minibuses for the final drive into Santiago de Compostela. This Holy City is reputed to hold the bones of fisherman-evangelist St. James. In the Middle Ages, when half a million pilgrims a year walked this path in spiritual quest, extraordinary monasteries, pilgrim hospices and villages sprouted along the route to serve pilgrim's needs.

The Cathedral of Santiago is one of the great European monuments, whose construction began in the year 1075. You will no doubt want to finish your 14 day tour here. The pilgrim usually carries out a ritual that takes him to the chapel of the main altar, in keeping with the tradition, to 'embrace' the Apostle St. James - a sculpture of Romanesque origin - and next, to visit the crypt where his remains are buried.

A visit to the Portico de la Gloria is also part of the ritual, as is attending the pilgrims' mass at 12.00 noon. Here, the swinging of the "botafumeiro", hanging high up in the nave of the transept, surprises and delights. In front of the cathedral is the most impressive Parador - "Hostal de los Reyes Catolicos" in the Plaza del Obradoiro in Santiago de Compostela. It served as a hospital until 1954 and was founded by the Catholic Monarchs in 1499 to satisfy the medical needs of pilgrims. It has been considered to be the oldest hotel and one of the most emblematic in the world. The four impressive internal cloisters deserve a special mention as they are of immense beauty. Today, this majestic building has been adapted to the requirements of a luxury hotel and is a wonderful place to finish this tour.

 **3 HOURS**

# Journey Accommodation

Hotel Ithurria - Les Collectionneurs

**NIGHT 1 - 4**



Parador de Sos del Rey Católico

**NIGHT 5 - 6**



Parador Santo Domingo

**NIGHT 7 - 8**



Parador de Leon

**NIGHT 9 - 11**



## Pousada de Portomarín

### NIGHT 12 - 13



## Journey Notes

### PRICE INCLUDES

- Experienced guide.
- Pick up at 10.00 a.m. at Hotel Saint Julien in Biarritz, France on Day 1 and drop off at approximately 5.00 p.m. at the Parador "Hostal Dos Reis Catolicos" in Santiago de Compostela, Spain on Day 14.
- Transport between Biarritz on Day 1 and Santiago de Compostela on Day 14.
- Twin share accommodation from Day 1 to Day 13, including 13 breakfasts and 11 dinners.

### NOT INCLUDED IN TRIP COSTS

Transport before and after "the walk", lunches, 2 evening meals, evening drinks, in-between meal snacks, personal travel insurance, laundry, medical expenses and items of a personal nature and optional entry fees.

**WHAT TO BRING**

Daypack and comfortable walking boots, waterproof raincoat and rain over-pants, warm hat and gloves, sun hat, sunglasses, sun-cream and bathers (pools in some hotels!). A pair of walking sticks makes the walking easier and helps with the balance on rough terrain.

As we are restricted with the amount of luggage we can carry in our vehicles please ensure that your CASES DO NOT EXCEED 20 KG's per guest.

**PRE-WALK PREPARATION**

We suggest that prior to your walking holiday you prepare yourself to obtain a level of fitness that will allow you to enjoy your walking holiday.

This, of course, is dependent upon your existing fitness level. Remember, the fitter you are, the more you will enjoy the holiday!

- Start with some short walks which include stairs or hills and increase the length of walks over a couple of months.
- We suggest you carry a backpack with water, camera, jacket, snacks, etc. to assist you with your preparation and allow you to get used to the extra weight on your back.
- We also ask that your boots are comfortable and well-worn in.
- Perhaps enjoy some walks through our local national parks and over uneven surfaces to gain confidence with your boots or new walking shoes.

**PLEASE NOTE**

All accommodation on tour includes private facilities (toilet and shower/bath).

Single rooms can usually be arranged for a supplement. Please ask for details. We will endeavour to match people together if they would like to share a twin room with another guest to avoid paying the single room supplement. However, as this is not always possible, 'single' clients will have to pay the supplement.

All walks during the 14-day tour are optional. Guests can choose to have more free days than the two already included in the itinerary.

The walking pace on the walks is leisurely. Guests do not have to be experienced, although a good level of fitness is necessary.

# Get in touch and book your journey today.



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## Follow the journey.



### Quality Practices

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