



APRIL 2019

Walk Europe's
most historic routes

A week on the
CAMINO de
SANTIAGO **2019**

"20 years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Catch the tradewinds in your sails. Explore – Dream – Discover." - Mark Twain (1835–1910)



**Self Help
Africa**

selfhelpafrica.org

WALKING THE CAMINO DE SANTIAGO



For centuries, pilgrims from all over the world have walked along Spain's Camino de Santiago, following the many paths to Santiago de Compostela and the tomb of St. James.

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The week-long walk across
.....
the Camino will take hikers
.....
through rustic villages and
.....
spectacular scenery
.....

Today, whether walking the Camino for religious or spiritual reasons, to find yourself or to discover its natural beauty and heritage, the Camino de Santiago is a trip of a life time, a unique experience that inspires many, even after their journey is over.

Join Self Help Africa along the last 100 km of the breath-taking **Portuguese Way** from **27 April-4**

May, which starts in the Galician town of Tui and finishes in Santiago.

Participants are asked to raise **€2,500** in sponsorship in order to take part, with funds raised being invested in our development programmes in Africa.

It's a chance for some great exercise, a great experience, an opportunity to meet new people, and a chance to raise vital funds for a worthwhile cause.



ITINERARY

A WALK ON THE CAMINO DE SANTIAGO

ITINERARY FOR PORTUGUESE CAMINO

Day 1

Arrive in Santiago Airport Transfer to Tui

Explore the cathedral town of Tui and stroll down the cobbled streets to the Plaza de San Fernando to view the 12th century cathedral.

Day 2

Tui to O Porriño – 15 km

Pass through the Túnel das Monxas and cross the pretty bridge of San Telmo before reaching O Porriño.

Day 3

O Porriño to Arcade – 25 km

Continue your journey along the Louro valley before overnighing in Arcade, which is famous for its oysters.

Day 4

Arcade to Pontevedra – 12 km

Cross the Verdugo River over Ponte Sampaio where you can enjoy magnificent views over the Bay of Vigo while walking towards Pontevedra.

Day 5

Pontevedra to Caldas de Reis – 22 km

Walk through chestnut groves and pine and eucalyptus woods, at Lombo de Maceira you will spot a statue of Saint James with his walking stick, showing pilgrims the way before stopping for the night at the spa town of Caldas de Reis.

Day 6

Caldas de Reis to Padrón – 18 km

Cross the river Umia and the hot springs before gradually climbing to the village of Santa Mariña

before reaching today's final destination; the town of Padrón, believed to be the arrival point of the body of Saint James when it was brought to Santiago de Compostela by ship.

Day 7

Padrón to Santiago de Compostela – 25 km

Walk through a number of small villages to complete your journey to Santiago de Compostela, explore the vibrant and lively city before visiting the cathedral.

Day 8

Santiago de Compostela

Explore the beautiful city before you head home.



PARTICIPATION FEE:

Cost of trip: €1,500

This includes return flights from Dublin to Santiago de Compostela, all internal transfers including luggage transport during the walk, and accommodation including bed, breakfast, and dinner

Our fundraising ask: €1,000

This will be paid in four instalments:

€200 deposit to be paid with registration form
€750 payment to be paid in full by XX/XX/XXXX
€750 payment to be paid in full by XX/XX/XXXX
€750 payment to be paid in full by XX/XX/XXXX

Price quoted is subject to availability and may vary due to flight costs. We will make all prices clear in advance of the Camino.

OUR SUPPORT:

If you wish to participate and need a hand fundraising to take part, please contact Meadhbh in our office. We have some great suggestions and will help you every step of the way. We can also provide you with t-shirts, coin collection units, personalised sponsor cards and posters to help with your fundraising efforts.

For more information contact Catherine on **016778880** or at **catherine.clark@selfhelpafrica.org**.



SUPPORTING SELF HELP AFRICA



Self Help Africa is an international development organisation that works through agriculture to end hunger and poverty.

The organisation works in Burkina Faso, Ethiopia, Kenya, Malawi, Togo, Uganda and Zambia. In 2018, our work in Africa supported millions of people to grow more food and earn a better living.

Self Help Africa has been working to end hunger and poverty amongst rural communities in

Africa for over 30 years.

Our work seeks to empower local communities with training and knowledge, and to support small-holder farming families to produce more, earn more, and access new markets and better prices for the crops that they grow.

Your participation in this year's Camino Walk will provide a valuable contribution to our work.



**Self Help
Africa**

**FIND
OUT
MORE**

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Charity No. 5678