



MAY 2024
Walk Europe's
most historic routes

A week on the
CAMINO de
SANTIAGO

"The boat is safer anchored at the port; but that's not the aim of boats."

- Paulo Coelho, The Pilgrimage

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.

This 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, or to discover its natural beauty and heritage, the Camino de Santiago is a trip of a lifetime! It's a unique experience that inspires many, even after their journey is over.



Join Self Help Africa from **10th - 17th May 2024** on a tailor-made adventure along the spectacular **French Way** from the Galician town of Sarria to Santiago, which covers the last 100km of the Camino Francés.

To take part, participants are required to self-fund the cost of the trip (€2,150) and donate

or raise a further €1,000 in sponsorship and/or fundraising, to support our development projects throughout sub-Saharan Africa.

It's a personal challenge, a great experience and an opportunity to meet new people, all whilst raising vital funds for a worthwhile cause.

ITINERARY A WALK ON THE CAMINO FRANCES

Day 1 10th May

Arrive at Santiago de Compostela airport and transfer to Sarria.

Flight Times TBC

Sarria has a nice atmosphere where you can relax while enjoying a drink or bite in one of the nice cafes. Visit the Igrexa de Santa Mariña with its evocative pilgrim museum, the castle fortress and the Magdalena Monastery.

Day 2 11th May

Sarria to Portomarin 22km

After your night in Sarria, expect a calm walk through pretty villages and peaceful hamlets under the shade of oak trees and along quiet country roads. Along the way, you will spot many Galician traditional 'hórreos' (granaries). Visit the beautiful Romanesque church in the village of Barbadelo. Your destination for the night is the town of Portomarin.

Day 3 12th May

Portomarin to Palas de Rei 22km

After your night in Portomarin, your Camino will cross the river Miño (Galicia's longest river) and rise uphill steadily towards the Serra de Ligonde. You will pass nice hamlets such as Gonzar and Ventas de Narón. Stop to visit the Romanesque Church of Santa María in Castromaior and the Romanesque church in Eirexe, with its portal featuring a sculpture of Daniel with animals, as well as Pilgrim Santiago.

Day 4 13th May

Palas de Rei to Arzua 28km

After your night in Palas de Rei, the Camino trail continues downhill, passing the village of Casanova and the delightful village of Leboreiro. You should take a break in the lively market town of Melide, where you should try octopus, Galicia's most classic dish, in one of the many 'pulperías'. The Camino crosses several streams and follows a forest track bringing you to the village of Boente and the church of Santiago. Next is the pretty medieval hamlet of Ribadiso and finally the town of Arzúa, famous for its local cheese. In Arzúa, you should visit the churches of Santa María and A Magdalena.

Day 5 14th May

Arzua to Amenal 23km

After your night in Arzúa, your Camino will take you through pretty woods, sleepy villages and across streams for most of the day. The chapel of Santa Irene, with its unique statue of Santiago, is worth a visit. The rest of the route to Amenal is along a mix of good and calm country roads and forest tracks.

Day 6 15th May

Amenal to Santiago de Compostela 16km

After your night in Amenal, your next point of interest is Lavacolla in the outskirts of Santiago, where pilgrims used to wash themselves in the river in preparation for their arrival. Rows of tall eucalyptus trees line your journey to Monte do Gozo ('Mount of Joy' 368m) and it is from here that will catch your first glimpse of the spires of the cathedral in Santiago. When you arrive in the city explore this UNESCO World Heritage Site's architecture and delight in the wonderful atmosphere of this spiritual and cultural city.

Day 7 16th May

Free Day/Rest Day

After visiting Santiago Cathedral and recovering from your walk, take time to explore this gem of a city, small and vibrant.

Day 8 17th May

Fly home

**Itinerary subject to change*



COSTS

Participants are asked to submit a registration form together with a **€150** booking deposit. **€1,000** is due by 15th March, with the remaining balance of **€1,000** due by 15th May.

The fundraising amount (**€2,150**) should be achieved by 31st May.

YOUR TRIP WILL INCLUDE:

- Return flights from the Dublin to Santiago de Compostela
- All internal transfers including luggage transport during the walk
- Accommodation including bed, breakfast and dinner*

**Dinner not provided in Santiago de Compostela*

OUR SUPPORT

If you wish to participate and need a hand fundraising to take part, please contact Sarah 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, sponsorship forms and posters to help with your fundraising efforts.

For more information on the trip contact Sarah on **01 677 8880** or at **sarah.carroll@selfhelpafrica.net**



SUPPORTING SELF HELP AFRICA



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

We work across 16 countries in sub-Saharan Africa, supporting 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 smallholder farming families to produce more, earn more, and access new markets and better prices for the crops that they grow.

Your participation in the Camino Walk will provide a valuable contribution to our work.



**Self Help
AFRICA**

**FIND
OUT
MORE**

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