



**4<sup>TH</sup> -11<sup>TH</sup>**  
**SEPTEMBER 2022**  
Walk Europe's  
most historic routes

A week on the  
**CAMINO**  
**INGLÉS** **2022**

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

- Paulo Coelho, The Pilgrimage



# WALKING THE CAMINO INGLÉS



The Camino Inglés (English Way) is the first historic maritime route to Santiago de Compostela. The pilgrimage was an essential part of life for medieval European Christians. At the time there was a host of routes, both by land and sea, to satisfy the spiritual longings of believers from all over the continent.

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The maritime routes in particular drew pilgrims from Scandinavia, Flanders, England, Scotland and Ireland. It begins in the Galician port city of Ferrol and runs 120km south to Santiago de Compostela and the tomb of St. James.



**Join Self Help Africa for a week on the Camino Inglés, from 4th -11th September 2022**, which begins in Ferrol, the location of the main port of The Royal Spanish Navy since the 18th Century - the perfect place to start this adventure!

Participants are asked to raise **£2,000 (Northern Ireland) or €2,100 (ROI)** 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 fantastic experience, an opportunity to meet new people, and a chance to raise vital funds for a worthwhile cause.

# ITINERARY A WALK ON THE CAMINO INGLÉS

## Day 1

### Arrive in Santiago Airport / Transfer to Ferrol

Explore the City of Ferrol where the charm of its roots as a fishing village lives on in its streets and traditions. Visit Ferrol old town and enjoy the views of the castles of San Felipe and La Palma.

## Day 2

### Ferrol to Neda – 15km

Enjoy the views around the estuary of the Ría de Ferrol and into the town of Neda, Spain. While there are periodic hill climbs, this day follows the river predominantly.

## Day 3

### Neda to Pontedeume – 16km

Enjoy a walk through the historic medieval town of Neda and onward over the hills, to cross the Eume River into beautiful medieval town of Pontedeume.

## Day 4

### Pontedeume to Betanzos – 21km

This stage sees a steep climb for the first segment and more ups and downs throughout the day. The effort will be worthwhile once you arrive in Betanzos, a hidden treasure of northwest Spain.

Note: The Praza dos Irmáns García Naveira is a fitting main square to welcome any visitor to this historic town: a vast plaza bordered by grand old houses with wall-to-wall galerías or glassed-in balconies.

## Day 5

### Betanzos to Bruma / Meson do Vento – 28km

This is one of the most challenging and rewarding parts of the Camino Ingles. You will follow a path through the Galician landscape that, enjoy the terrain of *As Mariñas*, and enjoy the day's walking through areas of chestnut trees, along forest trails and fresh avenues shaded by pine, oak and the non-native eucalyptus trees.

## Day 6

### Bruma to Sigueiro – 25km

Enjoy the day on lots of quiet country roads, town paths, and occasional gravel paths. Easy walking today with some small hills. Plenty of refreshment stops in café/bars so take it at your own pace and enjoy.

## Day 7

### Sigueiro to Santiago de Compostela – 17km

The Camino reaches its end. The last part of the English way, having crossed the bridge of the river Tambre runs entirely through the terrain of Santiago de Compostela. They are 17km in which to savour in every stride, as you reach the city of Santiago and see the unmistakable silhouette of the cathedral.

## Day 8

### Transfer to Santiago Airport

Explore the beautiful city of Santiago de Compostela before you fly back to Dublin.





# OUR SUPPORT

A **£150 or €150 deposit** is payable at the time of booking to secure your place.

The total to raise is **£2,000 (Northern Ireland) or €2,100 (ROI)** (inclusive of booking deposit).

Single rooms are available on request for a supplement, but the numbers are limited.

Cost Includes: Airport transfers, breakfasts and dinners, luggage transfers and flights.

For more information on the trip for UK participants contact Denny on **077 9934 6997** or at **denny.elliott@selfhelpafrica.net**  
For ROI contact Ronan on **087 618 9094** or at **ronan.scully@selfhelpafrica.org**

If you have signed up and need a hand fundraising to take part, please contact Sarah (01) 6778880 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.



## 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**

Telephone Denny at 077 9934 6997 or email [denny.elliott@selfhelpafrica.net](mailto:denny.elliott@selfhelpafrica.net)  
or Ronan on 087 618 9094 or email [ronan.scully@selfhelpafrica.org](mailto:ronan.scully@selfhelpafrica.org)  
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