



**MAY 2023**  
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.

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This week-long walk  
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across the Camino will  
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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 **15th - 22nd May 2023** on a tailor-made adventure along the spectacular **Portuguese Way** from the Galician town of Tui to Santiago, which covers the last 100km of the Camino Portugues.

To take part, participants are required to self-fund the cost of the trip (£1,100) and donate

or raise a further £1,100 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 PORTUGUES

### Day 1 15th May

**Arrive at Santiago de Compostela airport and transfer to Tui.**

*Overnight in 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 16th May

**O Porriño to Arcade - 24km**

*Overnight in Arcade*

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

### Day 3 17th May

**Arcade to Pontevedra - 12km**

*Overnight Pontevedra*

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

### Day 4 18th May

**Pontevedra to Caldas de Reis - 22km**

*Overnight Pontevedra*

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 reaching the spa town of Caldas de Reis.

### Day 5 19th May

**Caldas de Reis to Padrón - 18km**

*Overnight Padrón*

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 6 20th May

**Padrón to Santiago de Compostela - 25km**

*Overnight Santiago*

Walk through a number of small villages to complete your journey to Santiago de Compostela, your 100km walk is complete!

### Day 7 21st May

**Overnight Santiago de Compostela**

Relax and enjoy the beautiful city of Santiago de Compostela.

### Day 8 22nd May

**Fly home**

*\*Itinerary subject to change*



## COSTS

Participants are asked to submit a registration form together with a **£300** booking deposit by 1st March, with the remaining balance of **£800** due by 14th April.

The fundraising amount (**£1,100**) should be achieved by 31st May.

## YOUR TRIP WILL INCLUDE:

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

## OUR SUPPORT

If you wish to participate and need a hand fundraising to take part, please contact Steph 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 Steph on **01743 277170** or at **[steph.smith@selfhelpafrica.org](mailto:steph.smith@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 16 countries across sub-Saharan Africa. In 2022, 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 smallholder 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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