



**APRIL AND
SEPTEMBER 2018**

Walk Europe's
most historic routes

A week on the
**CAMINO de
SANTIAGO 2018**

"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)

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.

Both week-long walks 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 Gorta- Self Help Africa from the **26 April–3 May** on a tailor made adventure along the

spectacular **French Way from Sarria to Santiago** which covers the last 100km of the Camino Francés.

Or, join Gorta- Self Help Africa along the last 100km of the breathtaking **Portuguese Way** from **22–29 September**, which starts in the Galician town of **Tui** and finishes in **Santiago**.

Participants are asked to raise **€2,000** 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.





THE EXPERIENCE OF A LIFETIME

ITINERARY FOR CLASSIC FRENCH CAMINO

Day 1

Arrive in Santiago Airport Transfer to Sarria

Be sure to visit the Ingresa de Santa Mariña, the castle fortress and the Magdalena Monastery, before enjoying a bite to eat on one of the nice cafes on Sarria's Rúa Maior.

Day 2

Sarria to Portomarín — 22km

Pass pretty villages, peaceful hamlets and traditional Galician granaries along quiet country roads on the way to Portomarín.

Day 3

Portomarín to Palais de Rei — 22km

Cross the river Miño and rise steadily uphill towards the Serra de Ligonde, passing beautiful Romanesque churches to get to Palais de Rei.

Day 4

Palais de Rei to Melide — 15km

This morning, follow the Camino downhill, passing picturesque villages and finishing in the lively market town of Melide.

Day 5

Melide to Arzúa — 13km

Walk through the pretty medieval village of Ribadiso before reaching the town of Arzúa.

Day 6

Arzúa to Amenal — 23km

Walk through sleepy villages, pretty woods and across several streams before reaching Amenal.

Day 7

Anenal to Santiago de Compostela — 14km

Pass through Lavacolla, where pilgrims used to wash themselves in the river in preparation for their arrival in Santiago de Compostela. You should arrive in the city in time for the pilgrim mass, following which take in the UNESCO World Heritage Site's beautiful architecture and wonderful atmosphere.

Day 8

Santiago de Compostela

Explore the beautiful city before you head home.

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 — 15km

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

Day 3

O Porriño to Arcade — 25km

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

Day 4

Arcade to Pontevedra — 12km

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 — 22km

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 — 18km

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 — 25km

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.

ITINERARY

A WALK ON THE CAMINO DE SANTIAGO

YOUR TRIP WILL INCLUDE:

- Return flights from Dublin 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 Meadhb 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 Meadhb on **01677880** or at **meadhb.mccarthy@selfhelpafrica.org**.



SUPPORTING GORTA-SELF HELP AFRICA



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

The organisation works in Benin, Burkina Faso, Ethiopia, Ghana, Kenya, Malawi, Togo, Uganda and Zambia. In 2017, our work in Africa supported millions of people to grow more food and earn a better living.

Gorta-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.

gorta
Self Help Africa

Find
out
more

Tel. +353 (0)1 677 8880
meadhb.mccarthy@selfhelpafrica.org
www.selfhelpafrica.org

Charity No. 5678