



**22–29
SEPTEMBER
2018**

Walk Europe's
most historic route

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)



**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.

.....
Our 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 lifetime, a unique experience that inspires many, even after their journey is over.

Join 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 **£1,800** in sponsorship in order to take part, with funds

raised being invested in our development programmes in sub-Saharan Africa.

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





THE EXPERIENCE OF A LIFETIME

ITINERARY

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 overnighting 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. Spend the night in 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. Today's final destination is 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

Spend your final day in the beautiful city before you head home.

ITINERARY

A WALK ON THE CAMINO DE SANTIAGO

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 Samantha 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 Samantha at samantha.howlett@selfhelpafrica.org or on **01743 277170**.



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 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.

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**

Tel. +44 (0)1743 277170
samantha.howlett@selfhelpafrica.org
www.selfhelpafrica.org

Charity No. 298830