



***A Transformational Journey:  
Hiking the Camino de Santiago  
May 7-15, 2022***



Peace through Yoga Foundation in partnership with Spanish Steps is excited to offer a transformational journey on the Camino de Santiago. There is an opportunity for you to hike the Camino de Santiago at a leisurely pace and enjoy relaxing at well-chosen rural hotels, without any pressure of time. We hope you can join us as we follow the pilgrimage path to Santiago de Compostela.

This popular section of the Camino de Santiago takes us along the most beautiful footpaths of green Galicia, exploring farming villages where time has stood still. Walking the final 108-kilometers (67 miles) of the Camino de Santiago will allow you to receive the Compostela – the official certificate of completion for this epic journey. Full van support with healthy snacks will be provided by your guide. Daily maps and historical information will be given out every day.



*All hotels, breakfast, six dinners with wine, van support w/ healthy snacks, and two gentle yoga classes are included in the tour price.*





### **Day 1: Fly to Santiago de Compostela**

Air arrangements can be made through Peace through Yoga's Travel Manager, with the hope of having participants all book the same flight. Once you arrive in Spain at the Santiago de Compostela Airport, transfers will be paid on your own (but set up by PTYF for those traveling together) to our designated hotel in Lugo. Lugo, a wonderfully restored walled city, was built by the Romans in the 3rd century and is protected by UNESCO as a World Heritage Site. A wander around the narrow streets within the enclosed walls will take you right back to the middle-ages. Dinner will be on your own as participants will be arriving at different times.

### **Day 2: Sarria - Portomarin**

Your Spanish Steps guide and PTYF trip leader, Sally Bassett, will meet you for breakfast at the hotel. Once you become acquainted with your new pilgrim companions, there will be a 40-minute drive south arriving close to the town of Sarria where you begin your pilgrimage walk along the beautiful green paths of the Camino. This final 110-kilometers is the most popular section of the 800-kilometer trail. One of the great joys of walking the Camino will not only be the stunning landscapes you take in, but also the variety of people you meet. Join pilgrims from all over the world and all walks of life. **(18 kilometers/11 miles – Breakfast and Dinner included)**

### **Day 3: Portomarin - Airexe**

Starting from Portomarin, we climb up through woodland and then over our high point for the day, the *Sierra Ligonde*, on quiet country roads. Views abound in every direction, far reaching hill and mountain-scapes in every shade of green imaginable. The villages we pass through have long standing associations with the Camino and ancient pilgrim's hospices are now just whispers of the past. A final climb brings us to the small village of Airexe where we end our day of walking. From here, we will have a group shuttle to our hotel. **(17 kilometers/10.50 miles – Breakfast and Dinner included)**

### **Day 4: Airexe - O Coto**

Today we pass through the town of *Palas de Rei*, Palace of the King named after an 8<sup>th</sup> century Visigoth king who once ruled the lands. From here the route becomes more undulating as we meander through the village of San Xulian, a classic Camino village with its 12<sup>th</sup> Century church, and walk-through forested trails over two river valleys. We drive, once more, to our hotel for dinner and a good night's rest. **(16 kilometers/10 miles – Breakfast and Dinner included)**

### **Day 5: O Coto – Castañeda**

After breakfast, we begin our day by walking through the Leboeiro, a quintessential Camino village, then the medieval village of Furelos, both of which have fine medieval bridges. The next stop is the town of Melide. You will want to stop here in the famous *Pulperia* to sample one of

Galicia's specialties—*Pulpo Gallego*- steamed octopus prepared by the locals and enjoyed by pilgrims! After lunch, ascend and descend through small villages and woodland paths to end our walk at Castañeda, the village where the limestone carried from Triacastela was fired in the kilns before being taken to Santiago to build the cathedral. Dinner tonight is on your own to explore one of the local restaurants. **(17 kilometers/10.5 miles) - Breakfast and Dinner included)**

#### **Day 6: Castañeda – Salceda**

Shuttling back to the trail, we climb then descend to beautiful Ribasdiso, home to the oldest albergue on the Camino, then climb to the town of Arzua, famous for its creamy cow cheese. Onwards, our walk is dotted with small hamlets hidden within tall eucalyptus forests and behind moss covered stone walls. Villages named Rua, Calzada, and Calle all refer to the word 'road', recognizing that this pilgrimage trail has been leading pilgrims to Santiago de Compostela for centuries. Our day ends at the village of Salceda, from where we will travel to our hotel. **(19 kilometers/12 miles - Breakfast and Dinner included)**

#### **Day 7: Salceda – Lavacolla**

Today, we continue westwards on the Camino, descending from Alto de Santa Irene, through serene stands of eucalyptus trees and the small villages of Rua and Amenal before embarking on one of our final climbs of the route. At the top, we walk around the airport to arrive in Lavacolla, a place where pilgrims, in days gone by, would wash themselves in the shallow stream before entering Santiago. Here, we shuttle to our hotel for our penultimate evening together. **(17 kilometers/10.5 miles - Breakfast and Dinner included)**

#### **Day 8: Lavacolla - Santiago de Compostela**

Today, we take to the trail one last time. We climb from Lavacolla to the famed *Monte del Gozo*, Mount Joy, where, if we are lucky, we catch our first glimpse of the towers of the cathedral of Santiago. Tradition claims that if you were the first one in your group to sight the church towers, you could officially change your name to King (Rey, Leroy, Le Roi). Our Camino walking journey ends at the steps of the cathedral today. We will gather for a celebratory dinner together. **(11 kilometers/7 miles - Breakfast and Dinner included)**

#### **Day 9: Tour End – Buen Camino**

After a leisurely breakfast and before saying good-bye, a local tour guide and historian will show us the main sights on a two-hour guided walking tour of the city and the cathedral. **(Breakfast included)**

\*This itinerary may change slightly due to accommodation availability, rain, festivals, and spontaneous side trips.

\*\* We have the luggage van to transport your luggage and you if you feel you need some assistance while on this journey.

\*\*\* This is not an endurance race, nor a competition. Please be respectful of all the different paces and walks of life that come together on this group trip.

## FREQUENTLY ASKED QUESTIONS

**How many miles or kilometers do we hike per day?** We average between 7-10 miles per day or 15 – 18 kilometers. Most pilgrims walking the trail independently walk 15 miles or 25 kilometers a day carrying a heavy pack. With Spanish Steps, we have the luxury of a fully supported van, which carries our baggage from hotel to hotel, and carries us the extra mile if anyone needs to jump in the van.

**What kind of hotels do we use?** We use beautifully restored farmhouses known as *Casa Rurales*, and family run Pazos, Galician manor homes and hotels. Most are located a little off route from the Camino de Santiago situated in small towns and villages, away from the large cities, so each day will involve a **group transfer** at the beginning and end of the day. All rooms have private bathrooms. The smaller inns have no phone or TV in the room.

**Is there WIFI at our hotels?** Our hotels nearly always have free WIFI available although it is often just in the lobby/public areas. We generally stay at historical hotels, which often have thick walls so WIFI rarely works in the rooms. Most bars and cafes enroute have free WIFI also.

**Meals:** All breakfasts and six dinners are included in the price of this tour. Our hotels will be happy to provide a vegetarian option should it be required. Lunches are not included in the tour price, however, there are plenty of shops along the trail to purchase sandwich items and fruit, or plan to eat at one of the many cafes that cater to pilgrims. The van will be stocked with healthy snacks and water. We will do our best to accommodate any dietary requirements. Please let us know in advance as much as possible.

**How does one get to Lugo?** There are several buses departing directly from the Santiago de Compostela Airport to the center of Lugo: <http://www.empresafreire.com/html/ingles/seccion0.php>. By train from Madrid to Lugo: [www.renfe.es](http://www.renfe.es). Bus from Leon, Oviedo or Madrid to Lugo: [www.alsa.es](http://www.alsa.es)

**Equipment:** The hikes are not fancy. I will supply you with an equipment list of basic items to pack. You are limited to one bag weighing 30-lbs and one-day pack to hold items such as your camera, rain gear and water bottle. Hiking boot/trail shoes will be your most important piece of equipment. Please be sure they are well broken in and that you have proper socks before arriving in Spain. Please bring hiking poles with you if you wish to use them.

**Spending Money:** Most people travel with an **ATM** card. Money machines are everywhere in Spain but be sure you know your PIN number (not letters) before departing the US. Do not travel with TRAVELERS CHECKS as the banking hours are held at odd times and many banks no longer accept them. Most expenses are already built into Spanish Steps trips. Lunches will be a separate expense. The *Menu del Dia* or *Menu del Peregrino* is available in local cafes will cost between 9 and 12 Euros. These are three course meals with wine and water included – great value.

**What is the average age of the group?** The average age of the hiker on a Spanish Steps tour is 50 years old during the spring and fall months, but younger during the summer months. Most trips are a mix of a 40/60 ratio of men to women. I have taken school groups where the age range is 13-20 years old. With an eager heart and a mind full of curiosities, any age can walk the Camino. We do expect the average age on the Snail Trail Camino to be a little older, but pilgrims of all ages are welcome of course!

**Gratuity for local guides and Spanish Steps guides:** This is a very common question my clients ask. As a person working hard in the service industry to please the traveler, a gratuity is much appreciated by the staff members at the end of the tour. As a general guideline, people tip around 10 Euros per day, per guide.

**What is the terrain like?** The trails are well marked with yellow arrows and the scallop shell tile. There are some long, slow climbs through farming areas but not Himalayan or Rocky Mountain like terrain. The paths are well worn and are not difficult. We walk along a lot of secondary farming roads, paths through vineyards, beech and chestnut forests and old country roads.

**Single Supplement:** Some people would like to be matched with a roommate. I can't guarantee a match but will try to place you with someone if there are any requests. The price of the single supplement is **500 EURO** per person for this eight-day trip.

**References:** We would be delighted to share with you some references of former clients who have walked with us. If you would like to contact any former Spanish Steps participants, let us know by calling or emailing us.

**WWW.....** You can find us on the Internet at [www.spanishsteps.com](http://www.spanishsteps.com). The site contains lots of photos and information about the Camino including an extensive reading list, recipes, handy travel info, photos and customer comments.

# Tour Registration with Spanish Steps

Name \_\_\_\_\_  
(as it appears on passport)

Please reserve my space on (Tour Name): **2022- The Way 100K w/Gentle Yoga/ 8-day Camino de Santiago**

Date of Walk: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Country: \_\_\_\_\_

Telephone: **(Daytime)** \_\_\_\_\_ **(Evenings)** \_\_\_\_\_

**(Cell)** \_\_\_\_\_ **(Fax)** \_\_\_\_\_

Email: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Passport number: \_\_\_\_\_ Expiration date: \_\_\_\_\_ Where issued: \_\_\_\_\_

Name of the person you plan to share with: \_\_\_\_\_

Email address & phone number of roommate: \_\_\_\_\_

Type of room requested: **Twin share:** \_\_\_\_\_ **Matrimonial:** \_\_\_\_\_ **Single:** \_\_\_\_\_

**TRIP COST: 2500 EUROS - ESTIMATED \$3035 PER PERSON IN U.S. - DOUBLE OCCUPANCY (exchange rates fluctuate)**

Enclosed is a check or money order (**US dollars ONLY**) in the amount of:

\$ \_\_\_\_\_ as Deposit ( ) or Full Payment ( )

A deposit of **\$600.00** per person is required to reserve your space. The full balance is due 60-days before the trip. Please visit [www.xe.com](http://www.xe.com) for the daily conversion and exchange rate.

**For air arrangements and travel insurance, call Susie Morwick, PTYF'S Reservations Manager, at 317-544-8391.**

Check should be made payable to: **Spanish Steps**

Complete and sign the waiver and the cancellation policy return to:

**Spanish Steps**  
**Box 8653**  
**Aspen, CO 81612 USA**

**ACKNOWLEDGEMENT AND ASSUMPTION OF RISK AND RELEASE**

**Spanish Steps and Peace Through Yoga Foundation**

To: Spanish Steps and Peace Through Yoga Foundation

From:

\_\_\_\_\_  
(PRINT NAME)

The undersigned understands and agrees that the travel to foreign countries including remote and underdeveloped areas and related activities that I have chosen to take and engage in with Spanish Steps and its affiliates are potentially hazardous and dangerous activities and carry a significant risk of serious personal injury, death, or property damage. I also know that there are natural, mechanical and environmental conditions and risks which independently or in combination with my activities may cause property damage, or severe or even fatal injuries to me or others.

In consideration of Spanish Steps and affiliates agreeing to permit me to participate in the travel, hiking, sightseeing, walking and related activities and other good and valuable consideration, I agree that I am responsible for: (a) my safety while participating in activities undertaken with Spanish Steps and its employees, and (b) providing, utilizing, and maintaining all equipment necessary for the safe enjoyment of my participation in such events and specifically acknowledge that the following persons or entities including Spanish Steps or its employees, agents, representatives and subcontractors or affiliates of any person named above ARE NOT RESPONSIBLE FOR MY SAFETY.

By signing this Acknowledgment and Assumption of Risk I acknowledge that I understand that any and all risk is expressly assumed by me, and all claims are expressly waived in advance.

**THE UNDERSIGNED STATES THAT HE / SHE HAS READ THE ABOVE ACKNOWLEDGMENT AND ASSUMPTION OF RISK; THAT HE / SHE FULLY AND COMPLETELY UNDERSTANDS THE TERMS AND CONDITIONS AND AGREES TO BE BOUND BY THEM. THE UNDERSIGNED ALSO AGREES THAT THIS DOCUMENT IS THE WHOLE AND ENTIRE AGREEMENT BETWEEN THE UNDERSIGNED AND SPANISH STEPS AND ANY OF ITS ASSOCIATES AND AFFILIATES AND THAT IT SHALL BE INTERPRETED BY THE LAW OF THE STATE OF COLORADO AND THAT IN THE EVENT OF LITIGATION OR BRINGING ANY CLAIM AGAINST SPANISH STEPS AND ITS ASSOCIATES AND AFFILIATES BY THE UNDERSIGNED THE PROPER AND ONLY JURISDICTION AND VENUE SHALL BE IN THE DISTRICT COURT IN AND FOR PITKIN COUNTY, COLORADO.**

X

\_\_\_\_\_  
**SIGNATURE**

**Spanish Steps Box 8653 Aspen CO 81612**

## **CANCELLATION AND REFUND**

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**Spanish Steps** reserves the right to cancel any trip prior to departure for any reason, including insufficient number of participants (tour minimum is 7 participants). If the tour is canceled, participants will receive a full refund of money paid by Spanish Steps. If you must cancel your trip, we will refund your deposit, upon receipt of written notice, **less the following fees:**

More than 90 days before departure **€ 300**

60 - 89 days before departure **€ 400**

30 - 59 days before departure **50% of the tour price**

Less than 30 days before departure **100% of the tour price *\*\*NO REFUND\*\****

X

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Sign and return to:

**Spanish Steps**  
**PO Box 8653**  
**Aspen, CO 81612**

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## **UNACCEPTABLE OR INAPPROPRIATE BEHAVIOR**

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**Spanish Steps** reserves the right to ask you to leave a trip should your behavior towards any member of the group, guides, drivers, and service providers be deemed unacceptable or inappropriate. This includes excessive abuse of alcohol and medication, prescription or otherwise. Obviously, this is the LEAST desirable outcome of any trip with us and we sincerely hope we do not have to resort to such measures.

X

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Sign and return to:

**Spanish Steps**  
**PO Box 8653**  
**Aspen, CO 81612**