

SPAIN

Hiking the Sanabrés Way on the Camino



September 18 - 26, 2020

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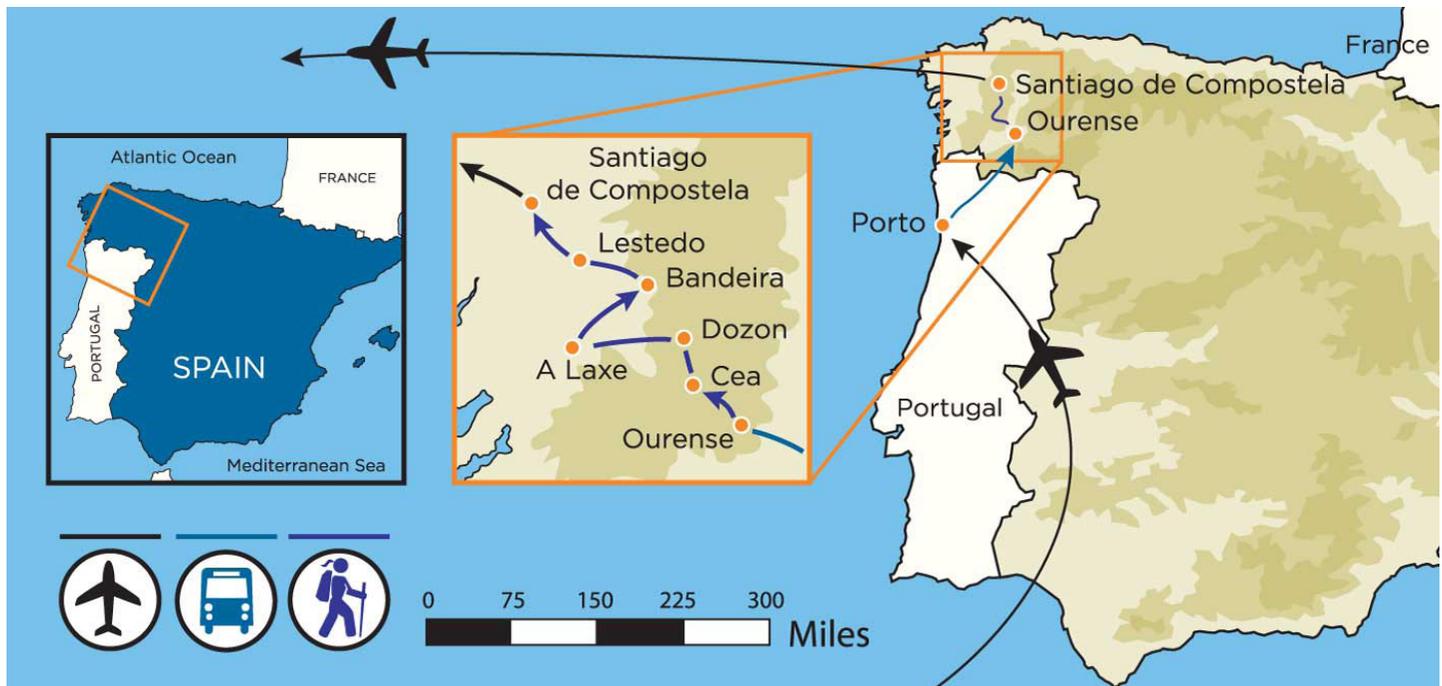
Hiking the Sanabrés Way on the Camino

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TRIP HIGHLIGHTS

- ▶ Hike the less-traveled Sanabrés Way on the famous Camino de Santiago
- ▶ Enjoy spectacular woodlands while you walk this ancient pilgrimage path
- ▶ Soak in natural thermal pools & enjoy spa treatments along your hike
- ▶ Indulge in the delicious local Spanish food in Galicia
- ▶ Earn your pilgrim's certificate after successfully reaching the Cathedral of Santiago de Compostela

TRIP ROUTE



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QUICK VIEW ITINERARY

- Day 1: arrive in Porto, Port wine tasting, welcome dinner
- Day 2: drive to Ourense, attend Pilgrim Mass, get your first Camino stamp!
- Day 3: hike 11 miles, walk to Cea, visit a traditional bread maker
- Day 4: hike 12 miles, walk to Dozon, visit Monastery of Oseira
- Day 5: hike 9.5 miles, walk to A Laxe, evening cooking class
- Day 6: hike 11 miles, walk to Bandeira, enjoy a massage and spa circuit
- Day 7: hike 12.5 miles, learn about local legends on the Pico Sacro
- Day 8: hike 8 miles, finish the Camino(!), receive your Compostela, farewell dinner
- Day 9: depart Spain

TRIP PRICE

Main Trip: \$4,290

Optional Single Accommodations: \$600

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DAY 1

Friday
9/18/20

Arrive in Porto

In Porto, Portugal, meet your guide and the women with whom you'll be walking the Way, getting a taste of Portugal before the journey begins.

Pick-up and Transfer

You will be met at the airport and transferred to your hotel.

Port Wine Tour

After settling in at your hotel, head out for a visit to the Ferreira Bodega this afternoon. The Ferreira Bodega is a Port winery founded in 1751. The tour has won awards as one of the best winery tours in the world. Enjoy the tastings!

Welcome Dinner

Enjoy a welcome dinner and to kick off your trip!

Accommodations

Carris Hotel Porto Ribeira

Meals Included
dinner

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DAY 2

Saturday
9/19/20

Porto to Ourense

Almost two thousand years ago when the Romans settled in this land, they were attracted among other reasons, by its thermal springs. This Roman heritage can still be seen all over the old town and you can still find and use the Roman Burgas (the Roman hot spring baths) in the city center and by the Miño River bank.

Explore Porto Take the morning to explore the town of Porto on your own. Head to the lighthouse in Foz de Douro for a spectacular view (accessible by tramway) over the ocean and take your time to discover the city's hidden gems such as its train station, the Lello library, and its Cathedral.

Lunch You'll arrive in Ourense in time to head out for lunch on your own after checking into the hotel.

Hot Springs of Outariz For those who want to visit the hot springs, meet at 5:00pm and head out for an hour-long soak in the thermal baths.

Optional Pilgrim Mass Head to the Cathedral of Ourense, a 12th century Roman Catholic Church dedicated to San Martiño for the 8:00pm Pilgrim Mass. Receive your first stamp of the Camino!

Dinner You're in Spain, so head out for a special dinner at 9:00pm!

Accommodations

Hotel Barcelo

Meals Included

breakfast, dinner

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DAY 3

Sunday
9/20/20

Accommodations

Hotel Barcelo

Meals Included

breakfast, dinner

Hiking

11 miles

Ourense to Cea

Cea is a small village in Galicia that is known for its ancient tradition of bread-making. The local wheat bread is recognizable by its elongated shape which is rounded at the ends, and features a large slit at the top. The crust is thick and crisp, and the bread itself is spongy and uneven.

Start Your Camino Hike

If you didn't get your first stamp last night, be sure to get it from the hotel or the Cathedral before you leave. You need the stamp to get your Compostela, the Certificate of Achievement, upon arrival in Santiago.

Drive to the outskirts of Ourense where you'll start your hike. There are two routes today, but you will take the slightly longer one to Tamallancos, as it avoids a difficult climb on asphalt.

Stop for lunch on your own in Tamallancos, where there are a few options to choose from.

Walk to Cea

On the way to Cea, you'll pass the 13th century bridge of Sobreira over the Barbatíño River, and continue to the hamlet of Faramontaos. Arrive in Cea this afternoon, a small village that is famous across Spain for its bread!

Visit a Bakery

The bread of Cea is the only bread of Spain to receive a Protected Geographical Indication by the European Union. The bread can only be made using flour, water, salt, and yeast in wood-fired stone ovens. Visit one of these bakeries to learn about the bread-making tradition with recipes that have been passed down since the 13th century.

Dinner

Drive 20 minutes back to Ourense where you'll have some free time before dinner this evening.

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DAY 4

Monday
9/21/20

Ourense to Dozon

Built in 1137, the Oseira Monastery became a monastery of the Cistercian order in 1141, an order of French monks sent by Saint Bernard of Clairvaux. The monks were forced by the government to leave in 1835. In 1929, a community of Cistercians of the Strict Reform monks, commonly called Trappist monks, returned to the monastery and live there today.

Morning Hike Depart your hotel and drive about 20 minutes to where you will start today's hike. Walk for about three hours and arrive at the Oseira, where you will enjoy a guided tour with one of the few resident monks who live at this 12th century Trappist monastery dedicated to the pilgrimage to Santiago.

Within the monastery there is a room dedicated to Hildegard von Bingen, the woman who founded scientific natural history in Germany. Learn about her work and how it was used in the monastery at the time.

Afternoon Walk Enjoy lunch on your own before continuing your hike. Continue on for about six miles through forests toward Castor Dozon. There will be more ups and downs in this section.

Dinner Enjoy some free time at your hotel and have dinner as a group this evening.

Accommodations

Pazo de Bendoiro Hotel

Meals Included

breakfast, dinner

Hiking

12 miles

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DAY 5

Tuesday
9/22/20

Dozon to A Laxe

While you're in Spain, take some time with your new friends to dig into Galician food in a cooking class! Some famous local dishes include Pulpo a la Gallega (thinly sliced potatoes topped with boiled octopus and sprinkled with paprika) and Pimientos de Padrón (small green peppers, which are fried and garnished with sea salt). There is a festival for these peppers each August.

Hike Through Farmlands

Drive from your hotel back to Dozon in the morning, where you'll start your hike through farmlands and walk past several medieval hamlets. The beautiful oak woods of the interior of Galicia greet you as you enjoy the mostly downhill walk from this point all the way to Santiago. There will be a few small climbs, but most of the path is downhill.

Lunch

Enjoy lunch on your own by the Lalin train station about four miles before A Laxe.

Drive Back to Dozon

Drive back to your hotel in Dozon for the evening.

Cooking Class

Take some time this evening to learn to cook some regional specialties with your new AdventureWomen friends. After you try your hand with local recipes, enjoy what you've cooked as a group for dinner!

Accommodations

Pazo de Bendoiro Hotel

Meals Included

breakfast, dinner

Hiking

9.5 miles

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DAY 6

Wednesday
9/23/20

A Laxe to Bandeira

Silleda, near Bandeira, is famous for its annual International Green Week, or Semana Verde, a festival of agriculture, livestock, forestry, and food.

Today's Walk The walk today is easy and pleasant, through woodlands, farmland, and small villages. Later in the day, you might find that there is a bit more asphalt than you've come to see; you will have to border an industrial estate for a mile or so before reaching Silleda. There are a lot of wonderful options for lunch in Silleda.

Spa and Dinner This evening, head to a local spa to enjoy the baths and pools. Flip flops and bathing caps are required.

After some relaxation time, enjoy dinner with your group before getting a good night's sleep.

Accommodations

Pazo de Bendoiro Hotel

Meals Included

breakfast, dinner

Hiking

11 miles

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DAY 7
Thursday
9/24/20

Bandeira to Lestedo

The legendary Pico Sacro has caught people's attention from miles around for centuries. The isolated peak was a landmark for pilgrims and travelers heading to Santiago. From the top of the mountain, you can see the cathedral in Santiago (your end goal), and the mountain is known for its legends and folktales.

Continue on the Camino

As you approach Santiago de Compostela, enjoy a pleasant walk along a beautiful path, taking in views of successive crosses, bridges, and chapels. Pass the church of San Miguel de Castro, an impressive railway bridge, and walk by the hamlets of Noveledo and Hundían. There will be a sharp descent into Ponte Ulla; be sure to take the time to visit the old castle and the Church of Santa Maria da Magdalena. Get your stamp for the Camino in the albergue.

Visit Pico Sacro

Have lunch on your own in Ponte Ulla. End today's walk at the foot of the great mountain, Pico Sacro. You'll be driven up to the top where you can enjoy spectacular views of the countryside. Learn about some of the legends of Queen Lupa, the Dragon that transformed into this great mountain.

Enjoy Your Hotel

Enjoy free time at your hotel until dinner this evening.

Accommodations

Hotel San Miguel

Meals Included

breakfast, dinner

Hiking

12.5 miles

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DAY 8

Friday
9/25/20

Lestedo to Santiago de Compostela

Santiago de Compostela is the capital of Galicia, and the old town was designated a UNESCO World Heritage Site in 1985. The Cathedral is where you will finish your hike on the Camino.

Finish the Camino!

This is it! Only eight miles separates you from your goal - the resting place of the Apostle of Saint James in the Cathedral of Santiago de Compostela.

Walk past the hamlets of Ardariz and Rubial before entering Marrozos, the first village in the council of Santiago. You'll notice the City of Culture on the top of Mount Gaiás, an extravagant architectural and cultural project that includes a huge library and museum themed around the Camino. Join the Camino Real de Angrois and enter the Santiago neighborhood of Sar.

You'll get your first glimpse of the Cathedral of Santiago de Compostela as you enter the historic center of Santiago through the Porta de Mazarelos, the only original remaining door to the medieval walled city. Reach the Plaza del Obradoiro where the Cathedral will present itself to you, majestic and beautiful. Take a breath and pause - you've made it!

Completion Ceremony

You will be presented with your Compostela, or Certificate of Achievement of the Camino de Santiago given by the Pilgrim Office. The Cathedral of St. James is currently undergoing renovations, so you can visit the Cathedral but there are not currently services for pilgrims to attend inside the Cathedral.

Farewell Dinner

Enjoy a farewell dinner to toast the end of a spectacular adventure. We're sure that the Camino has helped you find what you were looking for, or that you have found something unexpected along the way!

Accommodations

Hotel San Miguel

Meals Included

breakfast, dinner

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DAY 9

Saturday
9/26/20

Depart Spain

Enjoy one last morning in Santiago before departing for the US.

Transfer to
the Airport

Say goodbye to your new AdventureWomen friends
as you transfer to the airport for your flights home.

Meals Included
breakfast

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

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Accommodation Details

Carris Hotel Porto Ribeira

This renovated historic building in the Ribeira district of Porto offers a comfortable room to begin your Camino adventure. Enjoy exploring Porto on foot from this well-located hotel.

Hotel Barcelo

This hotel is located in the heart of Ourense, christened by the Romans as the “city of gold”. The streets of this Galician capital, famous for its thermal springs, reveal its fresh and modern character, evident in its extraordinary cuisine and in the warmth of its people.

Pazo de Bendoiro Hotel

Located in Bendoiro and surrounded by greenery, Pazo de Bendoiro hotel offers a garden, a terrace, and a beautiful swimming pool. Built of wood and stone, this elegant property features rustic and classic-style décor. Book a massage if you'd like!

Hotel San Miguel

Located in one of the most secluded squares of the Historic center of Santiago de Compostela, this hotel combines the sobriety of the stone of its surroundings with a modern but cozy interior design. The combination of a personal treatment, attention to detail, and quality of service coupled with the incomparable environment, make this hotel the ideal place to enjoy your stay in Compostela.

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Included/Not Included

Included:

- ▶ Accommodations based on double occupancy
- ▶ Meals as noted in the itinerary
- ▶ All transportation throughout the trip
- ▶ Luggage transfers from hotel to hotel
- ▶ All activities as listed in the itinerary
- ▶ English-speaking guide throughout the trip
- ▶ Gratuities for hotel and restaurant staff
- ▶ One AdventureWomen Ambassador

Not Included:

- ▶ Round-trip airfare
- ▶ Meals not specified in itinerary
- ▶ Alcoholic beverages, unless otherwise specified
- ▶ Items of a personal nature
- ▶ Gratuities for guide(s) and driver

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Activity Level:

Moderate

Active

High Energy

Challenging

We rate this trip as High Energy. Our High Energy adventures are designed for women who enjoy a physical challenge and crave being on the go! You should be prepared for itineraries that include (but are not limited to): a full day of biking on rolling terrain, hiking 5-8 miles on moderate to steep trails, being active at high altitudes, whitewater rafting, or skiing. Please note that this is a general description of what you might encounter; for specific details about your trip, please consult the itinerary.

We recommend training before your trip (with your doctor's permission!) to make the most of your adventure. We have a partnership with FitForTrips, a company that will design an individualized fitness plan for you with this itinerary in mind. Best of all, AdventureWomen guests get a 25% discount with the code FITWOMEN. Learn more at: <https://fitfortrips.com/partners/adventure-women/>

You should come with a flexible, adventurous, and enthusiastic spirit, and a wonderful sense of humor that adventure travel requires.

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The deposit for this trip is \$800, and is nonrefundable and nontransferable. Once you book, you will need to fill out and return to AdventureWomen:

- Information Form
- Booking Conditions Form
- Copy of Flight Information
- Copy of Issuing Page of Passport (Photo Page)

Final payment is due to AdventureWomen in a cash form (check, money order, or wire transfer) on or before June 20, 2020. A maximum of \$1,500 per person can be put on a credit card, which includes your deposit.

Passports and Visas:

Citizens of the United States must have a passport valid for six months beyond your travel dates with at least two blank facing pages. If you do not have a passport, please apply now!

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Health Considerations:

Make an appointment with a travel clinic. There are no immunization requirements for travel to Spain, however your local travel clinic may have recommendations for you based on your age, health, and past vaccination history.

For more health information, go to www.cdc.gov/travel and navigate to the page about Spain.

Money:

The currency of Spain is the Euro. Visa/MasterCard are generally accepted for purchases over €15. For snacks and lunches on the Camino, you should budget €15-20/day. For meals in Madrid and on the last day in Santiago, you should budget €50/day.

Suggested Gratuities: All of your guides, drivers, hotel, and restaurant staff are well-paid and no gratuity is required on this trip but if you feel the person has gone the extra mile a small tip is always appreciated.

- ▶ Main guide: €5 to €10 per person per day
- ▶ Drivers: €5 to €10 per person per day

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Arrive: Arrive in Porto, Portugal (OPO) on September 18, 2020 before 12:00pm.

Depart: Depart Santiago de Compostela, Spain (SCQ) on September 26, 2020.

We are happy to help you make your flight and travel arrangements. Please contact us at:

(800) 804-8686 or (617) 544-9393
email: info@adventurewomen.com

If you'd like to do anything prior to or following the AdventureWomen trip, we'd be delighted to help you arrange any trip extensions you're interested in.

Note: The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last-minute registrants, we must release hotel rooms two to three months prior to departure! Please keep this in mind when making your travel plans.

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The weather mid-September should be sunny and pleasantly warm during the day and cool at night. The temperature can be fairly unpredictable, with cool and rainy weather one week and temperatures in the 90s the next week. The average daytime high is 72°F, with an average low of 53°F overnight. Because Galicia is at the most western point in Continental Europe and on the edge of its time zone, you will enjoy daylight about two hours later than the rest of Europe. Expect daylight to last until about 8:30pm - part of the reason dinners are so late!

You are allowed one checked bag with a maximum weight of 55 pounds and you should carry a day pack. The best clothing for the Camino is made of wicking materials which dry quickly, such as synthetic materials or merino wool. Avoid cotton as it takes much longer to dry and does not wick sweat away from the body.

Clothing and Gear:

- 1 small suitcase/duffel bag
- 1 day pack with rain cover
- 1-1.5 liter water bladder or two water bottles
- Medium-weight, waterproof hiking boots (make sure they are broken in!)
- 4-5 pairs wool hiking socks
- 2-3 short sleeve shirts (quick dry recommended)
- 1-2 long sleeve shirts (quick dry recommended)
- 1 medium weight fleece sweater/jacket for cool evenings
- 1-2 pairs of pants
- 1 pair of shorts
- 1-2 sets of nicer clothes for dinner
- 1 bathing suit
- 1 GoreTex, waterproof rain jacket
- 1 pair GoreTex, waterproof rain pants
- Hat for sun protection
- Underwear & bras
- Sleepwear
- Trekking poles (must be in checked baggage on flights, so be sure they collapse and fit into your luggage)

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AdventureWomen Essentials:

- Travel documents (passport, airline tickets, money)
- 2-3 spare passport photos (in case of lost passport)
- Write down/print out travel insurance number
- Locks for your suitcase/duffel bag
- Travel alarm clock with spare batteries
- Headlamp or small flashlight with spare batteries
- Digital camera, memory cards, battery charger
- Power adapters/power bank
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Water bottle or Camelbak system
- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Soap, shampoo, and conditioner
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: we recommend silicone earplugs
- Assortment of stuff sacks and bags (please consider bringing reusable or silicone bags to reduce the use of disposable plastics)
- 1-2 bandanas/Buff
- Reading material/journal and pens

Personal First Aid Kit:

- Prescription medicine you usually take (in original containers)
- Personal epi pen (if you need one, don't forget to pack it!)
- Bandages, Gauze, Ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

If you prefer to buy a complete kit, we recommend the Smart Travel first aid kit.

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Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

Switching Trips

Our deposits are nonrefundable and nontransferable. If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you, but switching is not guaranteed.

No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not "tours." We define "adventure travel" as travel in which one **actively participates**, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to **experience an active, out of the ordinary vacation, and meet new friends**. Most of all, we want our trips to be **fun!**

good-natured realist and have a sense of humor! Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. **Being on time** is important, and contributes to the congeniality, success and well-being of both individuals and the group!

In this spirit, the successful adventure traveler should be a