

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

## CAMINO

# Camino: Hiking the Sanabres Way in Spain



September 16 - 24, 2022



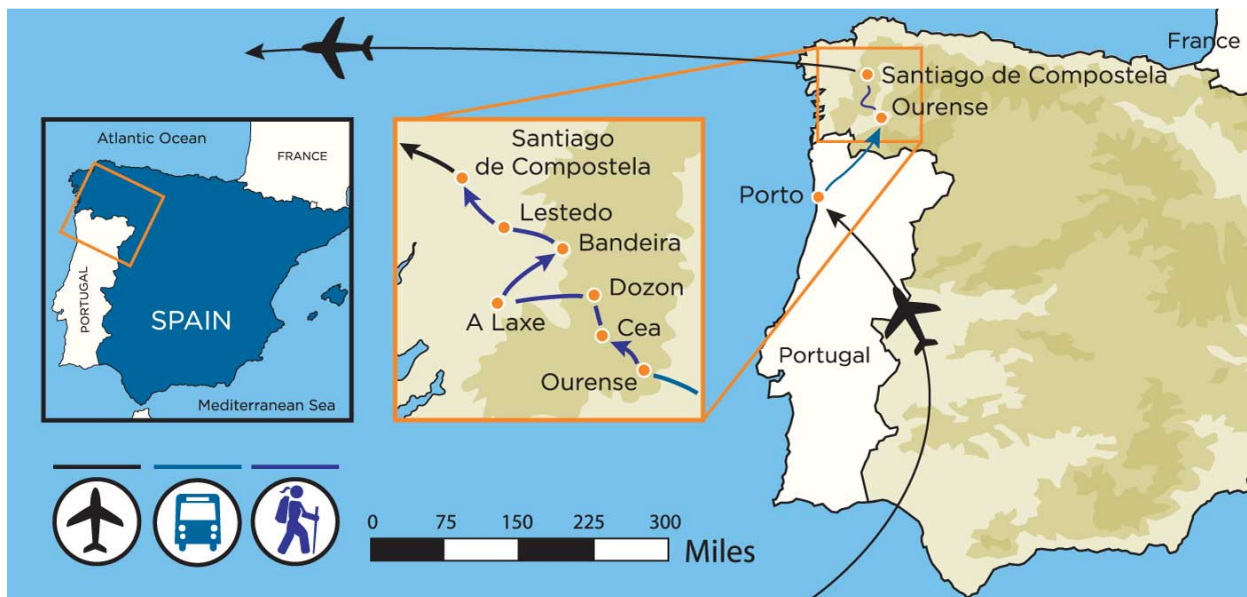
## CAMINO

# Camino: Hiking the Sanabres Way in Spain

### TRIP HIGHLIGHTS

- ▶ Hike the less-traveled Sanabrés Way on the famous Camino de Santiago during a holy year
- ▶ 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



## CAMINO

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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 12.5 miles, walk to Cea, visit a traditional bread maker
- Day 4 hike 12 miles, walk to Dozon, visit Monastery of Oseira
- Day 5 hike 12 miles, walk to A Laxe, evening cooking class
- Day 6 hike 11 miles, walk to Bandeira, enjoy the spa
- Day 7 hike 14 miles, learn about local legends on the Pico Sacro
- Day 8 hike 9 miles, finish the Camino, receive your Compostela, farewell dinner
- Day 9 depart Spain

### ACTIVITY LEVEL

High Energy

### TRIP PRICE

Main Trip: \$4,595

Optional Single Accommodations: \$700

# CAMINO

## Camino: Hiking the Sanabres Way in Spain



your adventure  
in depth

DAY 1  
Friday  
9/16/22

### Arrive in Porto

Welcome to Portugal and Spain! 2021 is a rare holy year on the Sanabrés Route in Galicia, a portion of the historic Camino de Santiago route walked by centuries of pilgrims. Travel over ancient bridges, visit local churches and monasteries, then relax in thermal baths with spa treatments and enjoy the warm hospitality of northwestern Spain.

During your adventure, you'll get to know your expert local guide versed in the history, culture, and cuisine of this sacred region. You are also accompanied by an AdventureWomen Ambassador, committed to helping make your experience a fun and personally rewarding adventure, and cheering you on as you reach beyond your comfort zone to take on new challenges in your own unique way!

#### Arrival Information

Arrive in Porto, Portugal (OPO) before 12:00pm. One group transfer is included (time TBD); private transfers at other times are available for an additional fee.

If you'd like to come in early, we can extend your stay at your hotel, but these hotels fill up early, so please ask us as soon as you can!

#### Pick-up and Transfer

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

#### Port Tasting

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 lively wine tasting followed by your welcome dinner as you get to know your fellow travelers this evening. Share stories and learn about why each woman in your trip is excited to walk the Camino!

Accommodations  
Carris Hotel Porto  
Ribeira  
Meals Included  
dinner

# CAMINO

## Camino: Hiking the Sanabres Way in Spain



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in depth

DAY 2  
Saturday  
9/17/22

### Porto to the Sanabres Way

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 city of Porto on your own. Take your time to discover the city's hidden gems, such as its train station, the Lello library, and its Cathedral. Or you can take the tram to the lighthouse in Foz de Douro for a spectacular view of the ocean.

**Lunch** Have lunch on your own in Porto before transferring to your hotel in Ourense. On the way, you will have the option to visit the hot springs and enjoy a 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 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  
9/18/22

### Sanabres Way

Actun Tunichil Muknal, locally known as ATM, is a notable Mayan cave archaeological site that houses skeletons, ceramics and stoneware. The well-known Crystal Maiden resides here, as do the Monkey Pot and other ceramics that have completely calcified to the cave floor. This historic site is beautiful and eerie – it helped shape the Mayan underworld of Xibalba, where Mayan kings and shamans ventured to communicate with their gods and ancestors.

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 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 around Viduedo.

#### Walk to Cea

On the way to Cea, you'll pass the 13th century bridge of Sobreira over the Barbatióno 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.

#### Today's Hike

12.5 miles

Accommodations  
Hotel Barcelo

Meals Included  
breakfast, dinner

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DAY 4  
Monday  
9/19/22

### Sanabres Way

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 Monastery of 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 collection of old chemist jars and utensils. This room also displays a portrait of Hildegard von Bingen, acknowledging the importance of the woman who founded scientific natural history in Germany. Learn about her work and how it was used in the monastery at the time.

#### Continue Walking

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.

#### Today's Hike

12 miles

Accommodations  
Pazo de Bendoiro  
Hotel  
Meals Included  
breakfast, dinner

# CAMINO

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your adventure  
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DAY 5  
Tuesday  
9/20/22

### Sanabres Way

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 Castro 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 walking through the rolling hills. There will be a few small climbs, but most of the path is downhill.

#### Lunch on Your Own

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

#### Drive Back to Your Hotel

Drive back to your hotel in Bandeiro 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!

#### Today's Hike

12 miles

Accommodations  
Pazo de Bendoiro  
Hotel  
Meals Included  
breakfast, dinner



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DAY 6  
Wednesday  
9/21/22

### Sanabres Way

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

Enjoy a pleasant walk through woodlands, farmland, and small villages as you cross the quaint Ponte Taboada, which has witnessed the passage of pilgrims for over 1,000 years. There are different options for lunch on your own in Silleda. After lunch, the walk to Bandeira is easy and mostly downhill.

#### 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.

#### Today's Hike

11 miles

Accommodations  
Pazo de Bendoiro  
Hotel  
Meals Included  
breakfast, dinner

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DAY 7  
Thursday  
9/22/22

### Sanabres Way

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.

#### 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.

#### Today's Hike

14 miles

Accommodations  
Hotel Congreso

Meals Included  
breakfast, dinner

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DAY 8  
Friday  
9/23/22

### Sanabres Way to Santiago

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 nine 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 after many years of restoration. Take a breath and pause - you've made it!

#### Farewell Dinner

Enjoy a farewell dinner where you will get your Compostela, or Certificate of Achievement of the Camino de Santiago, given by the Pilgrim Office. 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!

#### Today's Hike

9 miles

Accommodations  
Hotel Compostela

Meals Included  
breakfast, dinner

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DAY 9  
Saturday  
9/24/22

### Depart Santiago de Compostela

Enjoy one last morning in Santiago before heading home.

#### Transfer to the Airport

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

#### Departure Information

Depart Santiago de Compostela, Spain (SCQ) any time. One group transfer is included; private transfers at other times can be arranged for an additional fee.

If you'd like to stay longer in Santiago, we can try to extend your hotel reservation, but please do not wait as hotels will fill up extremely early.

*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.*

Meals Included  
breakfast

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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.

Amenities: Soap, shampoo, conditioner, hair dryer; electricity; Wifi available for a fee

#### Hotel Barcelo

This hotel is 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.

Amenities: Soap, shampoo, conditioner, hair dryer; electricity; Wifi available for a fee

#### 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!

Amenities: Soap, shampoo, hair dryer; electricity; Wifi available for a fee

#### Hotel Congreso

The Hotel Congreso, located just a ten-minute drive from Santiago de Compostela, offer the best facilities for an unforgettable stay. Enjoy the pool and gardens while you rest here before finishing your walk on the Camino.

Amenities: Soap, shampoo, hair dryer; electricity; Wifi available for a fee

#### Hotel Compostela

Hotel Compostela is in Galicia Square, union of both the old city with its historical center and the new city with its hustle and bustle. Close to the hotel you can find the Alameda, a park from which you can enjoy some of the better views of the cathedral. There is a public market nearby where you can see and purchase the best ingredients of Galician cuisine.

Amenities: Soap, shampoo, conditioner, hair dryer; electricity; Wifi available for a fee

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### Included:

- ▶ Accommodations as per itinerary based on double occupancy
- ▶ All meals as listed in the itinerary
- ▶ All ground transportation
- ▶ One group transfer on arrival and departure
- ▶ Luggage transfers from hotel to hotel
- ▶ Guided sightseeing and activities as indicated in the itinerary
- ▶ English-speaking guide throughout the trip
- ▶ Drinking water to refill personal bottles
- ▶ Gratuities for baggage handling, waitstaff, and hotel staff

### Not Included:

- ▶ International airfare to Portugal and from Spain
- ▶ Optional activities
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages (unless otherwise specified)
- ▶ Fees for passport, visas, immunizations, or travel insurance
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Gratuities for guides and drivers

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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