



SPIRIT IS CALLING

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El Camino de Santiago Compostela

May 21 – June 7, 2023

France & Spain

Join Tour Director Carmen Figueras for 15 days through the countryside of France and Spain. Journey the pilgrim trail rich in history, culture and spirituality. This is the luxurious version of the El Camino. No pain, lots of spiritual gain!!!

One of the great holy Christian Pilgrim trails of Europe, El Camino de Santiago de Compostela is a path of both spiritual redemption and bucolic scenery. Crossing France and Spain through over 800 km of ancient foot trails, this passage pre-dates Christianity and the Moor (Muslim) influence and finds its roots in the cultures of the Pagans and Druids.

This Spiritual Journey with Carmen Figueras and Spirit is Calling will offer the modern pilgrim, you my friends a chance to walk the trails, or just those portions that your body will comfortably allow. Each day will include optional meditations and healing. Join a group of modern pilgrim travelers on this adventure for body and spirit.

A Modern Pilgrimage

Our support van will carry your luggage as you walk along the Camino, and will be nearby should you choose to ride for any portion. Each morning you will receive a map for the day with the stops (villages) where the bus will wait for us. The bus will also carry water and snacks for your pleasure.

Discover the Spirit

In this unique journey, we will commune with the divine through exploration of the countryside, its charming trails, villages, local dining and traditional lodging as well as holy sites along the way. Historically a journey of redemption for past sins, ancient pilgrims crossed these paths on their knees, with the idea that the more pain, the more likely will redemption be met. Today, we seek a gentler way, with space to reclaim our energy from those ideas of the punishment of the flesh, in favor of the idea that by walking the path, and forgiving and accepting ourselves, we can validate our bodies, build an appetite for delicious food, enjoy the good company of our traveling companions, or the peaceful solitude of walking our path alone, while witnessing the divine in our surroundings.

With daily meditation and healing rituals, you get to explore your own spiritual pilgrim's path, reclaim lost parts of your ancient self, and grow whole as you continue your path in the present. Those who walk the last 100 km will receive stamps on their Pilgrim's Passport from each village and will get a certificate of completion. We are delighted to have you join us in May and June of 2023.

The Camino, Day to Day Itinerary

Travel through Spain's history and diverse landscapes such as the Pyrenees in Roncesvalles, the Navarra pines, the sweet smell of vines in La Rioja and the wide Castilian plains until we reach the mountains and the oak and chestnut tree forests of Galicia. We begin near the border of France and Spain to get a taste of the entire French Way.

Day 1-2: The individual will choose his/her own airline to travel from the US to Pamplona ** in Spain Where we will meet our Tour Operator. We will transfer by bus to St Jean Pied de Port at the foot of the Pyrenees mountains for our first group meeting with our Camino support team and guides. Overnight at St Jean Pied de Port. D



Day 3: The Camino begins! We walk from St. Jean Pied de Port to Roncesvalles (23 km/15 miles). We climb over the mountain and cross the border of France into Spain. It's a challenge that is well worth it because of the panorama. Overnight at hotel. B & D

Day 4: Walk from Roncesvalles to Larrasoana (26 km/ 17 miles) Night in Zubiri/ Larrasoana at a local estate. B & D

Day 5: Walk from Larrasoana to Pamplona (15 km / 9 miles. We can opt for a guided visit of the city and enjoy the rest of the free evening to explore the city. Overnight in Pamplona. B .

Day 6: Drive to Tosantos (approx. 2 hours) to tour the hermitage, Our Lady of the Rock. We then drive to Burgos (40 mins.) and enjoy the evening there. Overnight in Burgos. B

Day 7: We enjoy a guided visit of the city. We can enjoy a free day in Burgos after the tour or coordinate any activity of your preference. This can be any visit to a place of interest, a food or wine tasting, etc. Overnight in Burgos. B

Day 8: We take the bus to León. Enjoy lunch and a guided visit of the beautiful city of León and drive to Astorga. Overnight in Astorga (Palace de Gaudi). B& L

Day 9: Bus from Astorga to Foncebadon (30 minutes), then walk to Acebo (approx. 12 km) passing by la Cruz de Ferro. After the walk, we take the bus to Ponferrada and enjoy the town for the rest of the afternoon. The tour will take us on a trip to Las Medulas, the largest gold mine of the Roman Empire, where they extracted gold for more than two hundred years. This site was declared a UNESCO World Heritage Site for its archeological richness. Tour of the Knights Templar Castle is also included. Overnight at hotel in Ponferrada. B & D

Day 10: Visit O'Cebreiro, which is the beginning of the Camino de Santiago in Galicia. In this town, located 1300 meters above sea level, we will see 'Las Pallozas' (constructions of stone and hay) presumably of Celtic origin. Stone houses that remind us of the past are also the main constructions of this mountainous area. We go to Sarria by bus to begin the last hundred kilometers the next day. Overnight at hotel in Sarria. B & D

Day 11: Sarria to Portomarín (18 km, 11 miles). The representative last hundred kilometers begin today. As we journey through this stage we will come across many little villages and towns. The most interesting are Sarria, Barbadelo, Ferreiros and Portomarín where we can see beautiful monuments such as: The Convent of "La Magdalena" originally founded as a Pilgrim's hospital in the 13th century; the church of "Santiago de Barbadelo" famous for its beautiful architecture and uniqueness of its capitals; the Romanesque portico at the church of Ferreiros; and the legendary 100 km marker! Overnight at hotel in Portomarín. B & D

Day 12: Portomarín to Palas de Rei (24 km, 17 miles). Today's journey will take us through the towns of Portomarín, Ligonde and Vilachá, where we will have the opportunity to see the wonderful views. Some include: the Miño river valley right outside Vilachá; the fortified church of St. Nicholas; the famous Romanesque façade of San Pedro's church in Portomarín; as well as the church of "Vilar de Donas", considered to be one of the best examples of Romanesque art associated to the Camino. Overnight at hotel in Palas de Rei. B & D

Day 13: We walk: Palas de Rei - Boente (21 km, 13 miles). In today's stage, we will cross the border that divides the provinces of Lugo and La Coruña through an ancient Roman road. Once we get to La



Coruña we will be able to enjoy true jewels of the Camino such as the church of "La virgen de las nieves" in the town of Furelos; the Romanesque portico of San Tirso's church in the village of Palas de Rei; and the churches of Sancti Spiritus and Santa Maria de Melide in Melide. Overnight at hotel in Arzúa. B & D

Day 14: Boente to Salceda (19 km, 11 miles). Today's walk will take us through the lovely towns of Arzúa and Castañeda, both very closely linked to the Camino's history. In Arzúa we can see the beautiful chapel of "La Magdalena" built in gothic style and founded in the 14th century. We can also enjoy some of Arzúa's delicious cheese, given denomination of origin. Overnight at hotel in Arzúa. B & D

Day 15: Salceda - Monte de Gozo (23.5 km, 14 miles). Our journey will take us through the villages of Salceda, A Brea, Santa Irene and A Rua until we finally reach Lavacolla, the place where the purification ritual needed to arrive in Santiago was performed in ancient times. We will end our walk-in Monte do Gozo (Mount of joy) where we can enjoy a marvelous panoramic view of Santiago in which we will make our final destination: Santiago de Compostela's Cathedral the following day. Overnight at hotel in Lavacolla. B & D

Day 16: Monte de Gozo to Santiago de Compostela (4 km, 2-1/2 miles). You made it! We are scheduled to arrive in Santiago before 11:00 am, so that those who wish to attend the Pilgrims' Mass and perform any pilgrim rituals like hugging the Apostle Santiago, can do so. In the evening, we will have a wonderful farewell surprise accompanied by dinner. Overnight at hotel in Santiago de Compostela. B & D

Day 17: In the morning, we offer a guided visit through Santiago for our group. The focus of the guided visit will be on the old city, where we will recall the history of the city and the pilgrimage to Santiago through its main monuments, squares, and streets. During the visit, we will enter the Cathedral where, in addition to its history and evolution, well-known traditions will be explained. On our tour, we will also go to the fresh produce market, called Mercado de Abastos. Once there, the group will have the opportunity to buy typical products of Galician gastronomy (fish, seafood, veal...) that can be sampled later in one of the nearby restaurants. Our tour comes to an end at about 1:00 pm. Your Camino through life begins!

You may choose to flight back to US or another destination or stay another night in Santiago. Extra night will be extra charge.

**** If you choose to arrive a day or two earlier in Pamplona to give yourself time to acclimate** Spirit is Calling can book at cost a hotel. Contact Spirit is Calling to arrange this as soon as possible.

Meals: All breakfasts and most dinners are included in this tour. We have carefully selected the meals so you can have a taste of the most typical, most delicious, local cuisine. We excluded dinners when we stay in main cities which offer a large variety of dinner options. This way you have the freedom to stroll through the city and discover it on your own. Our guide will always be around and can give all the recommendations you need.

Most lunches are not included to provide more flexibility during the day and so you can experiment on your own. You can stop and eat something along the way, or have lunch at the end of the daily stage. You can find daily menus starting at 7€ (\$10). Regarding dinner, there are fixed menus starting at 15€ (\$25), but spending will vary depending on what is ordered. Vegetarians, vegans, or those with a special diet (eg. gluten-free) will have suitable options. Just let us know beforehand and we will be happy to accommodate your needs.



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Accommodation: All of our accommodations are hand-picked to give you the best possible experience. We will stay in charming hotels in bigger cities and typical Galician manors as we enter rural Galicia. Some of the manors used to be the homes of VIP people in the past such as kings or noblemen. They form part of the cultural experience. Usually they are located in privileged areas surrounded with green, peaceful scenery. All our accommodations have private en suite bathrooms. You can be sure to receive personalized attention and excellent service from the owners, who will make you feel more than at home.

Walking: You walk at your own pace. There is no one you have to follow or walk with. We have meeting points along the way where our support vehicle will be waiting with snacks, fruit and water and to make sure everything is OK. We also offer assistance for any unexpected circumstances or simply to relieve muscular pain or cure blisters. Don't worry about getting lost. Moreover, on the Camino you are never alone. If you do not want to keep walking for any reason, you can hop on the support vehicle or be taken back to the hotel. After the daily walk, and after we've all had lunch we will head back to the hotel where we can shower, freshen up and have a much-deserved rest.

Means and Assistance: A vehicle and guide for logistical support will be available during the entire route. It shall be of help for the pilgrims in transit and to cover any other needs that might arise along the way. It will be equipped with fruits, snacks, water, medicine, first aid kits. The luggage will be transferred from one hotel to the next using the support vehicle. For the walk, you can take a small/medium backpack for a camera, water bottle, and personal belongings. You can use the one we provide, or bring your own.

A packing list with recommendations on what to bring along on your trip, along with a 'Guide to Your Camino' which answers questions regarding laundry, tip, and other useful topics will be provided.

Contribution (Subject to change due to Euro/\$ exchange rate \$8500. Could be less or more.)

Single supplement: \$1000

The price includes:

- Private Van Support & Luggage transfer
- All breakfasts, drinks and snacks
- Mobile phones with a Spanish line
- Pilgrims' Kit
- Travel insurance for the entire Camino portion –not included travel from USA to Pamplona and back to USA
- Carefully selected en suite accommodation
- English-speaking guide assistance
- Informational program and route map
- Photos of your Camino
- Farewell dinner and surprise
- Value added Tax (VAT)
- All Dinners as noted in itinerary
- Private guided visits in Pamplona, Burgos, León and Santiago.

Price does not include:

Airfare – USA – Spain and back.

Cancellation Insurance (highly recommended)

- most TIPS: Hotel staff, bus driver and our Tour guide who will be with us the entire time