



Epworth Camino Sarria to Santiago



trip highlights

- Raising awareness and monies for Epworth Medical Foundation
- Walk the last 115km of the Camino de Santiago with a knowledgeable guide and a group of fellow walkers
- Stay at friendly, family run hotels and eating at hotels and restaurants with delicious local dishes
- Reach Santiago on foot and experience the famous pilgrims mass
- Experience the history of the ancient pilgrimage route



Trip Duration	11 days	Trip Code: EP10
Grade	moderate	
Activities	charity challenge trek	
Summary	8 nights in combination of quality hotels, farmhouses and hotels	

Supporting Your Cause

Epworth Medical Foundation

Epworth Medical Foundation (EMF) opened in 1982 to raise much-needed funds to ensure patients at Epworth Health Care receive the best possible care. Our work is vital, because Epworth is a charitable, not-for-profit hospital. We rely on your generosity to enable us to stay at the forefront of advancements in medical technology, for our patients. Epworth is a private, not-for-profit organisation. We receive very limited funding from government. Instead, we rely on funds raised by Epworth Medical Foundation to continue to provide our patients with the best possible facilities, equipment, surgical expertise and access to research.

By taking part in the EMF Sarria to Santiago Camino, you will not only enjoy the adventure of a lifetime: you will also be helping to give vital support to hundreds of our patients.

Your Huma Challenge

Thank you for your interest in our Epworth Camino Sarria to Santiago. Huma Charity Challenge is a division of the worldwide adventure travel company World Expeditions. When joining a Huma Charity Challenge you embark on a remarkable journey to discover your inner philanthropist as you raise money for a Charity that is important to you. At the same time you take on the challenge of fundraising and partake in an adventure to discover new worlds, new landscapes and new cultures ... perhaps you'll even discover how far your personal boundaries stretch as you take on a physical challenge like a cycling, trekking or a mountaineering adventure. We are passionate about off-the-beaten track travel experiences as they provide travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. Our itineraries are well researched, affordable and tailored for the enjoyment of small groups. Our itineraries provide the very best travel experience, designed by people with vast local knowledge who share our vision of authentic exchange and real exploration with a responsible travel approach at the core.



A DIVISION OF WORLD EXPEDITIONS

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Trip Dates

2017 12 Oct - 22 Oct

Charity Challenge Payments

Joining Australia Travel/Fundraising Cost Twin Share:	\$7490
Non Refundable Registration Fee:	\$200
Single Supplement:	\$410

All prices are per person

As the trip price is based on twinshare, a single supplement is payable if a single room is required - or a single traveller supplement if you are travelling solo*. Please refer to the price options for costs or ask our office for details. Note regarding single rooms - The single supplement guarantees the privacy of your own room, however, rooms can at times be small and in some places may not enjoy the same facilities as double/twin rooms.

*The single traveller surcharge is only available on trips deemed suitable for solo travellers. It is usually more expensive than the single supplement due to the extra cost for luggage transfers and organisation.

What Impact Will My Fundraising Have?

Epworth Medical Foundation - The difference you make

When you donate to the Foundation, your generosity is used to directly benefit our patients. For example, more than half of all medical equipment at Epworth Health Care is funded by the Foundation, and 80 percent of our medical research.

Charitable funds are used to support:

- *state-of-the-art medical equipment that ensures our patients receive the very best
- *world-class facilities that maximise patient outcomes, safety and comfort
- *groundbreaking medical research projects and trials, shared with our patients
- *staff education and training opportunities to pass best-practice on to our patients
- *support programs to care for our patients' emotional and financial needs

Your Adventure

The last six days of the Camino de Santiago offers the chance for time starved travellers to walk the final 115kms into Santiago and gain a wonderful appreciation of the historic significance of the route. Walking through mixed landscapes in the company of your guide and group, there are numerous reminders of the pilgrims past who travelled the route including crosses, statues and grain silos. Thanks to your guide, the history of the trail will be shared with you to ensure that you soak in as much as you can during your short time on the trail. One of the many highlights is reaching the gates of Galicia which lead on to the fabled Santiago de Compostela with its famous cathedral, site of the tomb of St James.

Fundraising Options

There are a number of ways you can approach your fundraising:

1. You can choose to pay for the travel costs yourself and just fundraise the charity donation.
2. You can opt to fundraise the entire amount – the travel cost and the charity donation. You must make sure that funds raised for the travel cost are done so independent of the charity and that donors understand that their donation will be directed towards your travel expenses and are not tax deductible.
3. You may choose to pay for the entire amount yourself and claim the charity donation component as a personal tax-deductible donation to your charity.
4. Lastly you can attempt to fundraise as much as you can in the given time and personally fund the balance of the total.

When fundraising for the charity donation component of this challenge you must seek permission of your charity before beginning to fundraise in their name. Huma Charity Challenge can assist you with this by advising contact person.

Once you have registered on this challenge you will receive our comprehensive Confirmation Kit that includes a Fundraiser's Guidebook, a great resource for fundraising ideas and support.

Online Fundraising Portal

When fundraising for the charity donation component of this challenge you must seek permission of your charity before beginning to fundraise in their name.

The team at Epworth will be in touch with you upon registration to give you the details of the online fundraising page and permission to fundraise.

The minimum fundraising target is \$2,500 per person. You can do it!



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Itinerary at a Glance

DAY 1	DEPART AUSTRALIA
DAY 2	ARRIVE MADRID
DAY 3	TRAVEL TO SARRIA
DAY 4	WALK THROUGH THE HILLS OF GALICIA TO PORTOMARIN (6HRS, 22KM)
DAY 5	TO PALAS DE REI (6-7HRS, 24KM)
DAY 6	LEAVE LUGO TO ENTER LA CORUÑA AND ON TO MELIDE (4.5HRS, 15KM)
DAY 7	TO ARZÚA (4HRS, 14KM)
DAY 8	TO RÚA (5-6HRS, 19KM)
DAY 9	ARRIVE SANTIAGO (5-6HRS, 21KM)
DAY 10	FLY TO MADRID
DAY 11	ARRIVE AUSTRALIA

Additional Deposits Required

Part payment of \$2500 will be due in June 2017, this is to purchase best airfares with Emirates Airways and local flight within Spain. Recommend to take out travel insurance to cover for cancelation of travel.

What's Included

- Trip escorted by Epworth Medical Foundation representative
- \$2,500 fundraising amount, tax deductible
- Return international airfare from Australian gateway cities - payment due June 2017
- Internal flight from Santiago to Madrid - payment due June 2017
- Airport transfers
- Transport from Madrid to Sarria including picnic lunch
- 8 breakfasts, 7 dinners: Breakfasts are usually continental inclusive of breads, cheese, ham, tea, coffee & juices. Dinner will consist of 3 courses, usually starting with a salad, followed by chicken, red meat, fish or a pasta dish & finishing with a dessert of fruit or cakes.
- 8 nights in a combination of quality hotels, farmhouse B&Bs and hostals generally with private facilities
- Luggage transfer (1 bag, max 20kg per person)
- English speaking guide on the Camino walk
- Visitor tax
- Emergency hotline

Detailed Itinerary

DAY 1 Depart Australia

After all the planing and preparation the wait is finally over! Please make your way to your Australian gateway airport for your flight to Madrid. Flight details will be sent once you register.

meals: NIL

DAY 2 Arrive Madrid

On arrival into Madrid the group will be transferred to centrally located hotel. If you would like to arrive earlier to explorer this city of elegant boulevards and expansive, manicured parks please advise our staff member to change flights. This evening we enjoy a local cuisine arrival dinner.

meals: D



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Fast Facts

Countries Visited:

Spain

Visas:

Visas not required for citizens of Australia, Canada, USA and New Zealand for up to 90 days in a period of 180 days for all Schengen countries (see www.schengenvisa.info.com/schengen-visa-countries-list/ for countries part of the Schengen). Please ensure your passport is stamped on arrival in the Schengen area. For all other nationalities and for longer stays in countries covered by the Schengen Agreement (Australian New Zealand, Canadian and US passport holders), please contact the relevant embassy. Stays of longer than 90 days in the Schengen area require a long stay visa for the country you are spending most time in. However long stay visas are unlikely to be issued unless there is a valid reason (eg. studying in country). Unfortunately we cannot assist in obtaining visas for long stays due to individual country visa requirements.

Group Size Min:

10

Group Size Max:

30

*Ask our staff for more details.

DAY 3 Travel to Sarria

Today we will travel by vehicle/coach from Madrid to Sarria, which is approx 6 hours drive. We plan to have some stops along the way to stretch the legs and have organised a picnic lunch.

Sarria is located on a hilltop with a river on either side affording you great views of the region. This evening we will meet with your guide for a tour briefing, followed by dinner with the group.

meals: B,L,D

DAY 4 Walk through the hills of Galicia to Portomarin (6hrs, 22km)

This morning we can take the time to visit the Church of the convent of La Magdalena. Over the "Meseta lucense", the Lugo Plateau, we will pass through many hamlets dotted along areas of cultivated land, grazing pastures and woodlands and view the first "horreos", typical raised grain silos. The walk today is relatively easy until the descent, crossing the Dam of Portomarin where we can see ruins of the ancient flooded village, and into the town to our accommodation.

meals: B,D

DAY 5 To Palas de Rei (6-7hrs, 24km)

The route today takes us through forested areas which have a magnificent fragrance. Along the path we will pass charming hamlets and calvaries. We will continue through Ventas de Naron, head over the gentle Sierra de Ligonde, then downhill through Previsa, Lameiros and Ligonde where we will find a church dedicated to the apostle St James. Emperor Charles V stayed here in the modest village of Ligonde, on the 24th of march 1520. Then we continue on to Palas de Rei, where will overnight in a charming hotel.

meals: B,D

DAY 6 Leave Lugo to enter La Coruña and on to Melide (4.5hrs, 15km)

On our walk to Melide we will pass through the small towns of Coto and Leboeiro. Melide is one of the larger towns along the Galician section of the Camino Trail. We recommend that for dinner tonight you try the local speciality of 'Pulpa a feira', octopus usually served boiled and cooked with red pepper and paprika.

meals: B,D

DAY 7 To Arzúa (4hrs, 14km)

The terrain becomes much easier today as we walk through the villages of Carballal, San Xuilan do Camino and Lebereiro and past Eucalyptus trees. The group will be able to stop at one of many villages for lunch. As we cross over the River Seco on the Magdalena Bridge we will reach Furelos and continue onto Arzúa in the province of La Coruña.

meals: B,D

DAY 8 To Rúa (5-6hrs, 19km)

Today's walk will bring us to the small town of Rua which has a population of only 50 people. The walk today is lovely, as you pass large green fields and rural landscapes.

meals: B,D

DAY 9 Arrive Santiago (5-6hrs, 21km)

On our last walk together we will pass many ancient sites including monuments, chapels and bridges – all which have a story to tell. We follow country lanes and forest paths through increasingly populated countryside. The last day on the trail is always a special one, as we make our way to Santiago on foot. Arriving in the fabled Santiago de Compostela there is plenty to see and do – or simply relax and celebrate the end of the journey.

meals: B,D



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Responsible Travel

The environments we travel through are fragile. It is our responsibility as visitors to minimise the impact of our presence. World Expeditions were the proud recipients of the inaugural Australian National Travel Industry's Environmental Achievement award for our Responsible Travel Guidebook. This detailed guide to responsible & sustainable travel is provided to all World Expeditions clients before they travel. Please ask your consultant if you have not received your copy of our award winning book. Alternatively, you may like to download a copy from our website www.humacharitychallenge.com

Trip grading moderate

The walking is graded moderate (3). Daily walks are between 14 and 24km on well marked trails over diverse terrain – from relatively flat to rolling hills. The accent is on keeping a steady pace to take in all of the attractions, with time to stop and take photos. You will need a good level of fitness to participate fully in this adventure.

Adventure Travel

By its very nature Charity Challenges involve an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are suitably fit, flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your charity representative or one of our team.

DAY 10 Fly to Madrid

This morning we visit the Santiago Cathedral for the midday service where your name will be read for completing the pilgrim. Afternoon we transfer to the local airport for our flight to Madrid to connect with the international flight home. Flight details will be sent once you register.

meals: B

DAY 11 Arrive Australia

This morning we arrive back home in Australia after a life-changing journey to one of the most fascinating countries in the world. What a wild ride !

meals: NIL

This itinerary is subject to change with any modifications in Community regulations as well as Governmental changes and natural circumstances beyond our control.

Country Information

The walk takes you through the Spanish region of Galicia, known as "green Spain", due to its lush green countryside. Located in the northwest Iberian Peninsula, the region is surrounded by the Atlantic Ocean to the west, the bay of Biscay to the north, Portugal in the south and Asturias in the east. Galicia is made up of four different provinces, la Coruña, Pontevedra, Ourense and Lugo, and its capital is Santiago de Compostela. The Galician's have their own language - Gallego - but do also speak Spanish.

Climate

Semi-continental climate on the Meseta: cool in spring and mild in autumn (14 to 25°C), very warm in summer (28 to 35°C). Oceanic climate in Galicia: less warm in summer but more humid. This itinerary also comprises some mountainous stages: it can always be windy and cold.

Dietary Requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

Pre and Post Tour Accommodation

Please advise your travel consultant if you would like to book extra nights in Madrid - pre or post.

Equipment Required

Wet weather gear, sunscreen, good walking boots / shoes, sun hat and walking poles. A comprehensive gear list is included in the pre-departure information provided on booking.



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Important Note

These trip notes represent the most current information for this itinerary, and may supersede any other supplied information, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

What's Not Included

- Lunch daily and drinks
- Items of a personal nature
- Entrance fees
- Transfers
- Travel insurance

Info Nights

Come and join us on one of our free Info Nights and learn more about your Charity Challenge. Whether you're registered or still deciding whether to take the challenge you'll find these evenings informative and inspiring and are hosted by our most experienced and passionate travel experts and representatives from the relevant charity. Register at www.humacharitychallenge.com

How To Book

To register on this Charity Challenge please complete the registration form and return to Huma Charity Challenge, Attention Scott Pinnegar

Email: scott@worldexpeditions.com.au

Post: Huma Charity Challenge, Level 1 - 393 Little Bourke Street, Melbourne Victoria 3000

Otherwise you can make your booking online by using the REGISTER NOW button found at the bottom of the relevant Charity Challenge page on our website www.humacharitychallenge.com.au

The Epworth Medical Foundation staff are able to answer any questions you may have as well as provide you with all the support you need as you fundraise for your challenge. Please contact Kathryn Johnston on telephone 03 9426 6359 or email Kathryn.johnston@epworth.org.au who will be happy to talk with you.

