

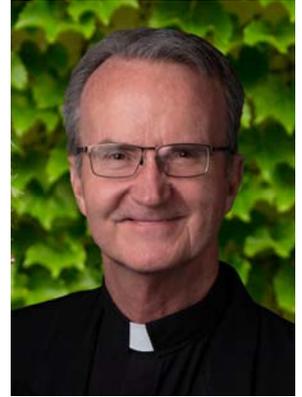


# The Way of St. James:

## *The Camino de Santiago via the Portuguese Way*

with Fr. Michael Sparough, SJ – Spiritual Director

**Dates: April 25 - May 9, 2020**



**Transfer from Lisbon hotel and Land Tour arranged by  
Fresco Tours (1,750€ per person/approx. \$1950 USD)**

**Air travel to Lisbon, Portugal and return travel from Santiago, Spain; transfer from Lisbon airport;  
select meals; personal incidentals all arranged and paid for by individuals. (approx. \$1500+ USD)**

### ITINERARY

**Pre-Tour Day (April 25, 2020):** Depart US for Madrid, Spain. **All participants arrange their own air travel to Portugal and from Spain.**

**DAY 1: April 26, 2020 Lisbon**

Bienvenidos a Lisboa! We meet the group in the afternoon at the hotel in Lisbon. Afterwards, we enjoy a guided visit of Lisbon, before a nice dinner to start off the tour.

*Accommodations: Lisbon (D)*

**DAY 2: April 27, 2020 Lisbon to Fátima**

After breakfast, we transfer to the pilgrimage city of Fátima. Here we visit the Sanctuary of our Lady of the Rosary of Fátima. Afterwards, we enjoy a meal at our hotel and get some rest after the long day.

*Accommodations: Fátima (B, L, D)*

**DAY 3: April 28, 2020 Fátima to Vila Praia de Âncora**

After breakfast, you spend the day visiting the Shrine of Fátima, and in the afternoon we hop on the bus and make our way to our accommodations for the evening in the coastal town of Vila Praia de Âncora. Our day ends with your Fresco Tours guide giving you your materials and an in-depth meeting about your walk to Santiago.

*Accommodations: Vila Praia de Âncora (B, D)*

**SELF-GUIDED PORTION....**

**DAY 4: April 29, 2020 Vila Praia de Âncora to A Guarda**

Today we lace up the boots and finally take our first steps on the Camino de Santiago! We'll walk you out to get you used to the symbols of the trail. Your first day is a short day to get you ready for the vigor of the Camino.

You have a gentle walk along the coast passing through wooded pine forests. Once you arrive to Caminha, a mere 2 KMs from the Atlantic Ocean, you will take the ferry across the river to Spain, and to the town of A Guarda. While in A Guarda, you might want to take time and visit the settlement of Santa Trega, dating back to the 4th century B.C.

*Accommodations: A Guarda / Walking: 14 KMs or 9 miles (B)*

**DAY 5: April 30, 2020 A Guarda to Oia**

Today you continue on to Oia, a coastal town known for the Romanesque Monastery of Santa Maria la Real, dating back to the 12th century. As you walk along coastal and wooded footpaths, you will see wild horses and cattle, as well as fields used for growing corn or millo as it's known in Galicia.

*Accommodations: Oia / Walking: 14 KMs or 9 miles (B)*

**DAY 6: May 1, 2020 Oia to Baiona**

After breakfast, you walk through a few tiny villages before descending toward Baiona, where the estuary of Vigo begins. The 18th century Church of Santa Maria Colegiata is an interesting visit in town, and you can enjoy the streets around the bay for a glass of wine and some fresh seafood. Fun fact: The Pinta moored here in 1493 after returning from discovering the New World!

*Accommodations: Baiona / Walking: 17 KMs or 11 miles (B)*

**DAY 7: May 2, 2020 Baiona to Vigo**

Today you make your way through wooded footpaths and small hamlets, and then you end the day in Galicia's largest city, Vigo. You are now in the heart of the Rias Baixas, and you can see the famous Islas Cíes, a natural reserve, on Vigo's horizon. You can also visit the Cathedral of Vigo, also known as "La Colegiata", and an example of neoclassical art in Galicia.

*Accommodations: Vigo / Walking: 25 KMs or 15 miles (B)*

**DAY 8: May 3, 2020 Vigo to Arcade**

This morning you walk through hillside hamlets with views of the city and port beyond. Before reaching the beachside town of Arcade, you will walk through the fascinating town of Redondela with its two 19th century rail viaducts that cross the town's sky. Finish the day with the local specialties of oysters and mussels that are farmed along the estuary and the Albariño white wine.

*Accommodations: Arcade / Walking: 22 KMs or 14 miles (B)*

**DAY 9: May 4, 2020 Arcade to Pontevedra**

Following the Camino, you cross the bridge of Ponte Sampaio, where a group of locals defeated Napoleon's troops in 1809. You then cross one last hill with views of the Vigo Estuary before descending into Pontevedra.

The town is best known for being the home to the Church of La Peregrina (The Lady Pilgrim) with its iconic scallop shell floor plan shape. La Peregrina is also the patron saint of the Portuguese Camino and is devoutly venerated by locals and foreigners alike. Today's stage is shorter than the rest allowing you time to explore Pontevedra at your leisure.

*Accommodations: Pontevedra / Walking: 13 KMs or 8 miles (B)*

**DAY 10: May 5, 2020 Pontevedra to Caldas de Reis**

The Camino takes you out of town and before you realize it, into the quiet forested countryside, along trails and small country lanes all the way to Caldas de Reis. You can even make a short detour and admire some spectacular waterfalls halfway through the stage. Your stage ends in Caldas de Reis, which roughly translates as *the kings' thermal waters*, and like a king or queen you will feel when you dip your tired feet into the soothing natural thermal springs in town.

*Accommodations: Caldas de Reis / Walking: 22 KMs or 14 miles (B)*

**DAY 11: May 6, 2020 Caldas de Reis to Padrón**

The day starts with an enticing walk through wooded vales, vineyards and small villages before you gain the last major hill on your Camino. The descent takes you into the Ulla River valley that separates the province of Pontevedra, which you have just crossed south to north, from the province of A Coruña, where Santiago de Compostela is. The stage ends in the historic town of Padrón (or pedrón – Galician for big stone), which

pays homage to the famous rock where the boat that contained Saint James was moored to upon its arrival from Jerusalem after he had been martyred. Or in other words, this is where the Santiago story *began* and where you will literally be walking in the footsteps of the apostle! Padrón is also famous in culinary circles for its little green peppers, some which are hot and others that are not.

*Accommodations: Padrón / Walking: 19 KMs or 12 miles (B)*

**DAY 12: May 7, 2020 Padrón to Santiago**

9 days, 170 kilometers, and you have finally arrived in Santiago de Compostela. Congratulations! Head to the Pilgrim's Office for your last stamp in your Passport and request that well-deserved certificate, the Compostela, for having walked to Santiago. You are going to love this magical city filled with fantastic monuments and a lively buzz from the international pilgrims and university students that fill its medieval streets.

*Accommodations: Santiago / Walking: 24 KMs or 15 miles (B)*

**DAY 13: May 8, 2020 Santiago de Compostela**

In the morning, our local historian gives you a closer look at the amazing Cathedral that has seen so many transformations since the original chapel built in the 9th century. Be sure to part take in the century old tradition of giving Santiago a hug upon your arrival! Later in the evening, you enjoy dinner to celebrate your completion of the Camino!

*Accommodations: Santiago / Walking: 0 miles! (B, D)*

**DAY 14: May 9, 2020 Santiago de Compostela: Tour Ends**

After your breakfast, your itinerary has come to a finish. If you would like to continue onward with other stops in Spain, please let us know and we would be happy to assist in your planning. (B)

**From Fresco Tours: How do I get from Santiago Compostela to Madrid and other cities?**

There are excellent internal flights that fly Santiago to Madrid. For a complete list of companies that service the Santiago airport, please visit: <http://www.aena-aeropuertos.es/csee/Satellite/Aeropuerto-Santiago/en/Page/1056530002731/Airport-destinations.html>.

There are also RENFE <http://www.renfe.com/> trains that will get you from Santiago to Madrid in less than 6 hours. Be advised that taking the train will almost certainly mean spending an extra night in Madrid.

**WHAT'S INCLUDED IN FRESCO TOURS PORTION:**

- 13 nights of accommodations – 2 / 3-star hotels and pensions along the Camino.
- Breakfasts, lunches and dinners with wine included as indicated on the itinerary.
- All ground transportation in private coach beginning from the pick-up in Lisbon to Fátima and Fátima to the start of the Camino.
- 1 Bi-lingual (English & Spanish) Guide to accompany the group for the Lisbon – Fátima – the Start of the Camino portion of the tour – 4 days
- All Luggage transfers between hotels. 1 suitcase per person.
- Guided tour in Lisbon and of the Cathedral in Santiago by local art historian.

**Price: 1,750€ per person**

**Single Supplement: 325€**

**Air Travel & Other Incidentals: Varies**

**Questions for Fresco Tours can be directed to [info@frescotours.com](mailto:info@frescotours.com) or Phone (Toll Free, North America): +1 888 246 6089**

**Leigh & Fr. Michael  
Camino de Santiago 2016  
Camino Frances Route**



\*\*\*\*\*

**Registration:** Tour cost of 1,750€ per person can be made either by Visa or Mastercard. To register, please visit Fresco Tour’s Secure Online Reservation Form: <https://frescotours.com/reservation.asp>. You will need to select "Spain-taneous Private Tours" in the drop-down menu of the "Select a Tour." At the very bottom of the form, in the "Special Instructions/Comments" section, please type in "Fr. Michael Private Tour 2020." A deposit of 300€ per person is required by September 30, 2019 to reserve your spot. The remaining balance of your tour payment is due 60 days prior to the departure date and will be automatically charged to your credit card. Spaces are limited. Please register early to secure a spot. If spots are still open, all registrations must be received by December 1, 2019. The deposit and final charge will be an international credit card transaction. Therefore, if necessary, please contact your credit card company in advance to let them know the charges will be charged in Spain so that charges are not denied.

**Pricing:** Fresco Tours cost is a fixed cost. Other items below are only estimates and may vary from actual costs. Each pilgrim is responsible for individual purchases, including travel to and from Spain and within Spain from Santiago to Madrid.

Fresco Tours (Transfer from Lisbon hotel – end of tour in Santiago)	1,750€ per person (\$1950 USD approximately) – paid to Fresco Tours via their online registration website
Round trip airfare: US-Lisbon/Spain-US	\$900-\$2500 USD (approximately, from Chicago) – <b>organized and paid for individually by pilgrims</b>
Transfer from Lisbon airport to hotel	10€+ per person - There is a company that offers shuttle service and private transfers: <a href="https://100rumos.com/en/shuttle_lisboa_options">https://100rumos.com/en/shuttle_lisboa_options</a> . Taxis are also available. The group will meet at the hotel in Lisbon
Air or train: Santiago de Compostela-Madrid at end of Camino	We recommend flying back to Madrid. These flights vary and can be \$70-\$100. The Train for \$60 is also an option but it takes approx. 6 hours and arrives after most flights to the US have departed so it would mean a night in Madrid.
Tips	Approximate tips are \$6 USD for the driver and \$27 USD for the guide per person.
Meals	All meals not included in the itinerary (price varies by pilgrim)
Additional Spending	Varies by pilgrim
<b>TOTAL (estimate)</b>	\$3000-\$4000 USD+: Individuals cover the cost of flights, transfers, meals not included and other individual expenses.

**Flight Information:** Fr. Michael will be leading a group flying out of Chicago. Those interested in traveling with his group can make their own arrangements for Fr. Michael’s flights – or fly out on their own. Contact Leigh Hartley for details: [udflyer47@yahoo.com](mailto:udflyer47@yahoo.com).

**Travel Insurance:** Fresco Tours strongly urges the purchase of the appropriate travel and personal insurance, including trip cancellation / interruption insurance. For more information regarding travel insurance, please see travel insurance information on this page: <https://www.frescotours.com/about-traveltips.asp>. Travel Insured International <https://www.travelinsured.com/> and <http://www.insuremytrip.com/> have also been recommended by fellow pilgrims as other options.

**Additional Details:**

- **Preparation:** This pilgrimage will require physical preparation. Some days may be physically challenging. We will offer some optional practice hikes as a group in Chicago, but those who sign up should know that they will need to prepare for the physical demands of this trip. This is part of the discipline of the Camino.
- **Walking:** Although walking speeds can vary greatly depending on a multitude of factors such as height, weight, age, terrain, surface, load, culture, effort, and fitness, the average human walking speed is about 5.0 kilometers per hour (km/h), or about 3.1 miles per hour (mph). That means that we’ll be walking an average of 3 to 6 hours a day, with stops for lunch, sightseeing, journaling, and prayer breaks along the way.
- **Good health:** Only those in reasonably good health should attempt to make this pilgrimage. We will be walking from 9 to 15 miles per day.
- **Luggage:** We’ll only be carrying day packs, and one piece of luggage will be transferred each day to the next hotel.

• **Alone and Together:** We'll be walking mostly in small groups of one's own choosing. We ask everyone to walk within earshot of at least one other pilgrim – the buddy system. We want to provide the support of going with a group, but also maintain the sense of personal pilgrimage, while being open to meeting pilgrims from other parts of the world.

• **Accommodations:** This is not a luxury pilgrimage. We will be staying in 2 and 3 star hotels and pensions with semi-private rooms – not in group hostels. These will not be the comfortable hotels of past pilgrimages.

• **Prayer:** We'll have Mass each day, and for those who wish, there will be some group prayer along the way – praying the rosary, the chaplet of Divine Mercy, etc. These group prayers will be optional.

• **Guides:** We will have a guide at the beginning and the end of the pilgrimage, but not while we walk the Camino. Finding the way is part of the discipline of the Camino. The route is reasonably well marked and natives along the way are used to helping pilgrims. Also, Fresco will provide daily maps and taxi numbers for each stage of our walking.

• **Fatigue or Injuries:** If pilgrims get tired or become injured along the way, they will have the option (without embarrassment) of taking a taxi to the next destination. The cost is approximately 1€ per km for travel to pick up and drop off. The luggage transport vehicle doesn't have authorization to carry weary pilgrims.

• **Length of the pilgrimage:** We will need to budget 15 days for the pilgrimage. If you wish to come early or to stay later, you're free to do so. We just ask that those going on the pilgrimage arrange to be at the hotel in Lisbon at the designated time.

• **Other pilgrims:** If you know of other people who may wish to join us on this pilgrimage, feel free to share this information with them. Reservations will be on a first come, first serve basis. Once we hit our maximum number of pilgrims, we will start a waiting list.

• **Flights back to the US:** Most of the flights back to the US are earlier in the day. For this reason we recommend flights from the small airport in Santiago to Madrid and other cities where you can connect to flights back to the US. The train from Santiago to Madrid is approximately 6 hours which almost certainly means spending a night in Madrid to catch a flight the next day. More specific recommendations will be forthcoming.

*Questions regarding Fresco Tours portion can be directed to [info@frescotours.com](mailto:info@frescotours.com) or Phone (Toll Free, North America): +1 888 246 6089.*

*General questions can be directed to Leigh [udflyer47@yahoo.com](mailto:udflyer47@yahoo.com).*

