



# Camino Trail Trip

**MEETING DATE:**

September 19th (Thursday)  
at 6pm

**MEETING PLACE:**

Ponferrada in Northern  
Spain

**MEETING  
LOCATION:**

Alda los Templarios  
accommodation

**FINISH DATE:**

September 30th (Monday)

**DAYS:**

12 days

**NIGHTS:**

11 nights

**TOTAL DISTANCE  
WALKING:**

160km

**NUMBERS:**

12 women + WWA female  
Leader

**GRADE:**

Moderate. Long walking  
distances

**DEPOSIT:**

(non refundable)

**TRAVEL  
INSURANCE:**

Compulsory

## WHY TRAVEL WITH WOMEN WANT ADVENTURE?

Women Want Adventure trips are a unique experience specifically tailored for women with a community focus.

All our leaders are qualified and experienced to ensure your trip is safe and enjoyable. Our services provide more than a travel holiday. Women Want Adventure trips connect like-minded women who want to try new things, push personal boundaries, make lasting friendships and have fun!

We make sure trip numbers are suitable for the terrain and all women feel welcome and comfortable on every outdoor encounter.



# Camino Trail Trip



## THE TRIP

### The Camino de Santiago is known in English as the Way of Saint James.

It is a pilgrimage to the shrine of the apostle Saint James in the cathedral of Santiago de Compostela in north western Spain, where legend has it that the remains of Saint James are buried. For over a thousand years pilgrims have followed its routes as a form of spiritual path or retreat for their spiritual growth.

In recent years there has been a resurgence of interest in walking "The Way". For the modern day Pilgrim walking offers the chance to slow down from the hectic pace of modern life, and revert to a gentler, more reflective rhythm.

Walking often gives rise to insights, as distractions are less and you have time to explore and notice the landscapes in more detail. Walking is also an intimate activity, and conversation tends to flow easily with any walking companions.

The camaraderie amongst walkers is many people's favourite experience of their Camino, not to mention the simplicity of the daily routines and leaving behind outside cares.

In fact, your new cares become about blisters!

Our Women Want Adventure experience will be an authentic Pilgrimage. We will set off early each day, and on average we will walk 20kms daily. On our first day, in Ponferrada, we will register as pilgrims, collect our Credencial del Peregrino (which must be stamped at least daily to identify us as valid Pilgrims).

On the last day of our walk, at Santiago, we will apply for our Compostela. This is the ancient certificate we receive (in Latin) which proves our Pilgrimage. We will also attend the Mass in Santiago. Both these experiences are high points of our trip.

## MEETING PLACE

We will meet in Ponferrada.

We will meet Alda Los Templarius at 6 pm on Thursday 19th September, 2019.

The Hotel is just one km from the bus station and 1 minute from the ancient and imposing 12th Century Knights Templar castle. (The Knights Templar were the religious sect which guarded the Camino in days gone by.)

## GRADING

Women can expect around 6 hours of walking each day in mild (temp range on average is 11-25C) conditions. There will be dirt trails, lots of forested paths, quiet roads and some busy roads. The distances are long, however it is easy walking. Women should feel comfortable walking distances of up to 20km each day. We will, however, have a vehicle with us, and you will be able to be transported if you are tired. The car will only be a phone call away!

It is important to walk regularly before heading off on this trip. The fitter you are, the more enjoyable experience you will have. The best way to train is to walk at least 2 times per week for distances of around 5-10km with some hills.

If you have hiking boots, wear them in so they are comfortable and will not cause you blisters.

**Note:** Not everyone wears hiking boots on the Camino. I recommend a waterproof hiking shoe or even a running shoe which is waterproof. Feel free to have a more in depth discussion with me as to what would be most suitable for you.

Use the day pack you will wear on the Camino trail in your practice walks and enjoy your pre-training with friends.

## TRIP HIGHLIGHTS

- The experience of walking an ancient and revered Pilgrimage
- Taking time out from our hectic lives to walk, think, communicate, experience, talk, share
- Unexpected ancient buildings, history in action
- Receiving your Compostela
- Celebrating your amazing achievement in Santiago



# Camino Trail Trip



## INCLUDED

- 11 Breakfasts
- 11 dinners
- 11 nights accommodation in twin or triple share, bed and breakfasts
- Experienced female Women Want Adventure Leader
- First Aid
- Baggage transfer between hotels
- Hire car for any days ladies do not wish to walk (we always have a backup)

## EXCLUDED

- Airfares
- Items of personal nature, such as laundry and postage
- Backpacks
- Lunches each day (we stop along the way at side villages to eat)
- Alcoholic beverages
- Travel insurance (compulsory) you will need to provide your policy number to us prior to departure.
- Snacks for the trail (we buy over there)
- Tips
- Telephone charges back home
- Meals not mentioned in itinerary
- Daily coffee
- Additional activities

## PRE AND POST TOUR ACCOMMODATION

- Arrival in Ponferrada: Fly to Bilbao or Madrid then by train or bus to Ponferrada
- Departure from Santiago Airport
- Climate/Country: Temperature range in September is 11 – 25 degrees C

## VISAS

You do not need a Visa for Spain if visiting for less than 90 days.

## A DAY ON THE CAMINO TRAIL

Our leaders will be working with you each day to discuss the best times to start walking on the trail. Each day will start with breakfast and packing daypacks for the walk. Each day will be different. However, usually we cover around 20 km. We stop for morning tea and lunch and take the walk slowly to soak in the atmosphere. We usually get to our hotel in the mid afternoon to rest our legs, before having an organised dinner. A morning briefing and afternoon briefing will be conducted each day.

## WHAT YOU CARRY

You will be required to carry a daypack with personal items such as water, sunscreen, medication, camera, jackets etc. Another packing bag (maximum 10 kg) can contain your additional clothing and is transported to your accommodation each day. Your bag for transportation should be the size of a bag you can take on a plane as carry on luggage. We would recommend a small trolley bag. Please **DO NOT** pack a large hard shell suitcase.

## DIETARY

When making a booking, please advise us in as much detail of your dietary requirements such as vegetarian, lactose free or allergies and intolerances. Please make sure you communicate with us well in advance so we can best choose the restaurants to dine at night. Food is carefully selected to stick with traditional Spanish dishes. Please note that options may be limited in some towns for eating out, however there are many side of the road stalls with fresh fruits and options to eat. On this trip we will advise women to bring or buy some personal snacks to carry in their day packs. There will be many options for morning coffee and snacks.

## FACEBOOK GROUP

For all our larger trips, we have a private Facebook Group. You will be sent the link upon paying your deposit to join, meet the other ladies, ask questions and get excited! This is also a great way to connect to book flight times together to get to our meeting accommodation on Day 1.



# Camino Trail Trip



## IMPORTANT TRIP DETAILS

### HOTEL DAY 1 CONTACT DETAILS

\* To give to your taxi driver

Calle Florez Osorio 3  
24400 Ponferrada Spain

Phone: (+34) 987 41 14 84  
Email: [lostemplarios@aldahotels.com](mailto:lostemplarios@aldahotels.com)

Leader Sue's Spanish Phone Number is (+34) 603301999, or ring on Messenger through Facebook.  
Email: [suethodey@gmail.com](mailto:suethodey@gmail.com).  
Australian number 0402 611 261.

## TRAVEL INFORMATION

An excellent website for bus and train travel information is [www.goeuro.com](http://www.goeuro.com). On this site you can search for fastest or cheapest and it lists times and costs for both forms of transport.

## HOW TO GET TO PONFERRADA FROM MADRID

The average journey time between Madrid and Ponferrada is **4 hours and 44 minutes** and the fastest journey time is **4 hours and 3 minutes**. On an average weekday, there are 3 trains per day travelling from Madrid to Ponferrada.

The first train from Madrid to Ponferrada departs at **10:15**. The last train from Madrid to Ponferrada departs at **17:30**. Trains that depart in the early morning hours or very late evening may be sleeper services. Travel time is about 4 1/2 Hours

Go to:  
<https://www.trainline.eu/train-times/madrid-to-ponferrada>

## HOW TO GET TO PONFERRADA FROM BILBAO

By train the journey is 6 hours. It leaves at 9.42 am and arrives at 16.14 pm. The cost is approximately 40 Euros.

The bus from Bilbao is slightly faster and slightly cheaper.

## WHAT DAY TO FLY IN?

Please fly in on the day before your trip. This allows you plenty of time to travel to our meeting location, rest from long flights and ensure you are on time for the meeting on the first day. Most ladies book accommodation in Madrid or Bilbao for after they fly in and then travel the next day to meet us.

## HOW TO GET FROM THE BUS STATION IN PONFERRADA TO THE MEETING HOTEL FOR DAY 1.

We recommend you get a taxi. If you take the bus, the cabs are right at the bus station. If you take the train, either ring the cab or walk to the bus station and get the cab from the taxi stand at the bus station.

**Have the name and address of our hotel written down so you can show it to the taxi driver.**

Our hotel is very near a tall clock tower. You walk under the arch of the clock tower and about 10 metres down the lane you will see a lane on your right. Los Templarios is about 5 metres down the lane on your left. Before your departure, your leader will call and email you to go through all these logistics. Many women meet via our Facebook groups and organise to travel to the accommodation on Day 1 together and share taxi rides.



# Camino Trail Trip



## DAY 1

### Thursday 19th September Meet in Ponferrada

**Taxi contact details:** Radio Taxi Ponferrada 987009900 or [www.radiotaxiponferrada.com](http://www.radiotaxiponferrada.com)

**Hotel Alda Los Templarios:** Accommodation twin share with private facilities.

We meet at 6 pm in Hotel Alda Los Templarios. We will meet in the restaurant on the lower level. After getting to know each other we will walk down to Albergue de Peregrinos San Nicolas Flue, Calle de Lorna where we will register as Pilgrims and buy our "Credencial". (We get our Credencial stamped at 2 places every day in order to receive our certificate in Santiago). You will need your passport and 2€ for this. After this we will go for dinner and drinks (at either Meson Las Cuadras beside the castle, or Pizzeria Trastevere beside our accommodation).

Please advise us on your arrival time to the hotel as we can check you in beforehand. Please give your taxi driver the address at the top of this itinerary.

## DAY 2

### Friday 20th September

**Travel:** Ponferrada to O Cebreiro

**Meals:** Continental Breakfast + dinner

**Accommodation:** Venta Celta, twin share with private facilities

Our checkout from Ponferrada Hotel Alda Los Templarios is 12 midday so after a leisurely breakfast we will have several hours to explore Ponferrada. For wonderful views and an amazing 12th Century experience we will visit the beautiful and historic Knights Templar Castle (Castillo de los Templarios). There are also ample last minute shopping opportunities in the square nearby, or just sit and watch the world go by with a cafe con leche (Spanish milk coffee - it's wonderful!). A special local tour is included for the morning.

At midday we will then travel by taxi to Villafranca del Bierzo where we stop to look at the ancient monuments and have lunch. We then drive to O Cebreiro, a total of 53 km.

In O Cebreiro we will have time in the afternoon to visit the Ethnographic Museum and the Traditional Celtic houses called Pallozas and the Royal Church St Marys where we can attend mass at 7 pm (optional). Our accommodation that night is in

the cosy Pension Venta Celta right at the top of the mountain. Prepare yourself for mist and rain! We are at the highest point of our walk.

Eileen (lovely lady at our hotel) will serve us traditionally Gallician food. You can try the local cheese Quiexo and tasty preserved meats and local wines.

(O Cebreiro provides a wonderful foretaste of the distinctive Gallician culture. The mountains of Galicia are the first objects in 5000 miles that the westerly winds across the Atlantic hit so expect wet changeable rainy weather at this very high place on the Camino.

Local dining in O Cebreiro is Queso Cebreiro (cebreiro cheese). A typical dish is Cocido Gallego (Gallician Stew), Lacon con Grelos (meat with greens) and Pote

Gallego (galecian pot) or Octopus a Feira. Dessert: Filloas (crepes with sugar or Miel de Galicia (gallician honey) and Queso de O Cebreiro with quince or honey.)

## DAY 3

### Saturday 21st September

**Walking:** O Cebreiro to Triacastella

**Meals:** Continental Breakfast + dinner

**Walking distance:** 21 km

**Accommodation:** Complex Xacabeo Albergue

We will start our pilgrimage early on Saturday, with wet weather gear in the tops of our packs. The walk down the mountain is famous for unsettled weather. Prepare yourself for either stunning scenery or fog!

Triacastella means three castles but none have survived. However there is a carved relief of the three castles on the parish church. You can attend pilgrim mass daily at 6pm if you are interested.





# Camino Trail Trip



## DAY 4

### Sunday 22nd September

**Walking:** Triacastella to Sarria

**Meals:** Continental breakfast = dinner

**Walking distance:** 19km

**Accommodation:** Hotel Alfonso or Albergue A Pedra, twin share with private facilities

## DAY 5

### Monday 23rd September

**Walking:** Sarria-Portomarin

**Meals:** Buffet Breakfast + dinner

**Walking distance:** 23km

**Accommodation:** Casona da Ponte: Accommodation twin share with private facilities. In Portomarin we overlook the river in our brand new accommodation!

## DAY 6

### Tuesday 24th September

**Walking:** Portomarin to Portos

**Meals:** Buffet Breakfast + dinner

**Walking distance:** 20km if you have the energy, visit the ancient Castro ruins just past the cafe Castro meier.

**Accommodation:** Albergue A Pasa de Formiga (Ants Way): Two bunk rooms: one bunk room with 8 beds and a share bathroom: one room with 4 beds and a share bathroom.

Tonight we are staying at a tiny hamlet called Portos. Our accommodation only holds 12 people, so husband and wife Pilar and Jesus are turning the whole hostel over to us. You will be staying in bunk beds tonight, so you will need to do "paper rock scissors" to decide who gets the top bunks. A Pasa has two bunk rooms: one bunk room with 8 beds and a share bathroom: one room with 4 beds and a share bathroom.

Again we will be served delicious local food for dinner and breakfast.

## DAY 7

### Wednesday 25th September

**Walking:** Portos to Melide

**Walking distance:** 19 km

**Meals:** Continental Breakfast + dinner

**Accommodation:** Albergue San Anton. Again we will be true pilgrims tonight, staying in dorm rooms and enjoying the local produce.

## DAY 8

### Thursday 26th September

**Walking:** Melide -Ribadiso

**Walking distance:** 10km

**Meals:** Continental Breakfast + dinner

**Accommodation:** Pension Ribadiso: Accommodation twin share with private facilities. We are only walking 10 km today to this idyllic location. Manolo the owner only built this pension last year. It is right beside the River Iso so you can soak your feet when you arrive, and then relax on the sun chairs outside the Pension.

## DAY 9

### Friday 27th September

**Walking:** Ribadiso to Pedrouzo Arca

**Meals:** Continental Breakfast + dinner

**Walking distance:** 23km (or 19km if you prefer a ride up the hill from Ribadiso to Arzua)

**Accommodation:** Pension Lo: Accommodation twin share with private facilities

Maria and Sonia, our hosts, are lovely young ladies who are happy to arrange dinner in if we prefer, or in a restaurant nearby. No need to decide till we get there and assess our energy levels.



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## DAY 10

### Saturday 28th September

**Walking:** Pedrouzo Arca to Santiago

**Meals:** Buffet Breakfast + dinner

**Walking distance:** 20 km

**Accommodation** twin share with private facilities: Denike B&B

What a great feeling to be there! We will queue to get our Certificate of Completion, visit the square, take photos and have a celebration drink at Costa Vella, which is next door to our accommodation.



## DAY 11 SANTIAGO!

### Sunday 29th September

**Accommodation:** Denike B&B:

**Meals:** Buffet Breakfast + dinner

**Accommodation** twin share with private facilities: Denike B&B

After a late start and Buffet breakfast we will attend Midday Mass. After that there is time to explore the city or if you prefer an afternoon siesta or shopping for gifts for home. We will have our farewell dinner in the evening, probably at Bodequilla de San Roque.

## DAY 12

### Monday 30th September

**Meals:** Buffet Breakfast

End of the tour

Own transport to Santiago Airport

**Walking distance:** none!





# Camino Trail Trip



## FAQS

### How fit do I need to be to attend?

You need to be fit enough to walk 20 km carrying a 5 kg pack. There is no need to walk quickly, and there will be regular stops at coffee shops during the day. Note: If you are tired or sick there will be a car to transport you to the next accommodation.

### Do women attending individually or do I need to book with a friend?

Individually, but you will be sharing with someone on the trip in twin share accommodation each night. On two evenings we will be staying in Albergues with bunk accommodation. Let us know if this is a problem.

### What are the age ranges of women attending?

Between 30-70 years.

### What if I get sick on the trip?

You will be able to travel by car and our lovely driver will look after your every need.

### Do I need to bring a sleeping bag and towel?

There is no need to bring any bedding. A small towel and costume is handy if you want to have a swim in rivers that we cross.

### How much training should I do before the trip?

Start training 3 months before - July to September 2 to 3 times per week.

### Can I stay on longer after the trip?

Yes. Our last night of accommodation is September 29th so you will need to organise your own accommodation from then on.

### Who do I contact with questions about this trip?

Ring Sue Thodey 0402 611 261 or email [suethodey@gmail.com](mailto:suethodey@gmail.com) or Facebook group

Trip operations manager: Monique Farmer  
[womenwantadventure@outlook.com](mailto:womenwantadventure@outlook.com) or phone 0403918346

### What are the best flights to catch?

Best to fly to Bilbao or Madrid, then train or bus to Ponferrada.

### Where do I meet the group for Day 1?

We meet in Ponferrada in Spain on Thursday 19th September at 6pm:

Hotel: Alda los Templarios

Calle Florez Osorio 3

24400 Ponferrada

Spain

Phone: :(+34) 987 41 14 84

Email: [lostemplarios@aldahotels.com](mailto:lostemplarios@aldahotels.com)

### Can I bring hiking poles?

Definitely! They save your knees! Train with them too if you can

### I have a vegan diet and other dietary needs, do you cater for me?

We will do our best. Spain is a very meaty place!

### Should I get a Spanish Sim Card?

If your phone is unlocked I would recommend it. It costs about 10 Euros and you will need to register with your passport. If not there is wifi everywhere so you can make phone calls using Messenger or What's App at coffee shops or hotels. Or if you have an old phone you could bring it and put a Spanish Sim in it. Again it will need to be unlocked.





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## FAQS

### Is there any other useful technology?

Yes. There is an App called "Maps Me". It is free and works just like Google maps but will work without data. It is great for locating coffee shops, restaurants and hotels: you can drop pins to find places and you can get walking directions. Indeed it would help us locate you if you needed to be picked up! If possible download the App (or get a friend to help you) and practice using it before you come to Spain.

### How do I get from the bus station in Ponferrada to the meeting hotel for Day 1?

I would recommend you get a cab. If you take the bus, the cabs are right at the bus station. If you take the train either ring the cab or walk to the bus station and get the cab that way.

Taxi contact details are:

Radio Taxi Ponferrada 987009900 or  
[www.radiotaxiponferrada.com](http://www.radiotaxiponferrada.com)

### What if I book and cannot attend? Is there a cancellation policy?

Yes. Please refer to the terms and conditions sent with your deposit booking. Cancellation fees apply. The trip deposit is non refundable.

### I missed out on a place on this trip, will there be another one?

Yes. We will be hosting the Camino trail 1x each year. You can email our Team at [womenwantadventure@outlook.com](mailto:womenwantadventure@outlook.com) to place yourself on the waiting list for 2020.

