



Prospectus AMC Adventure Travel Trip #2223
El Camino de Santiago Walk & Highlights of Madrid
May 12-26, 2022

Hola! We invite you to walk the legendary Camino de Santiago and experience the highlights of Madrid.

Walk the last magical 100 Kilometers of Camino Francés from Sarria and enjoy the landscapes, gastronomy and the pure essence of El Camino. El Camino de Santiago (the Way of St. James) is a large network of pilgrim routes dating back 1000 years. The various ways stretch across Europe and come together at the tomb of St. James (Santiago in Spanish) in Santiago de Compostela in Galicia Spain. While there are several Camino pathways, the Camino Francés is best known for its gentle Galician rolling hills, charming villages, provincial cuisine, and exceptional hospitality. This glorious walk is known to be a journey of a lifetime for an abundance of reasons... including spiritual, cultural, and physical voyages.

The adventure begins with our group orientation, dinner at an authentic Castilian restaurant, and an overnight in Madrid. We transfer to the start of the Camino via high speed train. We then spend the next nine days hiking along the Camino at an average of seven miles/day. While we are traveling along the pilgrim trail, we are staying in nice two- and three-star hotels with luggage transfer provided. After completing our walk, we return to Madrid for an unforgettable two-day experience: A Flamenco show, the Prada museum & Royal Palace tour, and two very special dinners. Our trip is designed to be of medium pace and what we believe should be hugely enjoyable. We're pleased to let you know that the trip's leaders, Pam and Robin, have some basic Spanish conversation abilities to help as needed.

Trip Rating: 4

Moderate: Fitness level and/or past experience to sustain the activity at a moderate pace is required. Expect to be active up to 4-6 hours per day with reasonable breaks for photos, lunch/snacks, etc.



El Camino Scallop & Arrow signs show us the way

Here is an overview of our itinerary:

5/12 **Arrival day, 1-night stay at “The Victoria 4” hotel in Madrid.** After checking in, you will have the chance to unwind, walk around, and explore the thriving city of Madrid. En la noche, we will have our group meeting and dinner at the Los Galayos Restaurant (known for their Castilian cuisine).

5/13 **Depart for Sarria on high speed train.** Dinner and Stay at Hotel Roma. Sarria is where we commence our 100 km journey on the Camino to Santiago de Compostela.

5/14 **Sarria to Morgade walk 7.1 miles** 626 ft. elevation gain. Today we will pick up pilgrim's passports so you can stamp your pilgrim passport along the way to show you've walked the stages along the way. Our walk today consists of Woodland paths, tracks and very quiet country roads. Tonight, we have dinner and stay at Case Morgade in the scenic little hamlet of Morgade.

5/15 **Morgade to Portomarin walk 6.5 miles** 843 ft. elevation loss. Today we'll have some shorter climbs and a long and gentle descent into Portomarin with one optional steep descent just before the finish. Dinner at Restaurant O Mirador and stay at Hotel Villa Jardin.

5/16 **Portomarin to Ventas de Naron walk 8.2 miles** 1036 ft. gain. Our hosts will pick us up and bring us to Casa Roan (a charming country inn) for our dinner and stay.



Walking El Camino de Santiago near Ventas de Naron

5/17 **Ventas de Naron to Palas de Rei walk 7.6 miles** 488 ft. loss. Today's walk consists of forest tracks, woodland paths and gravel footpaths parallel to roads. Dinner at Pulperia a Nosa Terra and stay at Pension Palas. Here you can try out Galicia's most classic dish el pulpo (octopus).

5/18 **Palas de Rei to Melide walk 8.7 miles** 324 ft. loss. Forest tracks, woodland paths, country roads, stone-paved roads and gravel footpaths beside roads. Enjoy la fragancia de eucalyptus trees along the way. Dinner at Casa Alongos and stay at Pousada Chiquitin.



El Pulpo Dinner (octopus)

5/19 **Melide to Arzua walk 8.7 miles** 299 ft. gain. Today's walk goes mainly through attractive woodland while passing through Boente and Castañeda. We end our walk in the village of Arzúa. The local cheesemaker will provide us samples of Arzua-ulloa cheese. Dinner at Casa Nene and stay at Pension Begona.

5/20 **Arzua to Salceda walk 7.5 miles** 85 ft. gain. Our Camino walk will pass through pretty woods and sleepy villages most of the day. Dinner and stay at Albergue Turistico. Here you can also rest and relax in their outdoor jacuzzi.

5/21 **Salceda to Lavacolla walk 11.2 miles** 209 ft. loss. This is our longest walking day. Our walk rambles by fields of flowers, small forests, farms, and churches. The ever-present yellow Camino trail signs with scallop shell show us the way. Dinner and stay at Casa Deamancio.

5/22 **Lavacolla to Santiago de Compostela (meaning St. James of the field stars)** walk 5 miles 131 ft. loss. Enjoy our last day of walking through the spectacular scenery towards our final Camino destination. If arriving in time, attend the noon Pilgrims Mass. Dinner at Amaceta and stay at Hospederia San Martin Pinario. Receive our pilgrim's certificates at the Pilgrims Office.



Statues of pilgrims at Monte de Gozo



La Catedral de Santiago de Compostela

5/23 **Explore La Catedral de Santiago de Compostela** (a UNESCO World Heritage known for its important role encouraging cultural exchanges between people from all over Europe and the world for many centuries). Explore the magic of Santiago's Old Town. See the Botafumeiro (if operational) during the Apparition of the Apostle-Clavijo service. Dinner at O Sendeiro.

5/24 **High speed train to Madrid for 2 nights at Hotel Victoria 4**

Dinner at La Posada de la Villa restaurant. The Inn of the Villa is a restaurant located in the center of Madrid, in the first Old Inn of 1642. It has a traditional Madrilean style cuisine. We'll take in a flamenco show afterwards at the fabulous Cardamomo.



5/25 **Prada/Royal Palace tour. Group celebration dinner at the famed Botin.**

Today we'll tour the Prada Museum (Museo Nacional del Prado) and the Royal Palace (Palacio Real de Madrid). The Prado is widely considered to have one of the world's finest collections of European art, dating from the 12th century to the early 20th century. The Royal Palace is the official residence of the Spanish royal family, although now only used for state ceremonies. Our last group dinner will be at Le Botin (founded in 1725 it is the oldest restaurant in the world in continuous operation).



Museo Nacional del Prado



Palacio Real de Madrid



Le Botin Restaurante

5/26 **Breakfast, end of our adventure together, and adios amigos!**

Please note: The trip itinerary may be subject to change based on circumstances at the time.

Trip Leadership

Pam Madigan

Pam was essentially brought up on AMC experiences at Cardigan Lodge, canoeing the Allagash, and hiking in the White Mountains. Pam has served as a leader or co-leader for an array of AMC Adventure Travel trips including St. John USVI, Hawaii, Russia, Trinidad & Tobago, Italy, Paris, New Zealand, and Fiji. Pam has had a long-time interest in walking the Camino and is excited to be leading this very special Adventure Travel trip. Pam lives in Westerly Rhode Island and works remotely for Benchmark Senior Living. Her favorite outdoor activities are walking, hiking, and snorkeling. Pam currently serves on the AMC Adventure Travel Committee and holds her Wilderness First Aid and CPR certifications.



Robin Melavalin

Robin has been involved with educational travel for over 25 years working with college students and faculty. She has led a variety of AMC Adventure Travel trips including trekking in Morocco, Nepal, Patagonia, Bavarian Alps, and to the summit of Mount Kilimanjaro (19,341 feet) in Tanzania, as well as kayaking in the Sea of Cortés in Mexico. Her research and personal travels include Cuba, Kenya, Cabo Verde, Nicaragua, China, Russia, Uzbekistan, Bali, Costa Rica, Azores, Ecuador, and the Galapagos Islands. She has certifications in CPR and Wilderness First Responder. Photography, kayaking, and conservation are some of her special interests.



Costs & Accommodations, Registration and Cancellation

Costs & Accommodations

Our adventurous yet relaxed pace itinerary is suitable for couples, singles, and families (recommended for children 12 + older). The trip size is limited to 14 participants and two leaders. The trip cost is \$3,100 per person for AMC members which includes the items listed below. The trip fee for a non-member is \$3200. To join AMC click here: [Join AMC](#).

While participant airfare is not included in the trip price, leaders will assist participants in making suitable reservations. At a minimum, participants will be told when and where they must join the group for the official start of the trip's planned activities. Once your air tickets are purchased, they are your responsibility – do not make any non-refundable travel plans until told to do so by the leaders. Round trip airfare from **Boston/Madrid** is expected to range \$700-1100 (based on estimates & availability).

Accommodations will consist of hotels and small village inns. We plan to have two (2) participants per room with en suite baths.

The trip fee includes the following:

- Madrid to Sarria & Santiago de Compostela to Madrid Trains
- Breakfasts 5/13-26
- Dinners 5/12-25
- Madrid Hotel 5/12, 5/24, 5/25
- Camino accommodations 5/13-5/23
- Flamenco show 5/24
- Prado/Royal Palace tour 5/25
- Luggage transfers between accommodation on El Camino de Santiago

All other personal expenses such as optional trips, meals-on-own, and alcoholic beverages are not included. Some of the leaders' expenses for the trip and administrative costs to support the trip are included in the overall trip costs to be shared among the participants. Please be aware that, in accordance with AMC policy, you are subsidizing the leaders' costs. Beyond this, the leaders are not allowed to realize any profit from the excursion. The trip price also includes an AMC overhead fee to cover the administrative expenses of offering Adventure Travel excursions. The trip fee includes emergency medical and evacuation insurance coverage, which is covered by the AMC. It does not include insurance for travel delay, interruption, or cancellation, or for baggage loss. More information about included emergency medical and evacuation insurance, as well as about optional and recommended travel insurance, will be provided to participants in their formal acceptance letters (or by request prior to application), which will be sent out when the trip has the required number of accepted applicants.

The price for this excursion is based on quotes or estimates obtained at the time the trip was submitted to the Adventure Travel Committee for approval. The final price of the trip will be adjusted in accordance with the best final arrangements we can make. If the trip's financial position is strong enough at the start of the trip, the leaders may add some meals and/or free time activities which otherwise would not be included. Any savings we achieve, as well as any cost we incur, will be shared by trip participants. Our cost estimates are conservative, and so a refund is considerably more likely than a price increase. All Adventure Travel trips are run on a non-profit basis and refunds, if any, are issued after the trip's financial accounting is complete.

Single Applicants: Leaders will assign roommates for single applicants. (No single supplement options available).

Registration

To apply to the trip, please email pmadigan@verizon.net for the application materials. Each person must complete, **sign**, and submit the following:

- The trip's Application Form
- AMC's Confidential Health Questionnaire
- AMC's Acknowledgement and Assumption of Risk and Release
- A registration deposit of \$1500

Please make **checks payable to the "Appalachian Mountain Club"** and mail with your completed application to:
Robin Melavalin 48 Patte Rd. East Falmouth, MA 02536

The balance of your payment of \$1600 (AMC members) or \$1700 (Non-Members) will be due December 1, 2021. After December 1, 2021, any new participant applying to this trip must pay in full when submitting their application. This trip is likely to fill quickly with the limited group size (14 participants). If you are interested, please register as soon as possible. When registration is complete, we will send all participants the names, addresses, and phone numbers of those going on the trip. We will be using email as our primary source of communication. If you prefer postal mail and/or telephone communication, please note that on your registration form. If you have any questions, please call us so that we can discuss them.

The Details

1. Cancellation Policy

Trip cancellations prior to 2/15/21 will be entitled to a refund on money deposited with the AMC less a minimum administration charge of \$100.00. Cancellations after 2/15/21 will be subject to a \$200.00 cancellation charge, and refunds will only be refunded to the extent that the cost of the trip for other participants is not affected. Participants are responsible for their own airline tickets. Trip cancellation insurance is advised and policy information is supplied to all participants. No refund can be granted after the trip has begun. If actual costs (expenses already incurred on your behalf and any unavoidable future expenses that will be incurred as a result of your registration and cancellation) are higher, they will be assessed instead, unless they can be applied toward another acceptable participant. Should the leaders be able to replace you, you may be charged a reduced penalty. This will generally not be determined until after the trip. Failure to make trip payment(s) in a timely manner will be considered a cancellation.

On rare occasions AMC Adventure Travel may need to cancel all or a portion of a trip due to force majeure [e.g. terrorism, local health conditions, natural disaster, changes in local regulatory environment, etc.] In the event of such a cancellation, your trip fee will be refunded less any trip expenses already incurred plus any non-cancellable future trip expenditures. AMC Adventure Travel is not responsible for additional expenses incurred by you in preparing for the trip (including non-refundable air tickets, visa fees, gear or medical expenses, etc).

2. Leaders right to change itinerary

While the itinerary in this prospectus is what the leaders have planned at the time of writing, various factors may require changes for reasons of safety, transportation or lodging availability, and unforeseeable circumstances (such as weather considerations, natural disasters in areas to be visited, or recommendations over governmental agencies). The leaders reserve the right to make such changes as necessary, both before and during the trip.

3. Leaders' expectations of participants

When you participate on our trip, you should be in proper condition for the challenges outlined in this prospectus and equipped with the appropriate gear as stated. You should always be aware of the risks involved and conduct yourself accordingly. You are ultimately responsible for your own safety. Prior to your acceptance as a participant in this trip, you will be asked to discuss your capabilities and experience with us. We may also request references to confirm your fitness level and suitability for participating in trip activities.

4. Participation in planned activities

It may happen on any trip that a trip member is or becomes unable to participate in one or more planned activities. Leaders in their sole judgement have the right and obligation to refuse participation in any activity to any group member for reasons of safety, whether it be of the group or of the individual. Illness, injury or lack of proper gear or fitness for a particular activity are examples of some conditions that might result in a participant's being unable to perform one or more activity. Leaders may try to find a substitute activity for the trip member, but this may not always be possible.

5. AMC Mission

AMC Adventure Travel Trips are run in a manner supportive of and consistent with the conservation, recreational and educational principles and mission of the Club. Trip leaders encourage participant conduct consistent with Leave No Trace environmental and conservation principles and local regulations.

Trip Requisites

A) Health: Participants must be in good general health and able to walk an average of 7 miles daily. The trip is not recommended for children under 12. Health-care facilities in Madrid's urban areas are adequate for most medical problems. In Galacian villages, medical staff may be less sophisticated and transport to a neighboring medical facility may be required. Doctors and hospitals expect immediate cash payment for health services. Travelers should carry

adequate supplies of any needed prescription medicines, along with copies of their prescriptions, the generic name of the drugs, and a supply of preferred over-the-counter medications.

B) Physical Conditioning: This trip involves walking up an average of 6.9 miles daily on well-maintained trails with easy elevation gain. Participants will be provided a recommended walking/conditioning routine to do on a weekly basis prior to our trip.

D) Understanding of Trip Purpose: This trip is designed for everyone to experience our adventure in Spain through shared participation in an organized group environment. Participants are expected to arrive promptly for scheduled activities. AMC trip participants are known for their cooperative efforts and expectations are that all participants be considerate of others sharing this AMC Adventure Travel experience.

E) Expectations of participants: We will be more than just a group; we will be a team. As a member of our team, you will be responsible for yourself as being an equal part of the group. Being a team player also means proper communication as to your whereabouts and your personal health. Although we are all adults, the trip leaders have a responsibility for the overall safety of the group and part of that is knowing where everyone is. Especially when traveling in a group and in a foreign country, you should tell someone about your intentions. Similarly, you should tell one of the leaders if you become ill or do not feel you are physically capable of safely participating in any of the days' activities.

F) Safety Statement: As participant safety is a high priority for all AMC-sponsored events, procedures and policies have been developed to attempt to limit participant risk. Participants are expected to work with volunteer leaders to reduce risks and make the experience successful for all. Participants should be aware there are risks associated with outdoor adventure activities such as walking and hiking. Other risks may include but are not limited to adverse weather and environmental conditions. Please carefully read and sign the *AMC Participant Acknowledgement and Assumption of Risks and Release and Indemnity Agreement* and contact us if you have any questions. Parents' and participants' understanding of these risks and adherence to our policies and procedures can contribute to making this experience rewarding.

G) Entering Spain: Tourists from the United States need a valid passport that does not expire within six months of the planned date of departure.

H) Climate: The average May temperature in Galicia Spain lies around 64.4°F. Bring a waterproof rain jacket as there may be some rain. Plan on layering your clothes. Some days or part of the day it will be nice and warm and some moments it can be a bit chilly. Madrid May temperatures average high and low are 72° / 52°.

I) Currency and Credit Cards: The currency conversation rate is \$1.17\$/Euro as of July 29, 2020. Major credit cards are widely accepted at many types of establishments throughout and this should help prevent travelers from exchanging large sums of hard currency to finance your stay. ATMs accepting cards on the Plus/Electron and Cirrus/Maestro networks are available. Debit cards used at an ATM are usually the cheapest way to obtain local currency.

Website Resources:

Check out the following links for more information regarding this trip prospectus.

<http://catedraldesantiago.es/>

<https://cardamomo.com/en/>

<https://www.museodelprado.es/en/visit-the-museum>

<https://www.pilgrimagetraveler.com/packing-list.html>

<https://theculturetrip.com/europe/spain/articles/a-brief-history-of-the-camino-de-santiago/>

<https://www.esmadrid.com/en/tourist-information/royal-palace>

<https://www.botin.es/en>

We look forward to having you join us! Please contact us if you have any questions.

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