

Spain | HIKING THE CAMINO DE SANTIAGO

HIKING HISTORY | 12 DAYS

May 25-June 5, 2021

September 7-18, 2021



TRIP ITINERARY



1.800.941.8010 | www.boundlessjourneys.com

How we deliver

THE WORLD'S GREAT ADVENTURES

A passion for travel. Simply put, we love to travel, and that infectious spirit is woven into every one of our journeys. Our staff travels the globe searching out hidden-gem inns and lodges, taste testing bistros, trattorias, and noodle stalls, and discovering the trails and plying the waterways of each remarkable destination. When we come home, we separate wheat from chaff, creating memorable adventures that will connect you with the very best qualities of each destination.

Unique, award-winning itineraries. Our flexible, hand-crafted journeys have received accolades from the world's most revered travel publications. Beginning from our appreciation for the world's most breathtaking and interesting destinations, we infuse our journeys with the elements of adventure and exploration that stimulate our souls and enliven our minds. Whether you are looking for a challenging physical expedition or a leisurely cultural exploration, Boundless Journeys has exceptional itineraries to match your sense of adventure.

Insider connections. There is simply no substitute for traveling with a knowledgeable insider, and our expert local guides will open doors for you that other travelers miss, like dinner with their extended family in Peru's Sacred Valley, or meeting an art scholar in Florence. Relationships developed over many years allow you to experience our destinations through a well-connected friend.

Small groups. Although the camaraderie of a group of like-minded travelers often enhances the journey, there can be too much of a good thing! We tread softly, and our average group size is just 8–10 guests, allowing us access to opportunities that would be unthinkable with a larger group.

Flexibility to suit your travel style. We offer both scheduled, small-group departures and custom journeys so that you can choose which works best for you. Not finding exactly what you are looking for? Let us customize a journey to fulfill your travel dreams.

Customer service that goes the extra mile. Having trouble finding flights that work for you? Want to surprise your traveling companion with a bottle of champagne at a tented camp in the Serengeti to celebrate an important milestone? There is no request that is too big—or too small—for our staff to handle. From your first call, we guide you through choosing your trip, provide advice on preparing for your adventure, and hold your hand until you return home.



Multi-year recipient of *Travel + Leisure* magazine's "World's Best Tour Operator"; and recognized by the editors of *National Geographic ADVENTURE* magazine as one of the **Best Adventure Travel Companies on Earth**.

Spain | HIKING THE CAMINO DE SANTIAGO

Thank you for your interest in this fantastic journey to Spain. We have hand-crafted this tour from our own experience and hope you fall in love with the area—as we have!

THE INSPIRATION FOR THIS JOURNEY

The Camino de Santiago, or the Way of St. James, is one of the three great pilgrimage routes of medieval Christendom. More than a millenium after its inception, the Camino still carries thousands of pilgrims a year from all over Europe, and further afield, to the cathedral of Santiago de Compostela, Saint James' resting place in northwest Spain. Pilgrims began to make their way to Santiago in the 9th century, and as their numbers grew, so did the churches, chapels, hospitals, hostels, and inns. This, along with the construction of roads and bridges and the clearing of wide swaths of woodlands, helped to make the pilgrims' progress easier and more secure.

We begin our journey in Bilbao before transferring to southern France, where we join the Camino in Saint-Jean-Pied-de-Port. From here, we walk and hike along the French Way, on sections of the Camino that highlight the most scenic mountains, hills, and plains of northern Spain to Santiago and on to Finisterre—or Land's End—on the Atlantic Ocean. As we advance westwards across the Iberian peninsula, we follow in the footsteps of millions who have gone before us, visiting monuments and churches that have borne witness to the passage of multitudes. Along the way, we enjoy the company of other pilgrims sharing a common endeavour, and have the opportunity to reflect on the significance of the Camino's history and our own exterior and interior journeys.

HIGHLIGHTS

- Stamping our Pilgrims' Passport along the way as we experience the varied terrain, unique cultures, and local cuisine of seven distinct regions—including Rioja wine country
- Enjoying insider experiences at Bilbao's Guggenheim Museum, Gaudi's Episcopal Palace, the UNESCO World Heritage Sites of Suso and Yuso Monasteries, and the Old Town of Santiago de Compostela
- Attending an optional Pilgrims' Mass in Roncesvalles and an evening service in León

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TOUR OVERVIEW



THE BASICS

Duration:	12-day
Tour start:	Bilbao
Tour end:	Santiago de Compostela
Accommodations:	11 nights in select historic and modern hotels
Trip rating:	1 2 3 4 5 Easy Strenuous (See page 13 for more details)
Land Cost:	\$6,495 per person
Single Supplement:	\$395 for the first two reserved (Must reserve at least 120 days ahead) Additional singles: \$895



WHAT'S INCLUDED

Just pack your bags—we've got you covered! When you're on a Boundless Journeys adventure, every detail is taken care of for you, so you can relax and truly experience each moment. Your Boundless Journeys adventure includes:

- Expert leadership
- All accommodations
- All meals, except one dinner (Day 5)
- Picnic and bar-style lunches at chosen spots along the Camino
- Local wine and beer with included dinners
- Entrance fees and local guide fees
- Activities as noted in the itinerary
- All on-tour transportation
- All gratuities except those for your guide and driver, which are at your discretion (see page 18 for more information)
- Explorers Club savings on your next scheduled, small-group trip (conditions apply)

International airfare is not included. Please contact your local travel agency or the airlines directly to make any arrangements you may need. If you would like assistance, please contact Boundless Journeys directly at 800-941-8010 for a referral to our partners who will best fulfill your needs.



ITINERARY AT-A-GLANCE

DAY 1

This afternoon we meet our guide in Bilbao and tour the famed Guggenheim Museum before kicking off our journey with a celebratory Basque dinner.

DAY 2

We transfer to Saint-Jean-Pied-de-Port in the foothills of the Pyrenees, stamp our Pilgrim Passports, and begin our 500-mile odyssey to Santiago de Compostela.

DAY 3

Today we walk stretches of the Camino in Navarre and end in Pamplona. Formerly Roman Pompaelo, it is now better known for the Fiestas de San Fermin and running of the bulls.

DAY 4

We continue into La Rioja, famed wine country. After touring the upper monastery of Suso, we dine and spend the night in the quiet monastery of Yuso in San Millán de la Cogolla.

DAY 5

Our morning begins with a visit of the Yuso Monastery before we move on through the Montes de Oca, reaching the high central plateau of Castile-León.

DAY 6

Today's hike takes us across the meseta of Castile, the great heartland of Spain, to Carrión de los Condes

DAY 7

The journey across Castile brings us to León, where we tour the city and visit the Gothic cathedral known for remarkable stained glass windows.

DAY 8

Stops today include Gaudí's Episcopal Palace in Astorga, the Cruz de Ferro, and a vineyard and winery of the Bierzo region. Our day concludes in Villafranca del Bierzo.

DAY 9

The panoramic views from the top of the pass at O Cebreiro reward our morning climb through the Cantabrian Mountains, and we spend our first night in Galicia.

DAY 10

We walk the last stage of the Camino today, arriving at the Saint James Cathedral in the center of Santiago de Compostela.

DAY 11

The final leg of our pilgrimage is to Land's End, Finisterre, on the Atlantic Ocean. We return to Santiago for a final celebratory dinner.

DAY 12

Our tour finishes after breakfast in our hotel in Santiago de Compostela.

THE JOURNEY



DAY 1: Bilbao

Activity Overview: Walk

Activity Level: Easy

Activity Length: About 1 hour; approximately 1.5 miles

We meet our guide in the late afternoon in Bilbao. After a brief orientation, we walk a short distance along the River Nervion and enjoy lovely views of the Guggenheim Museum en route to visiting its collections with a local art historian. After our visit, we'll enjoy a welcome dinner before retiring to our hotel to rest up for our first day on the Camino.

Accommodation: Hotel Barcelo Nervion, Bilbao

Meals: D

DAY 2: Bilbao to Saint-Jean-Pied-de-Port & Roncesvalles

Activity Overview: Hike

Activity Level: Moderate, elevation gain of 900', loss of 1,750'

Activity Length: About 3 hours, approximately 6.5 miles

After breakfast in Bilbao, we transfer to the village of Saint-Jean-Pied-de-Port (Saint John at the foot of the pass), where we have an opportunity to walk around this beautiful riverside town, visit the pilgrim information center and obtain the first stamp in our Pilgrim's Passport.

Our hike begins on a well-trodden, grassy footpath in the alpine pastures of the Pyrénées Atlantiques at an altitude of 4,000'. We traverse emerald-green, sheep-grazed hillsides, skirt the peak of Leizar Atheka, and continue through a beechwood forest before completing our climb to the top

of Lepoeder Pass. Our descent down a stony track into Roncesvalles provides splendid views of the Erro Valley. Before dinner, there is the option to attend the mass and blessing service given for pilgrims in the 12th-century Royal Collegiate Church of Saint Mary, and perhaps enjoy a pre-dinner drink on the hotel terrace.

Accommodation: Hotel Roncesvalles, Roncesvalles

Meals: B, L, D

DAY 3: Roncesvalles to Pamplona

Activity Overview: Hike

Activity Level: Easy to moderate, elevation gain of 425' and loss of 1300'

Activity Length: About 3 hours, approximately 6.5 miles; optional afternoon walk (1.5 - 3.5 miles)

After breakfast, we transfer to the nearby village of Bizkarreta. Our walk this morning is considerably flatter than yesterday's stretch, as we gradually leave the Pyrenees behind us. We begin in the Erro valley, traversing the village of Lintzoain, and then ascending again to Carrovide. We then descend through the Erro pass, with its panoramic viewpoints, and continue downhill to the town of Zubiri—with its gem of a 12th-century Romanesque bridge. The name Zubiri is derived from the Basque (or Euskera) language meaning "village of the bridge."

There may be time before dinner to take walk around the old center of Pamplona and the course of the famed San Fermes bull run, celebrated annually in July.

Accommodation: Hotel Palacio Guendulain, Pamplona

Meals: B, L, D



DAY 4: Pamplona to San Millán de la Cogolla

Activity Overview: Hike

Activity Level: Moderate, elevation gain of 550' and loss of 1,100'

Activity Length: About 3 hours, approximately 6 miles

Our trailhead today is in Zariquiegui, a short transfer west from Pamplona. We make a brief, gentle but steady climb through wheat fields to the Alto del Perdón, the Mount of Forgiveness. At an elevation of 2,500' we find pilgrim sculptures by Vicente Galbete, aligned windmills, and splendid views both behind us toward Pamplona and onwards to Puente La Reina, our destination this afternoon.

The small town of Puente la Reina, or "the Queen's Bridge," allows us to walk the Camino along the Calle Mayor and across the stunning Romanesque bridge that gives the town its name. We then transfer to the village of San Millán de la Cogolla, a UNESCO World Heritage Site.

This evening before dinner we tour the upper monastery of Suso. San Millán was a local 6th-century hermit-saint who retired to follow a life of contemplation in a hillside cave above the village that would eventually take his name. Devotees of San Millán and pilgrims traveled to visit his burial place in Suso until the 11th century when his remains were moved downhill to Yuso, a newer, larger monastery, befitting a saint of his importance. San Millán's nomination as patron saint of Castile in 923 CE ensured his veneration throughout Spain, though this would slowly decline as the cult of Saint James developed and the pilgrimage to Santiago de Compostela gained momentum.

Accommodation: Hostería de San Millán de la Cogolla, San Millán de la Cogolla

Meals: B, L, D

DAY 5: San Millán de la Cogolla to Burgos

Activity Overview: Morning walk, Afternoon hike

Activity Level: Easy walk with elevation gain and loss of 450', moderate hike with elevation gain of 725' and loss of 450'

Activity Length: About 1 hour, approximately 1 mile in the morning; about 3 hours, approximately 8 miles in the afternoon

This morning we begin our day with a tour of the Yuso Monastery, the larger and newer monastery adjacent to our hotel.

After our visit, we transfer to the Montes de Oca and enjoy a hike on forested paths to San Juan de Ortega. We ascend on steep trails until we reach the high, flat meseta of Castile, the great central heartland of Spain.

A short drive after our afternoon hike brings us to Burgos, founded and fortified in the late 9th century to impede the advance of the Moors, who had landed in southern Spain in 711. It is now an important provincial capital with a magnificent Gothic cathedral.

This evening is free to visit the Burgos Cathedral independently, dine on your own, explore town, or simply rest and relax at our lovely hotel.

Accommodations: Palacio de los Blasones, Burgos

Meals: B, L



DAY 6: Burgos to Carrión de los Condes

Activity Overview: Morning walk, afternoon hike
Activity Level: Easy walk with elevation gain of 100' and loss of 125', easy to moderate hike with elevation gain of 100' and loss of 450'
Activity Length: About 0.5 hours, approximately 1 mile in the morning; about 3.5 hours, approximately 7.5 miles in the afternoon

Our hike today begins at the trailhead of San Bol and continues across a high plateau of cultivated farmland, offering nothing for company except ourselves and the wind. Here, we may come to understand another aspect and the wider significance of a pilgrimage.

Our route continues through Hontanas, named and appreciated for its many fontanas, or springs. It is known as the site of a former hostel for pilgrims, and also for San Antón, with its ruined 12th- to 14th-century monastery dedicated to Saint Anthony of Egypt. Monks of the order of Saint Anthony administered the hospital here, specializing in the care of medieval patients afflicted by Saint Anthony's Fire, or ergotism, then a common illness caused by eating contaminated grains.

We complete our hike today in the village of Castrojeriz, where we find a fortress rebuilt by the Visigoths and later invaders, which bore witness to countless battles between Moors and Christians. Our journey concludes with a transfer to the town of Carrión de los Condes.

Accommodations: Hotel Real Monasterio de San Zoilo, Carrión de los Condes
Meals: B, L, D

DAY 7: Carrión de los Condes to León

Activity Overview: Morning hike, afternoon city walk
Activity Level: Moderate hike elevation gain of 225' and loss of 100', easy city walk
Activity Length: About 4 hours and 10.5 miles (shorter options, or a visit to the Roman villa La Olmeda, are possible) in the morning; about 2 hours, and 1.5 miles in the afternoon

This morning's hike begins from our monastery accommodation as we head toward the hamlet of Calzadilla de la Cueva. Calzadilla is derived from *calzada*, a causeway or paved road, in reference to the Roman road on which Calzadilla sits. This was a branch of the Via Aquitania that once connected Burdigala to Asturica Augusta (now Bordeaux and Astorga). Here, the Camino runs straight and true, along parts of the old Roman road and across the aptly named countryside Tierra de Campos, "land of fields." The mountains of the Pyrenees and the hills of La Rioja are well behind us now.

After a short transfer and arrival in León, we enjoy a guided tour of the city, founded by the Seventh Legion in Roman times. Here, we visit perhaps the most astonishing of all Gothic cathedrals, with walls seemingly composed almost wholly of stained glass, much of which is original.

After dinner, we have the option to attend Compline with other pilgrims from all over the world and receive the Sisters' blessing for pilgrims at the nearby Benedictine monastery of Santa María de Carbajal.

Accommodations: Hospederia Monástica Pax, León
Meals: B, L, D

DAY 8: León to Villafranca del Bierzo

Activity Overview: Morning hike, afternoon walk

Activity Level: Moderate hike with elevation gain of 575' and negligible loss, easy walk with elevation gain of 225' and loss of 250'

Activity Length: About 3 hours, approximately 7.5 miles; about 1 hour, approximately 2.5 miles

This morning, we advance westward and transfer to Astorga for a short visit to Gaudí's monumental Episcopal Palace, before starting our hike in Castrillo de los Polvazares. Castrillo is the first stop on the Camino after Astorga, the point at which the Camino Francés (the French Way), and the Vía de la Plata (the Silver Way)—the pilgrimage route connecting southwest and northwest Spain—meet. Castrillo's location determined the occupation and employment of most of its inhabitants. Called *arrieros*, or muleteers, for centuries they transported wine, salted goods, dried meats, and grain between inland Spain and the coast to the north. The muleteers' thick-walled stone houses, pierced by wide doors that allowed easy access and exit for carts, carriages, and mules, face each other across austere cobbled streets, enlivened only by the passage of pilgrims and the setting sun.

After lunch, we stop at the Cruz de Ferro, a huge iron cross where pilgrims traditionally leave a stone they have brought from home, symbolizing the shedding of the past and future rebirth. We complete our traverse of the Montes de León before descending into the Bierzo region. Here, we end the hiking portion of our day with a vineyard visit and wine tasting at Palacio de Canedo en route to our Parador Hotel in Villafranca del Bierzo.

Accommodations: Hotel Parador, Villafranca del Bierzo

Meals: B, L, D

DAY 9: Villafranca del Bierzo to Monforte de Lemos

Activity Overview: Hiking

Activity Level: Moderate to strenuous

Activity Length: About 2.75 hours, approximately 5.5 miles with elevation gain of 2125' and loss of 100' in the morning; about 2 hours, approximately 6 miles with elevation gain of 725' and loss of 675' in the afternoon

This morning, we transfer to the hamlet of Las Herrerías at the foot of the Cordillera Cantábrica, a mountain chain which separates Castilla-León from Galicia—the last autonomous region of Spain we will visit. A steady but comfortable climb through fields, mixed woodland, and hillsides covered with heather and bracken, brings us to O Cebreiro at nearly 4,500', the highest stopping point on the Camino Francés in Galicia.

After lunch, we walk through beautiful high countryside, losing some altitude as we reach Linares—named for the flax that used to be grown there—only to regain it on our way to Alto do Poio. From here, we transfer via Samos, renowned for its 6th-century monastery, to Monforte de Lemos, a hilltop settlement already inhabited in pre-Roman times by the Lemavos. The city has a rich artistic heritage characterized primarily by its medieval fortress, the Palace of the Counts of Lemos and a Benedictine monastery. Our Parador hotel occupies parts of these last two buildings. Monforte is also known for its status as wine capital of the Ribeira Sacra wine-producing region and its old Jewish quarter.

Accommodations: Hotel Parador, Monforte de Lemos

Meals: B, L, D

DAY 10: Monforte de Lemos to Santiago de Compostela

Activity Overview: Morning hike, afternoon walk

Activity Level: Easy to moderate hike with elevation gain of 700' and loss of 225', easy walk with negligible elevation gain/loss

Activity Length: About 2.75 hours, approximately 6.5 miles in the morning; about 1 hour, approximately 1.5 miles in the afternoon

On the last stage of our pilgrimage, the trail alternates between paved walkways and the occasional footpath, through bucolic countryside and quiet, unspoiled hamlets until we reach Ferreiros. We then transfer to the outer part of the old city of Santiago de Compostela and walk the last stretch of the Camino Francés to the cathedral itself, before continuing to our hotel for the last two nights of our journey.

Later today, we have a guided tour of central Santiago de Compostela, surely one of the most beautiful and historic monumental cities in Spain, including the cathedral, still the



annual destination for thousands of pilgrims who travel from all over the world to complete this historic walk. Tonight we enjoy dinner at a local restaurant.

Accommodations: Hotel Monumento San Francisco, Santiago de Compostela

Meals: B, L, D

DAY 11: Santiago de Compostela to Finisterre

Activity Overview: Walking

Activity Level: Easy, elevation gain of 165' and loss of 100' in the morning and gain of 450' and loss of 50' in the afternoon

Activity Length: About 1.25 hours, approximately 3 miles in the morning; about 1.75 hours, approximately 4.5 miles in the afternoon

Today's hike is an epilogue to the Camino de Santiago. We will make a special pilgrimage to Finisterre, Land's End, one of the westernmost points in peninsular Spain, and the final destination of pilgrims wishing to reach the Atlantic Ocean. Finisterre has long been a place of pagan worship even before Roman times. According to legend, Finisterre is also the site of Ara Solis, an altar linked to the adoration of the sun and supposedly destroyed by the Apostle when he built the hermitage of San Guillermo, of which nothing remains.

We finish our journey at the lighthouse with views of the Atlantic and a final seaside lunch. Tonight, we return to Santiago de Compostela and celebrate the end of our pilgrimage with a typical Galician-style dinner.

Accommodations: Hotel Monumento San Francisco, Santiago de Compostela

Meals: B, L, D

DAY 12: Departure

Our tour officially ends today after breakfast. You may choose to extend your stay independently in Santiago de Compostela—perhaps attend a noon mass at the Santiago de Compostela Cathedral—or begin your journey home (albeit not on foot!).

Meals: B

PLEASE NOTE: *This is a typical itinerary, and actual activities may vary to take advantage of weather conditions, local events, and to allow serendipity to play a hand in your experience. Accommodations are as outlined in the itinerary, although we reserve the right to change these should the need arise. See our booking terms and conditions for more information about our change policy.*

ACCOMMODATIONS



NIGHT 1

Hotel Barceló Bilbao Nervión

Campo Volantín Ibilbidea 11

48007 Bilbao, El País Vasco

Tel: +34 944 454 700 | bilbaonervion@barcelo.com

Located next to Bilbao's historic quarter and overlooking the Nervión River, Barceló Bilbao Nervión is a 10-minute walk from the Guggenheim Museum.



NIGHT 2

Hotel Roncesvalles

c/ Nuestra Señora de Roncesvalles, 14

31650 Roncesvalles, Navarre

Tel: +34 948 760 105 | info@hotelroncesvalles.com

This restored medieval hospital is situated beside Roncesvalles Monastery, an important point on the Camino de Santiago. Hotel Roncesvalles combines original stone walls and wooden ceilings with elegant, modern décor.



NIGHT 3

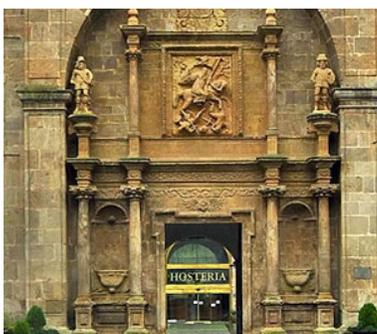
Hotel Palacio Guendulain

c/ Zapatería, 53

31001 Pamplona, Navarre

Tel: +34 948 225 522 | info@palacioguendulain.com

Located in the center of Pamplona, this 18th-century palace has been transformed into a magnificent hotel with an exhibition of fascinating antiques.



NIGHT 4

Hosteria del Monasterio in San Millán

Monasterio de Yuso s/n

26226 San Millán de la Cogolla, La Rioja

Tel: +34 941 373 277 | info@hosteriasanmillan.com

This 4-star hotel is located in a wing of the famous Yuso Monastery in San Millán de la Cogolla in the heart of the high Rioja—a region known for producing some of the world's finest wines.



NIGHT 5

Palacio de los Blasones

C/ Fernan Gonzale 6-10

09003 Burgos, Castilla-León

Tel: +34 947 271 000 | recepcionpb@ricehotelesburgos.com

A haven of rest and relaxation, this 4-star hotel will offer total renewal just steps away from the city's numerous attractions. Amenities include a terrace with fountains and an elegant restaurant where creative regional cuisine is served.



NIGHT 6

Hotel Real Monasterio de San Zoilo

c/ Obispo Souto, s/n

34120 Carrión de los Condes, Castilla-León

Tel: +34 979 880 049 | hotel@sanzoilo.com

Set in a former monastery in Carrion de los Condes, Hotel Real Monasterio de San Zoilo is accented by beautiful gardens. Featuring stone arches, drapes, and beamed ceilings, guest rooms have a rustic feel accompanied by modern conveniences.



NIGHT 7

Hospederia Monastica Pax

Plaza de Santa María del Camino, 11

24003 León

Tel: +34 987 540 175 | registro@hospederiapax.com

Hospederia Pax is located in the main wing of a restored active monastery. Enjoy traditional Leonese cuisine in the hotel restaurant and mingle with pilgrims at the on-site hostel.



NIGHT 8

Parador Villafranca del Bierzo

Avda. Calvo Sotelo, 28

24500 Villafranca del Bierzo, Castilla-León

Tel: +34 987 540 175 | villafranca@parador.es

The modern rooms at Parador de Villafranca feature stylish décor with parquet floors. Each offers views of the gardens, terrace, mountains, or the town of Villafranca del Bierzo. Enjoy a refreshing swim in the hotel's two swimming pools.



NIGHT 9

Parador Monforte de Lemos

Plaza Luis de Góngora y Argote

27400 Monforte de Lemos, Galicia

Tel: +34 982 418 484 | monforte@parador.es

Located in northern Galicia in the town of Monforte de Lemos, this Parador Hotel is in a former 17th-century Benedictine monastery. Enjoy surrounding views of the town and countryside and well-appointed rooms in this historic setting.



NIGHTS 10 & 11

San Francisco Hotel Monumento

Campillo de San Francisco, 3

15705 Santiago de Compostela, Galicia

Tel: +34 981 581 634 | reservas@sanfranciscohm.com

Located near the cathedral in the center of Santiago de Compostela, this property is housed in a converted 18th-century Franciscan convent, whose origins date back to 1214. Today, the San Francisco Hotel Monumento is a charming, 4-star hotel surrounded by more than 300 square feet of gardens.

WHAT TO EXPECT



TRIP RATING

Boundless Journeys' trips are designed for energetic and flexible individuals who like to be active and have a spirit of adventure and a positive attitude. Hiking the Camino de Santiago is rated 3, moderate, on a scale of 1-5 (with 5 being the most strenuous). The hikes on this trip average 3-6 hours a day on a combination of dirt and grass trails, paved roads, and rocky paths, with some steep ascents and descents. Depending on group size and fitness level, your guide(s) will present at least two options on various days, one shorter and one longer.

PREPARING FOR THIS TRIP

It is very important that you realistically assess your physical condition with regard to the demands of this trip. The more well-prepared you are for the activities, the more you will enjoy yourself. As a general guideline, we suggest that you engage in easy to moderate aerobic activities (such as walking, hiking, jogging, or cycling) for at least 30-45 minutes several times a week for 4-6 weeks before the trip. If you live in a flat area, try to incorporate some stairs into your workout, or use a treadmill with varying incline capability (consult your doctor before undertaking any new fitness program). We recommend hiking consecutive days to prepare for the cumulative fatigue of daily activity. Please contact us if you have any doubts regarding your physical match with this tour.

DRIVE TIME

Exact travel distances will depend on where we start and stop walking each day, with an approximate total drive time of 1-2 hours daily.

WEATHER

Given that we are traveling almost 500 miles from the Pyrenees through northern Spain and west to the Atlantic Ocean, you can expect a variety of weather conditions. Sun and warm temperatures typically prevail in June and September, however, you should come prepared for a variety of conditions, as we will walk and hike in the rain, unless it is hazardous to do so, and you will encounter some long stretches with little to no shade. The following are average temperatures along our route:

Avg. Temp. °F	June	September
Bilbao	70/52	76/56
Pamplona	72/50	76/53
Burgos	68/45	73/47
León	70/46	73/50
SantiagoDeCompostela	68/50	72/53

WHEN TO GO

May and September are considered some of the best months to walk the Camino de Santiago. During these months, the weather is generally warm, everything is open, and the trails are not as busy as they are in June, July and August.

TRAVELER'S RESPONSIBILITY

As a trip participant, you have responsibilities to Boundless Journeys, your fellow travelers and guide, and the local people you encounter. This includes understanding and preparing for the conditions described in the itinerary, ensuring it meets your interests and abilities, and following the health and safety guidelines of Boundless Journeys,

local authorities, and/or the CDC. At their discretion, a guide may ask a guest to leave the trip if further participation may be detrimental to the individual or other participants.

We strongly urge any guest feeling ill shortly before departure to cancel their trip. To help cover your investment, we highly recommend purchasing travel insurance with supplemental “Cancel for Any Reason” coverage. If you feel unwell during the tour, please immediately inform your guide, who can help take the appropriate next steps. We appreciate your cooperation.

DRINKS WITH MEALS

At Boundless Journeys, we believe group dinners are a time to celebrate our day, while enjoying the best of local cuisine, and good company. In keeping with this spirit, we include local beer and wine with group dinners. If you prefer premium wine, or liquor, please feel free to order what you like, and you may settle your tab at the end of the meal.

DRINKING WATER

We provide purified or bottled water on all trips; however, in an effort to reduce waste, we strongly encourage you to bring a water bottle to refill where safe to do so. This will be the case in much of Europe, as well as a few other destinations, where tap water is safe to drink (please review Immunizations & Health Concerns for more information). In parts of the world where water must be purified, bottled water may be our only option. Here, we do our best to provide purified water from larger containers to refill your bottles, rather than using many small single-use bottles throughout your trip. This is just one small way we strive to travel more responsibly and we appreciate your efforts in helping us to protect the extraordinary places we visit.

Boundless Journeys has taken the Travelers Against Plastic company pledge to promote sustainable travel and encourage travelers to avoid buying bottled water when they travel. You can take the pledge, too, and learn more about TAP’s efforts at www.travelersagainstoplastic.org.

CUISINE

The delights of Spanish cuisine are as wide and varied as its landscapes. Hearty stews, steaks, black pudding, lamb, cured meats, and fine red wine are staples in the north. Trout, tuna, cod, and a variety of cheeses are present in most menus, and fresh vegetables are typically in plentiful

supply. We generally dine at small restaurants in the villages we visit that offer authentic and delicious cuisine. Dinner in Spain is late, and we eat on the “early” side at 8:30 p.m. Local wines and beer are included with dinner each evening. Please inform us of any specific dietary restrictions by completing your Smartwaiver form, and we will do our best to accommodate you. Please call our office with any questions or concerns about our ability to meet your needs.

SMALL GROUP TRAVEL

Small group travel affords us the opportunity to seek out the most remote and exotic destinations on the planet. Often we are exploring these locales with just 8-12 guests. The nature of active group travel is such that not all participants have the same ability level or interests. Traveling at a pace that is comfortable for the entire group, with a spirit of flexibility and adventure, are all part of this intimate experience.

ABOUT THE PILGRIM PASSPORT AND COMPOSTELA CERTIFICATE

Our tour is designed to highlight the “best of” moments along the entire length of the (French) Way of St. James over 12 days, including scenic hikes, delicious regional cuisine, and cultural landmarks. While you will receive a Pilgrim’s Passport and be encouraged to collect stamps along your journey, please note that in order to receive the Compostela certificate one must walk (at minimum) the last consecutive 100 km (62 miles), which our tour does not do.

TRANSPORTATION

All on-tour transportation is provided in private, air-conditioned, passenger vans.

OUR SPAIN TEAM

TRIP MANAGER



Emily Trostel

Originally from Pennsylvania, Emily spent several years adventuring and teaching in Wyoming, California, and Colorado before driving cross-country to relocate in Vermont. She joined the Boundless Journeys home team in 2017, and her portfolio includes New Zealand, Spain, England, Peru, Vermont, and our Alpe Adria trip. Emily loves any and all water activities—swimming, hot springs, and boats that require paddling. She also enjoys food and wine, literature, and hiking with her wife and their three dogs.

GUIDES

With a Boundless Journeys guide, your experience is that of friend and local adventurer. We believe strongly in working with local guides, experts in the areas to which we travel, and they hold the keys to unlocking the hidden delights of your chosen destination. Although you will never know they are at work—the mark of a truly great leader—our guides make magical things happen and add a dimension to your trip that you could not experience on your own.

Over the years we have forged bonds with some of the best guides in the world, and we typically work with a small team of guides in each region. You will be informed of the guide for your trip one month prior to your departure.



Nicholas Law

As a U.K. ex-pat residing in Barcelona, Nick has been guiding and designing active cultural tours in Spain for nearly 20 years. His passion for Spanish culture and heritage have, at various times, led him in the directions of teaching, writing, translating, editing, and publishing; including time with the University Complutense in Madrid. With ample experience and a love of all things Spanish, Nick is an ideal traveling companion on our Camino de Santiago tour, where guests continuously comment on his extensive historical knowledge and friendly manner.

NEXT STEPS



TO MAKE A RESERVATION

You can call Boundless Journeys at 800-941-8010, request a reservation online, or contact your travel agent. We will confirm your spot with a deposit of \$500 per person and the payment of internal airfare, payable by check or credit card.

ONCE YOU RESERVE

As soon as you confirm your adventure, we will provide you with an extensive, detailed trip planner that includes arrival and departure instructions, a complete packing list, regional information, required documents, a reading list, and other details.

CANCELLATION & REFUND POLICY

Please check our Terms & Conditions page on our website for our comprehensive cancellation and refund policies: www.boundlessjourneys.com/terms-and-conditions.

TRIP CANCELLATION INSURANCE

In addition to your detailed trip planner, we will email you a quote for Travel Guard trip insurance. Please let us know if you would like us to purchase a policy on your behalf. Boundless Journeys strongly recommends purchasing Trip Insurance.

QUESTIONS? WHICH TRIP IS RIGHT FOR YOU?

Adventure travel may involve exotic destinations, unusual levels of physical exertion, and activities that may be new to you. If you have any questions about the level of comfort, difficulty, or activities included on your trip, please call Boundless Journeys at 800-941-8010, or email us at info@boundlessjourneys.com. Our travel experts look forward to helping you select the perfect adventure.

VISIT US ONLINE

www.boundlessjourneys.com for:

- additional departures
- special promotions
- detailed itineraries
- inspiring photography
- guide bios

ENJOY FOOD & WINE?

Check out . . .

- ITALY: Discovering Puglia
- AUSTRIA, ITALY, & SLOVENIA: Alpe Adria Hiking

EXTENDING YOUR TRIP?

Consider . . .

- PORTUGAL: Porto, the Douro Valley, and Lisbon Hiking
- PORTUGAL: Azores Islands Explorers

PREFER A PRIVATE TRIP?

The perfect option for alumni and family reunions, birthdays and anniversaries, or just to catch up with friends in fabulous destinations. Mark your calendar and leave the planning to us! Call our travel experts today: 800-941-8010.

BOUNDLESS BEYOND



RESPONSIBLE TRAVEL

At Boundless Journeys, our goal is to create meaningful experiences that protect the delicate ecosystems and attributes of every location we visit. We aim to educate our guests on the best responsible travel practices for each destination.

WE ARE COMMITTED TO

Making connections. Our local guides offer insider knowledge of their country, including tips on etiquette and customs. They facilitate meaningful interactions with the people and places we visit, such as dinner at the home of a local family. While you may arrive in a destination as a visitor, you leave with a deeper understanding and connection to each place.

Going local. Boundless Journeys' small group size stems from a desire to provide a more intimate traveler experience, giving us the freedom to move through the tight alleys of old towns on foot, eat and sleep at traditional guesthouses, participate in immersive cultural exchanges, and leave a smaller footprint on all of the locales we visit. This mobility allows us to support local economies directly, forging strong relationships with our partners and friends abroad as we return year after year.

Respecting people and the environment. We support organizations working to protect ecosystems and improve the livelihoods of local communities. On many of our trips, we explore stunning natural landscapes where conservation is of the utmost importance. As visitors, we practice Leave No Trace ethics and actively contribute to the conservation of parks and protected areas.

HOW YOU CAN HELP

Give back. Instead of receiving a Boundless Journeys t-shirt or water bottle, you can opt to donate the value of your gift to our travel scholarship fund, which will be awarded to a local student for an educational or service-based travel opportunity.

Learn more. Visit boundlessjourneys.com/responsible-travel to read more about how our values are reflected in our trip offerings. We also offer a selection of Resources for the Responsible Traveler, which suggests ways to tread lightly and ensure your journey has a positive impact.

Join us. Boundless Journeys has taken the Travelers Against Plastic company pledge to promote sustainable travel and encourage travelers to avoid buying bottled water when they travel. You can take the pledge at travelersagainstplastic.org.

CONSERVATION IN ACTION

Boundless Journeys is a proud member of the Adventure Travel and Trade Association, a global network of adventure seekers who believe in the protection and promotion of local communities and wilderness areas.

