



# **CAMINO WAY CHARITY TREK**

**10 – 17 SEPTEMBER  
2022**

## **INFORMATION PACK**

**125KM CHARITY TREK  
THROUGH RURAL NORTHERN SPAIN**

**SIGN UP AT [UHDCHARITY.ORG](https://www.uhdcharity.org)**



**University Hospitals Dorset  
NHS Charity**

Registered Charity No.1057366



## Portuguese Coastal Camino - Last 125km

The last stretch of the Portuguese Coastal Camino or Caminho da Costa starts in the elegant seaside town of Baiona, in the heart of the Rías Baixas, famous for its Albariño white wine and delicious shellfish. Walk over 7 days to Santiago de Compostela.

This is a superb Camino route, ideal for the Summer months. Visit Monte Real castle in Baiona, stroll along the seafront and go for a swim in the ocean before starting your journey. From Baiona, you will follow the coast trail to Vigo, enjoying views of the magnificent Cíes Islands.

The Portuguese Coastal Camino joins the classic Camino Portugues in the town of Redondela where you will start meeting fellow pilgrims. You will continue your journey passing many small villages and towns such as Pontesampaio, wonderful Pontevedra, the spa town of Caldas de Reis and Padrón, home of the famous peppers.

Once in Santiago de Compostela you can get your 'Compostela' pilgrim certificate!



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## Included in the trip



Private twin room with en-suite bathroom (based on 2 sharing, single rooms on request and additional charge may apply)



Breakfast

Dinner (Days 2—6, group menu)



Luggage transfers between hotels  
(1 bag up to 20kg per person)



Airport transfers (To & from Santiago de Compostela)



24 hour phone assistance



UHD Charity Camino Way T-Shirt

## Not included



Flight costs

Travel insurance



Beverages

Lunches



Dinners (Days 1 & 7)



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## Itinerary

### DAY 1

Transfer from Santiago de Compostela airport to Baiona

### DAY 2

Baiona to Vigo - 26 km

Today you will follow the coast from Baiona to Nigrán and finally to the city of Vigo. You will enjoy fantastic views of the Bay of Vigo, with the magnificent Illas Cíes and its Natural Park in the horizon. On a hot day, stop at the blue flag beach Praia América in Nigrán for a quick swim.

### DAY 3

Vigo to Redondela - 15 km

From the city of Vigo, you will continue on your coastal Camino with the Bay of Vigo to your left. Today is quite a short day so you can enjoy a more relaxed pace. Your stop for the night is the town of Redondela where you will join the original Portuguese Camino.

### DAY 4

Redondela to Pontevedra - 20 km

Today is your last day along the coast where you can make the most of the seaside, perhaps try the famous oysters in the fishing village of Arcade. Your final point is the city of Pontevedra, with its pretty historic centre.



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## DAY 5

### Pontevedra to Caldes de Rei - 21 km

Leaving Pontevedra, today, the Camino will take you through chestnut groves and pine and eucalyptus woods. In the village of Ponte Cabras you will see the rectory of Santa María de Alba. At Lombo da Maceira, a statue of Saint James with his walking stick will show you the way.

## DAY 6

### Caldas de Rei to Padron - 18 km

From Caldas de Reis you will cross the river Umia and find the hot springs that give the town its name. The trail takes you to forests and gradually climbs to the village of Santa Mariña. You will continue on the Camino through pine forests to the town of Padrón.

## DAY 7

### Padron to Santiago de Compostela - 25km

Take time to explore this gem of a city, small and vibrant. Its UNESCO listed old town will enchant you. In Santiago de Compostela you will find not only pilgrims but also locals and students, socialising and enjoying a few bites and glasses of wine in the many bars, restaurants and cosy cafes.

## DAY 8

Transfer to Santiago de Compostela Airport for your journey home



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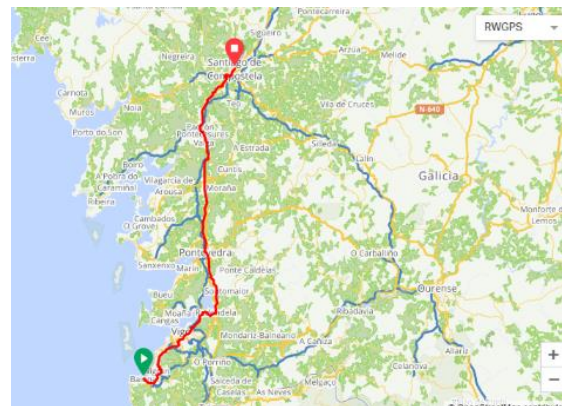
# The Camino Way Charity Trek

**Duration: 7 Nights**

**Distance: 125 km**

**Difficulty: Medium**

**Tour Type: Self-Guided**



You'll stay in family-run hotels and guesthouses along the Camino, chosen for their character and warm hospitality. Up to 3-stars, you will be staying in the centre of town and close to your Camino trail.

We aim to book you into each of the towns listed on the itinerary, however in case of low availability we may book you 2 nights in the same town with transfers provided.



Hotels offer a basic Pilgrim menu for dinners, which is offered as a three course meal with no choice.

Dietary requirement can be catered for.

The Camino Way Charity Trek has been organised by UHD Charity and is provided by CaminoWays.com



## Pricing

Deposit	£200	Payable on booking
1st instalment	£225	Due 30 April 2022
2nd instalment	£225	Due 30 June 2022

Register and pay your deposit online at [uhd.charity/camino-trek](http://uhd.charity/camino-trek)  
Future instalments can be made by cheque, bacs payment or card payment over the phone.

## Fundraising

**Minimum fundraising target £500**

All money raised from this trip will go towards enhancing the service and care given at Poole, the Royal Bournemouth and Christchurch hospitals. If there is a particular ward or department that you would like to benefit from your sponsorship, please let us know.

A fundraising pack including hints and tips on fundraising, how to set up an online giving page and gift aid declaration will be sent once your place is confirmed.



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## Contact

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[UHDCharity.org](http://UHDCharity.org)



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