

02.13.2017

# Camino de Santiago

To  
Travelers & Families

Updated Trip to Spain: July 22 – August 6, 2017

From  
Lauren Yeh

CC  
Mark Edwards

Re  
Summer 2017 Trip  
Camino de Santiago



## Requirements for travel to Spain (including unrelated minors):

1. Each participant must have a passport valid through 6 months after the estimated return date or February 2018.
2. Each participant under 21 at the time of departure (July 22, 2017) must have a notarized release signed by both parents allowing them to travel to Spain with Mark Edwards & Nassau Presbyterian Church. We can schedule a Sunday between & after services in the spring to handle this for everyone going on this trip.
3. Adults/Chaperones must participate in one of the two First Aid & CPR classes being held for this trip: Saturday, May 6 or Saturday, May 13 10AM-2PM, Assembly Room, NPC

## Estimated Costs:

- \$1,000 – Estimated air fare paid by participant/family
- \$500 – Estimated costs paid upfront by Nassau (Airport Transfers, Train Travel, Lodging)
- \$300 – Estimated cost for food (3 meals/day x 15 days), covered by Mark Edwards during the trip, invoiced to participants after return to the US

**Total \$1,800 before personal cash (see below)**

- \$150+ – Cash to have on hand for incidentals (replenish personal supplies, purchase souvenirs, etc.)

## Deadlines:

- January 8, 2017: \$500 – Deposit

**This payment is non-refundable if the trip fills (at least 10 paying participants)**

- End of September 2017: per traveler portion of the meals and any other agreed upon group expenses (airport transfers in US and Spain, for example). Lauren Yeh will forward each family an invoice after the trip for all the costs to which you have agreed – these will be itemized so you understand exactly what they are.

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**Air & Train Travel:**

- Trip begins and ends in the Madrid–Barajas Airport (MAD), participants are responsible for transportation to that point. Mark Edwards/chaperones will meet flights in Madrid.
- Trains: Madrid-Astorga, then Santiago-Madrid: \$110-125
- Participants will be covered travel insurance which includes medical evacuation. The fee for this (\$29/participant) will come out of the deposit already paid to the church. Trip cancelation/interruption insurance is available at an additional cost of 4% of total trip expense (for example: \$1,800 of coverage for \$72).
- Copies of all travel documentation, including passports, travel insurance, flight schedule, will be made at the mandatory participant meeting on Sunday, February 12 and carried with the trip leader/chaperones during the trip.

**Land travel & Lodging:**

- Airport transfers Nassau Church – JFK (Van service \$75 round-trip per person)
- Transportation from airports in Spain to lodging/train station unless public transportation is nearby, plentiful and open at the times the group is arriving
- Reserved lodging each night: first & last nights in Madrid, nights on the Camino – hostels/auberges
- A complete itinerary will be issued to all participants/families as soon as all of the reservations have been made.

**Meals:**

- Meals will be paid by Mark, reimbursed by participants after returning to the US
- Breakfasts – looking for lodging that also offers breakfast and still keep the price low
- Lunches are “on the road”

**Tentative Itinerary:**

1. Saturday, July 22 – evening, depart USA
2. Sunday, July 23 – morning, arrive Madrid; day in Madrid
3. Monday, July 24 – day in Madrid; train to Astorga (3 hours, 5:30-8:25PM)
4. Tuesday, July 25 – Astorga to Rubanal (20.9 km) ←walking distances
5. Wednesday, July 26 – Rubanal to Molinaseca (25.6 km)
6. Thursday, July 27 – Molinaseca to Villafranca (31.3 km)
7. Friday, July 28 – Villafranca to O’Cebreiro (29.2 km)
8. Saturday, July 29 – O’Cebreiro to Triacastela (21.5 km)
9. Sunday, July 30 – Triacastela to Sarria (25.5 km)
10. Monday, July 31 – Sarria to Portomarin (23.1 km)
11. Tuesday, August 1 – Portomarin to Palas de Rei (25.6 km)
12. Wednesday, August 2 – Palas de Rei to Ribadiso (26.6 km)
13. Thursday, August 3 – Ribadiso to Pedrouzo Arca (22.2 km)
14. Friday, August 4 – Pedourzo Arca to Santiago (20.8 km)
15. Saturday, August 5 – morning in Santiago; train to Madrid (5 hours, 3:12-8:17PM)
16. Sunday, August 6 – morning depart Madrid/afternoon arrive USA

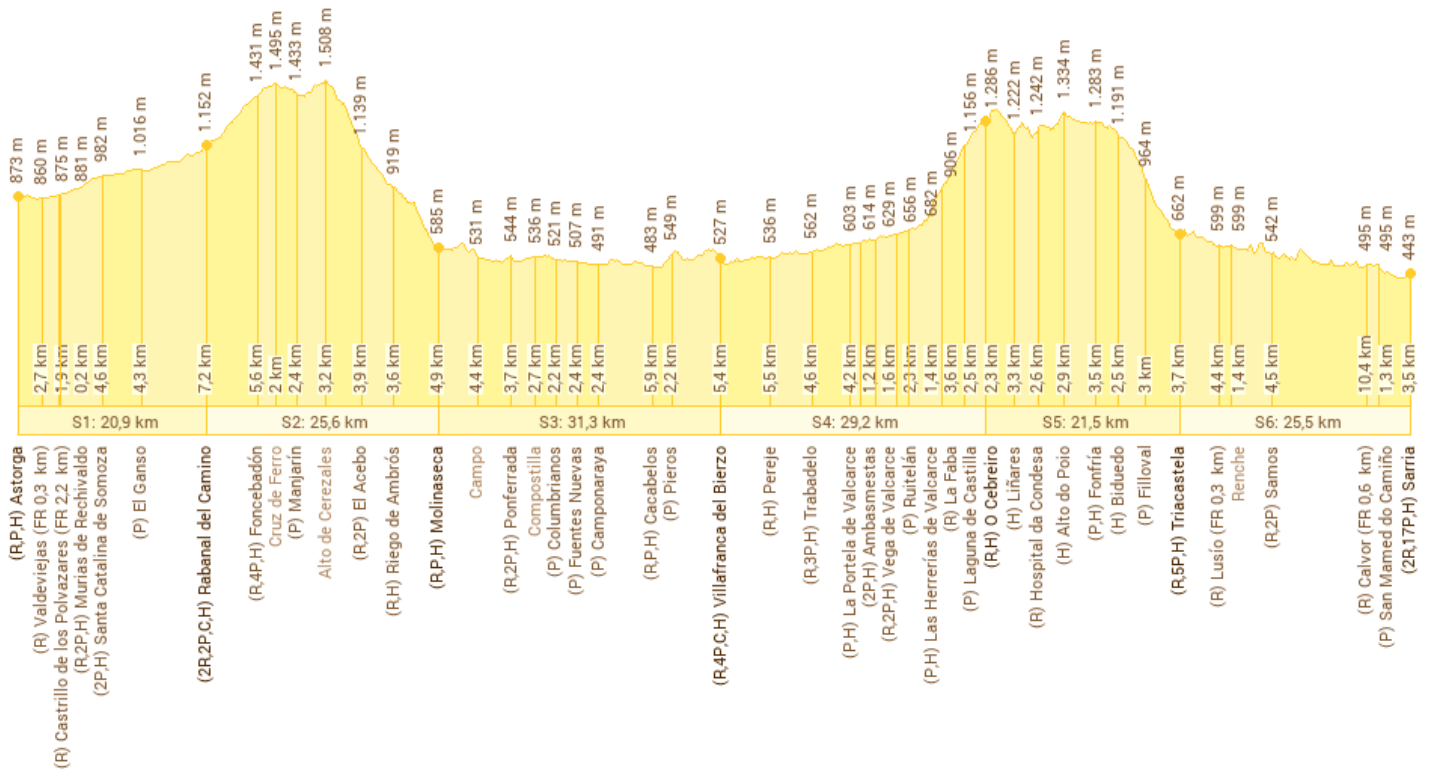
## The many "Ways" of St. James



## Our Journey – the bold cities are our overnight stops

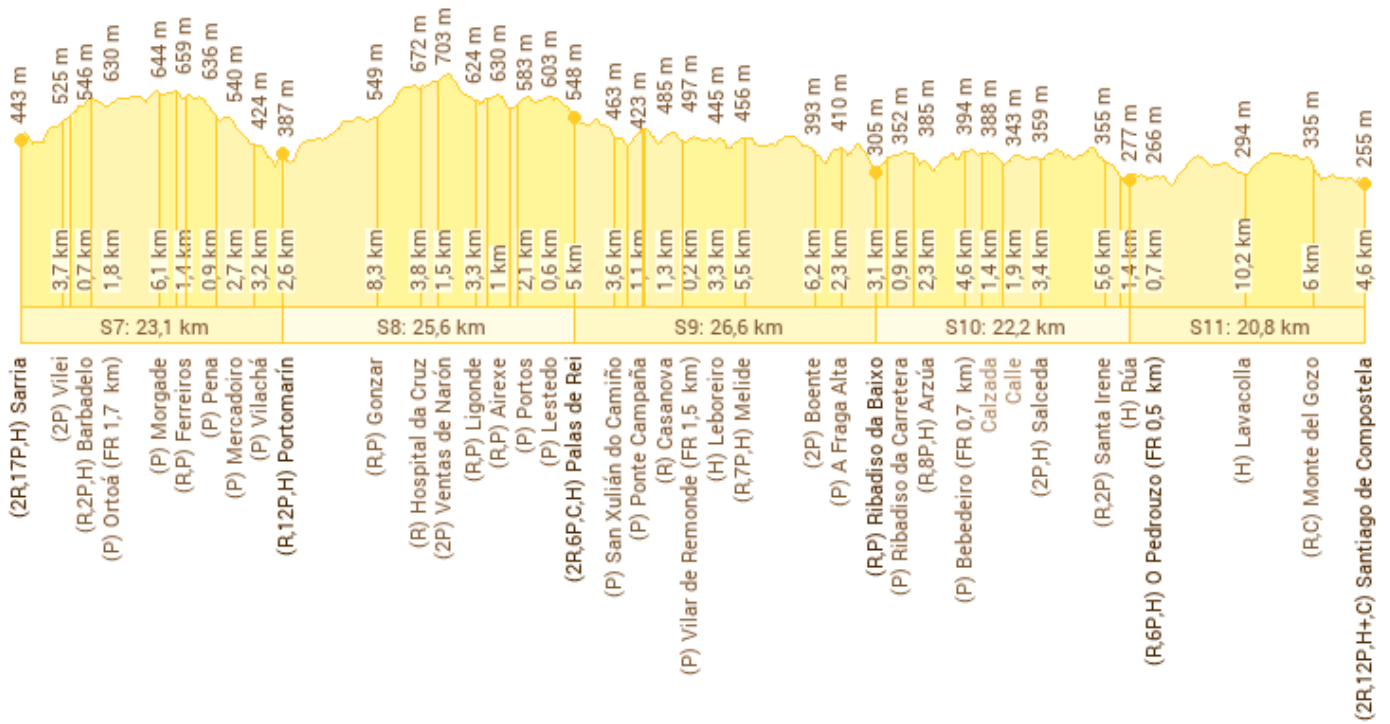
### I - From Astorga to Sarria - 154 km

Part I of the journey from Astorga to Santiago de Compostela (272,3 km) through the Camino de Santiago.  
 The graph shows the altitudes and the partial distances of the 41 localities with accommodation and other 5 places.  
 R: pilgrims public hostel. P: pilgrims private or private-driven hostel. A: youth hostel.  
 H: hotel, hostel, guesthouse... C: campsite. FR: off-route.



II - From Sarria to Santiago de Compostela - 118,3 km

Part II of the journey from Astorga to Santiago de Compostela (272,3 km) through the Camino de Santiago.  
 The graph shows the altitudes and the partial distances of the 37 localities with accommodation and other 2 places.  
 R: pilgrims public hostel. P: pilgrims private or private-driven hostel. A: youth hostel.  
 H: hotel, hostel, guesthouse... C: campsite. FR: off-route.



## Daily Routine

The typical Camino day begins very early, as the eager early-risers begin rustling their bags as early as dawn. Quickly pack your backpack, brush your teeth, put your shoes on and start walking. Stop at a cafe for breakfast (typically coffee and a pastry). Keep walking. With a long break for lunch (sandwiches and fruit from the grocery store is a popular choice, or stop at a cafe for a hot lunch). Expect a long mid-day break in business hours: siesta is often 2-5pm.

Arrive to your destination around 1 or 2pm. Check into the albergue (hostel) and claim a bunk. Take a shower. Wash your dirty clothes and set them out to dry. Take a nap. Stroll around town and visit any interesting sites such as churches or museums. Stop by a grocery store if you need snacks for the next day. Around 7pm, head to a local restaurant for a "pilgrim menu," a three-course meal that typically costs around €10 including dessert. Some albergue serve dinner menus family-style, a great way to get to know your fellow travelers. Most albergue set a "lights out" time around 10pm. Pack your backpack as much as you can the night before to minimize the time you need in the morning. Sleep in your hiking clothes

## What to Pack?

Not very much! Because of the many resources available along the camino, hikers are free to carry very minimal gear with them. You don't need to carry a tent or other camping gear. You can purchase food every day so don't need to weigh down your pack with food supplies. There are places to wash your clothes (by hand or machine) every day so you don't need to take more than two outfits.

- Passport
- 25-35 liter pack w. waist belt
- water bottle + camel backs (2-4L)
- sturdy shoes w. vibram soles
- 2 pair hiking shorts
- 2-3 hiking shirts
- 1-2 sportsbras
- 1 light pair of long pants/travel skirt
- 3-4 pair underwear
- 4 pair of excellent socks (Smartwool)
- 1 light fleece
- 1 windbreaker or very light jacket
- emergency plastic poncho
- rain cover for pack
- travel size toiletries / hygiene
- ear plugs + eye mask
- bandana
- small laundry detergent/bio-degradable soap
- pack towel / wash cloth
- small first aid kit
- sun hat
- sunglasses
- sunscreen
- travel wallet for ATM cards/ passport/ cash
- light paperback book to share
- lightweight & modest sleep-wear
- swimsuit or equivalent
- flip-flops (for evenings/showers)
- custom-made sheet/blanket sleep sack

## Optional

- hiking poles (strongly recommended for ages 20+)
- camera/iPhone
- appropriate chargers
- very light umbrella for sun & rain
- watch
- small clothes line (20')
- stuff sacks for clothes / laundry / general organization
- toilet paper + small blue bags
- extra zip lock bags
- baby powder
- small vaseline or chapstick

### Loading Your Backpack

Your fully-loaded backpack should be balanced and natural, without anything shifting or pulling you off balance as you walk, move and bend. A well-balanced pack will contribute greatly to your comfort and can help avoid muscle and joint pain as well as rubbing.

Most packs for the camino are top-loading, meaning the only entrance to the bag is from the top. Some packs are also side loading via a zipper on the side, or bottom-loading via a sleeping bag compartment. It's a good idea to pack your sleeping bag at the bottom, as well as other items which you will not use while you walk (e.g. sleeping clothes, toiletries). The heaviest items should be packed in the middle of your pack against your back for the best balance and comfort. Water, food and guidebook might be some of your more dense items.

Pack any items that you will need as you walk in a convenient quick-access place, such as the lid of your pack or an external pocket. Quick access items may include sunscreen, lip balm, a warm layer, rain gear, camera, cell phone, snacks, tissues, medical kit, etc. You may also want quick access to your wallet for purchasing cafe con leche and stamping your pilgrim passport at interesting sites. Many packs also include hip belt pockets, which are convenient for small items such as a small camera, snacks, cash and lip balm.

### ATMs/Cash Machines

The best way to get cash in euros (€) along the Camino is by using ATMs (bancomat or cajero automatico in Spanish). ATMs are available in every big city and most medium to large towns. All machines have an option to complete the transaction in English. Plan your cash carefully so you don't end up running out of cash in a tiny village with no ATM.

Ask your bank if any ATM fees apply for international withdrawals. Many banks charge from \$1-5 per transaction, but others have no fees. Most banks have a daily withdrawal limit (usually \$200-300). You can often raise the daily limit by calling your bank. Occasionally, people have the problem of the machine "eating" their ATM card. For this reason, it can be a good idea to only use ATM cards during business hours so that the card can be returned. Be sure to memorize your PIN number and never carry the PIN in your wallet with your ATM card.

You probably want to plan to withdraw cash around once a week (€200-300) so you don't end up carrying a large amount of cash that could get stolen or lost. It can be a good idea to stash one large bill in a hidden place separate from your wallet to use in case of emergency if your wallet would be lost or stolen.

### Traveler's Checks and Currency Conversion

Traveler's checks are no longer common internationally and can be time consuming and frustrating to cash. You could bring some cash in dollars or other currency to convert to euros, but you will pay a commission to the money changer (rates vary and are often highest at the airport.)

*Find all this information and other great camino tips at: <http://www.hikingthecamino.com>*

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