



Can Too Camino Challenge



Trip Highlights

- Join Can Too team captain Annie Crawford on the Camino challenge
- Walk the last 115km of the Camino de Santiago with a knowledgeable guide and a group of fellow walkers
- Stay at friendly, family run hotels and eating at hotels and restaurants with delicious local dishes
- Reach Santiago on foot and experience the famous pilgrims mass
- Experience the history of the ancient pilgrimage route



Trip Duration	9 days	Trip Code: CA4
Grade	Moderate	
Activities	charity challenge trek	
Summary	8 nights in combination of quality hotels, farmhouses and hotels	

Supporting Your Cause

The Can Too Foundation is an independent health promotion charity committed to funding cancer research and prevention. Can Too has raised over \$23M since 2005, to fund 180 Australian cancer research projects and trained over 17,000 participants to be fitter and healthier.

The health promotion charity is fighting cancer on two fronts - reducing cancer by getting people moving through goal-specific events and adventures and improving patient outcomes through funding lifesaving Australian cancer research projects. At Can Too, we believe everyone can achieve goals they once thought impossible.

We believe life is what you make of it, that anything is possible, and if you're willing to take that first step, you CAN TOO!

Your Huma Challenge

Thank you for your interest in our Can Too Camino Challenge. Huma Charity Challenge is a division of the worldwide adventure travel company World Expeditions. When joining a Huma Charity Challenge you embark on a remarkable journey to discover your inner philanthropist as you raise money for a Charity that is important to you. At the same time you take on the challenge of fundraising and partake in an adventure to discover new worlds, new landscapes and new cultures ... perhaps you'll even discover how far your personal boundaries stretch as you take on a physical challenge. Our itineraries are well researched, affordable and tailored for the enjoyment of small groups. They will provide the very best travel experience, designed by people with vast local knowledge who share our vision of authentic exchange and real exploration with a responsible travel approach at the core.

Connect with us on social

FACEBOOK: @humacharitychallenge

Like our page at facebook.com/ humacharitychallenge

INSTAGRAM: @ humacharitychallenge

Follow us at instagram.com/ humacharitychallenge

Share the love - hashtag #Humacharitychallenge or

#Adventureforacause on your

best travel photos and videos to

be featured.



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Charity Challenge Payments

Joining Madrid from Travel Cost Twin Share:	\$3330
Non Refundable Registration Fee:	\$200
Optional Single Supplement:	\$430
DO - Minimum Charity Donation/fundraising:	\$2900

All prices are per person

Huma Challenge does not require single travellers to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

Once the challenge is confirmed recommend to purchase your flights to Madrid.

Trip Dates

2023 10 Sep - 18 Sep

Important notes

RF - Registration Fee

DO - Minimum Charity Donation/fundraising

What Impact Will My Fundraising Have?

- Our Vision - Transforming lives through improving health and well being in the community and supporting the research, prevention, care and control of cancer.
- Our Mission - Engaging and inspiring individuals and the community to achieve personal health, well being and altruistic goals. Enabling and assisting fundraising to support innovation in the prevention, care and control of cancer.
- Our Values - We are about fun, fitness, friends and fundraising! Our goals are to inspire, motivate, support, empower, and include others.

Fundraising Impact?

Support Cancer Research

Your Adventure

The last six days of the Camino de Santiago offers the chance for time starved travellers to walk the final 115kms into Santiago and gain a wonderful appreciation of the historic significance of the route. Walking through mixed landscapes in the company of your guide and group, there are numerous reminders of the pilgrims past who travelled the route including crosses, statues and grain silos. Thanks to your guide, the history of the trail will be shared with you to ensure that you soak in as much as you can during your short time on the trail. One of the many highlights is reaching the gates of Galicia which lead on to the fabled Santiago de Compostela with its famous cathedral, site of the tomb of St James.

Fundraising Options

There are a number of ways you can approach your fundraising:

1. You can fundraise the charity donation.
2. You may choose to pay the charity donation as a personal tax-deductible donation to your charity.
3. Lastly, you can attempt to fundraise as much as you can in the given time and personally fund the balance of the total.

About Your Escort

Annie Crawford - founder of Can Too. Annie decided to combine her passion for running and fitness with raising money for a non-profit organisation. And so, the idea for Can Too was born. Five months later, in May 2005, the first Can Too program was up and running.

Online Fundraising Portal

You will have your own fundraising page which will chart your fundraising targets and your journey to Camino. The team at Can Too will be in touch with you upon registration and provide you with a link to create direct fundraising on Can Too website via "Can Too Beyond". You will also receive a Huma Charity Challenge comprehensive confirmation kit that includes a Fundraiser's Guidebook; a great resource for fundraising ideas and support. The minimum fundraising target is \$2,900 per person. Consider this is a \$58 donation from 50 people - you can do it!



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Fast Facts

Countries Visited:

Spain

Visas:

Visas not required for citizens of Australia, Canada, USA and New Zealand for up to 90 days in a period of 180 days for all Schengen countries (see www.schengenvisa.info.com/schengen-visa-countries-list/ for countries part of the Schengen). Please ensure your passport is stamped on arrival in the Schengen area. For all other nationalities and for longer stays in countries covered by the Schengen Agreement (Australian New Zealand, Canadian and US passport holders), please contact the relevant embassy. Stays of longer than 90 days in the Schengen area require a long stay visa for the country you are spending most time in. However long stay visas are unlikely to be issued unless there is a valid reason (eg. studying in country). Unfortunately we cannot assist in obtaining visas for long stays due to individual country visa requirements.

Group Size Min:

10

Group Size Max:

16

Singles:

A single supplement is available for this trip*

Leader:

Expert Local Leader & Escort

Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

*Ask our staff for more details.

Itinerary at a Glance

DAY 1	TRANSFER TO LEON
DAY 2	TRAVEL TO SARRIA
DAY 3	WALK THROUGH THE HILLS OF GALICIA TO PORTOMARIN (6HRS, 22KM)
DAY 4	TO PALAS DE REI (6-7HRS, 24KM)
DAY 5	LEAVE LUGO TO ENTER LA CORUÑA AND ON TO MELIDE (4.5HRS, 15KM)
DAY 6	TO ARZÚA (4HRS, 14KM)
DAY 7	TO RÚA (5-6HRS, 19KM)
DAY 8	ARRIVE SANTIAGO (5-6HRS, 21KM)
DAY 9	DEPART SANTIAGO

Additional Deposits Required

- Registration Fee \$200
- Non Refundable deposit \$500 for hotels and service required; this amount deducted from travel cost.
- Recommend to take out travel insurance to cover for cancellation of travel.

What's Included

- Join Can Too team captain Annie Crawford on the Camino challenge
- 8 nights in a combination of quality hotels, farmhouse B&Bs and hostals generally with private facilities
- 8 breakfasts, 7 dinners: Breakfasts are usually continental inclusive of breads, cheese, ham, tea, coffee & juices. Dinner will consist of 3 courses, usually starting with a salad, followed by chicken, red meat, fish or a pasta dish & finishing with a dessert of fruit or cakes.
- Transport from Madrid to Sarria including picnic lunch
- Luggage transfer (1 bag, max 20kg per person)
- English speaking guide on the Camino walk
- Visitor tax
- Emergency hotline
- Huma training manual, gear list and fundraising guidebook

What's Not Included

- Lunch daily and drinks
- Airport transfers
- Items of a personal nature
- Entrance fees for any museums or church donations
- Travel insurance
- Return international airfare from Australian gateway cities to Madrid



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Responsible Travel

The natural environments that you'll travel through are fragile; the cultures and traditions precious and often the communities we pass through are reliant on tourism. It is our responsibility as visitors to minimise the impact of our presence, protect what is precious and where we can leave a positive impact. Learn how you can do this by downloading the Thoughtful Traveller booklet from our website.

Trip grading Moderate

The walking is graded moderate (3). Daily walks are between 14 and 24km on well marked trails over diverse terrain – from relatively flat to rolling hills. The accent is on keeping a steady pace to take in all of the attractions, with time to stop and take photos. You will need a good level of fitness to participate fully in this adventure.

Important Note

These trip notes represent the most current information for this itinerary, and may supersede any other supplied information, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

Detailed Itinerary

DAY 1 Transfer to Leon

After all the preparation and fundraising our journey finally begins!

As the group arrives from different countries on different flights we will all meet for a group Madrid airport transfer to Leon at 2pm - meeting point to be confirmed.

We will then drive to Leon which should take approx 4 hours in time to refreshen up and have our group briefing.

This evening we enjoy a local cuisine arrival dinner.

meals: D

DAY 2 Travel to Sarria

This morning we have time to explore Leon before drive approx 3 hours to Sarria.

We plan to have some stops along the way to stretch the legs and have organised a picnic lunch.

Sarria is located on a hilltop with a river on either side affording you great views of the region. This evening we will meet with your guide for a tour briefing, followed by dinner with the group.

meals: B,L,D

DAY 3 Walk through the hills of Galicia to Portomarin (6hrs, 22km)

This morning we can take the time to visit the Church of the convent of La Magdalena. Over the "Meseta lucense", the Lugo Plateau, we will pass through many hamlets dotted along areas of cultivated land, grazing pastures and woodlands and view the first "horreos", typical raised grain silos. The walk today is relatively easy until the descent, crossing the Dam of Portomarin where we can see ruins of the ancient flooded village, and into the town to our accommodation.

meals: B,D

DAY 4 To Palas de Rei (6-7hrs, 24km)

The route today takes us through forested areas which have a magnificent fragrance. Along the path we will pass charming hamlets and calvaries. We will continue through Ventas de Naron, head over the gentle Sierra de Ligonde, then downhill through Previsa, Lameiros and Ligonde where we will find a church dedicated to the apostle St James. Emperor Charles V stayed here in the modest village of Ligonde, on the 24th of march 1520. Then we continue on to Palas de Rei, where will overnight in a charming hotel.

meals: B,D

DAY 5 Leave Lugo to enter La Coruña and on to Melide (4.5hrs, 15km)

On our walk to Melide we will pass through the small towns of Coto and Leboeiro. Melide is one of the larger towns along the Galician section of the Camino Trail. We will stop enroute at A Garnacha jfor lunch to taste the "Pulpo a Feira", octopus usually served boiled and cooked with red pepper and paprika. We continue to Melide.

meals: B,D

DAY 6 To Arzúa (4hrs, 14km)

The terrain becomes much easier today as we walk through the villages of Carballal, San Xuilan do Camino and Lebereiro and past Eucalyptus trees. The group will be able to stop at one of many villages for lunch. As we cross over the River Seco on the Magdalena Bridge we will reach Furelos and continue onto Arzúa in the province of La Coruña.

meals: B,D



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DAY 7 To Rúa (5-6hrs, 19km)

Today's walk will bring us to the small town of Rúa which has a population of only 50 people. The walk today is lovely, as you pass large green fields and rural landscapes.

meals: B,D

DAY 8 Arrive Santiago (5-6hrs, 21km)

On our last walk together we will pass many ancient sites including monuments, chapels and bridges – all which have a story to tell. We follow country lanes and forest paths through increasingly populated countryside. The last day on the trail is always a special one, as we make our way to Santiago on foot. Arriving in the fabled Santiago de Compostela there is plenty to see and do – or simply relax and celebrate the end of the journey.

meals: B,D

DAY 9 Depart Santiago

After breakfast we check out of the hotel and then visit the Santiago Cathedral for the midday service where your nationality will be read for completing the pilgrimage. Please make your own travel arrangements from 2pm onwards.

meals: B

This itinerary is subject to change with any modifications in Community regulations as well as Governmental changes and natural circumstances beyond our control.

Country Information

The walk takes you through the Spanish region of Galicia, known as “green Spain”, due to its lush green countryside. Located in the northwest Iberian Peninsula, the region is surrounded by the Atlantic Ocean to the west, the bay of Biscay to the north, Portugal in the south and Asturias in the east. Galicia is made up of four different provinces, la Coruña, Pontevedra, Ourense and Lugo, and its capital is Santiago de Compostela. The Galician's have their own language - Gallego - but do also speak Spanish.

Climate

Semi-continental climate on the Meseta: cool in spring and mild in autumn (14 to 25°C), very warm in summer (28 to 35°C). Oceanic climate in Galicia: less warm in summer but more humid. This itinerary also comprises some mountainous stages: it can always be windy and cold.

Dietary Requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.



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Accommodation on the Trip



We have chosen 3 to 4 star central accommodation - twin share private bathrooms

Pre and Post Tour Accommodation

Please advise your travel consultant if you would like to book extra nights in Madrid - pre or post.

Equipment Required

Wet weather gear, sunscreen, good walking boots / shoes, sun hat and walking poles. A comprehensive gear list is included in the pre-departure information provided on booking.

How To Book

To register on this Charity Challenge please complete the registration form on the Can Too website: <https://www.cantoo.org.au/home/events>

