

Trek Camino Francés 2019



Sarria to Santiago

August 31st – September 7th 2019



Registration Form | Peter McVerry Trust Camino Francés 2019

I would like to register for Peter McVerry Trusts' Trek Camino 2019 from August 31st to 7th September 2019

I enclose a cheque, postal order, bank draft made payable to Peter McVerry Trust.

I will pay via credit or debit card online at www.pmvtrust.ie or by calling +353 (0) 823 0776.

I have transferred funds into account, McVerry Trust Operations, Ulster Bank, 157 Phibsborough Road, Phibsborough, Dublin 7. D07 YN73. **A/C No:** 01826059, **Sort Code:** 98-50-90, **BIC:** ULSBIE2D, **IBAN:** IE07ULSB98509001826059
(please reference your name & Camino 2019).

Personal Details

Title: Surname: First name:

Address:

Landline: Mob: DOB:

Email:

We would love to keep you updated on our work through updates and appeals. How would you prefer to receive correspondence from us?

Please tick to opt in. Email Post Mobile calls Mobile SMS Landline Do not contact me

Passport details

Name on Passport: Passport Number:

Place of Issue: Issue Date:

Expiry Date:

Other

Are you taking part in this event with a friend or partner? If so, what is their name?

Dietary requirements: Y N

Details:

Allergies: Y N Details:

T-shirt size: S M L XL XXL

Have you previously participated in a Peter McVerry Trust event? Yes No

If yes, please tell us which event(s)?

I have enclosed my deposit and commit to fundraise a minimum of an additional €1,700

I have read and agree to the Conditions of Entry.

Signature: Date:

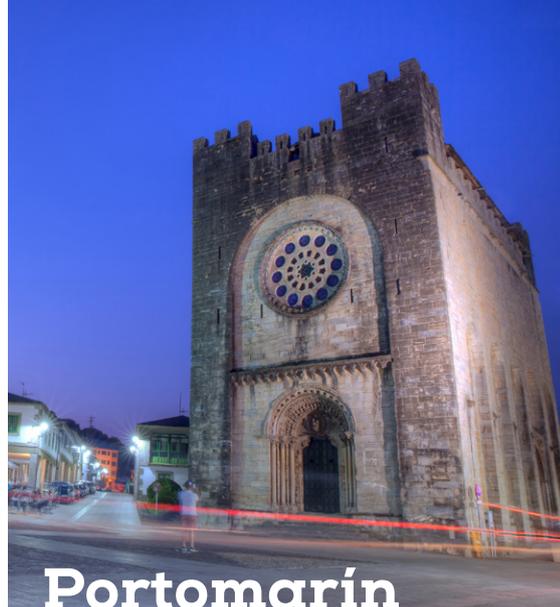
Please complete form and return to: Peter McVerry Trust, 29 Mountjoy Square, Dublin 1, DO1 C2N4 or scan and email to fundraising@pmvtrust.ie

Conditions of Entry:

By signing this registration form you are bound by conditions of entry.

1. Each participant must pay a non-refundable registration fee and, in addition to this, raise agreed sponsorship amount before departing on August 31st.
2. If you choose not to take your place there will be no refund and all sponsorship money raised must be sent to Peter McVerry Trust.
3. If you are unable to meet the sponsorship requirements by August 31st, you will forfeit your place, unless you choose to make up the balance yourself.

4. Participants agree to do nothing that will bring Peter McVerry Trust into disrepute.
5. Participants must seek permission to use the Peter McVerry Trust logo.
6. All participants take part at their own risk and Peter McVerry Trust is unable to accept liability for any loss or damage, or cancellation of the event for any reason. Every effort will be made to operate the event as planned, but Peter McVerry Trust reserves the right to make alterations it deems necessary after the itinerary has been issued.
7. All participants must agree to follow the advice of Peter McVerry Trust staff and guides when taking part in a challenge.
8. Peter McVerry Trust reserves the right to decline an application.



Portomarín

Trek Camino 2019

Join Peter McVerry Trust and explore the eighth and final section of Camino Francés walking along 111km of what is highly regarded as the best known route of the entire Camino. Our annual Trek Camino is a hugely popular event, one that never fails to deliver an unforgettable experience for our participants, while also raising funds to support people in Ireland who are experiencing homelessness.

This year we are walking across the rural landscapes of Galicia from Sarria to Santiago. On completion you will receive your Compostela certificate in the UNESCO world heritage city of Santiago. The level of difficulty is moderate – the rolling hills in this part of Galicia are similar in many respects to the Irish countryside.

Fact File

- **Fitness Level:** Intermediate
- **Distance:** 111km
- **Cost:** €1950 (includes €250 registration fee)
- **Start point:** Sarria
- **Finish point:** Santiago

Package Includes

- Return Flights from Dublin
- Internal Luggage transfers
- Accommodation
- Snacks & Evening Meals
- Guide and Support Team
- Insurance

Testimonials

“ I undertook Trek Camino 2018 with great trepidation but it exceeded all of my expectations. It was a great lifetime experience, a mixture of challenges, great fun, craic and comradery. ”

– **Trek Camino Participant 2018**

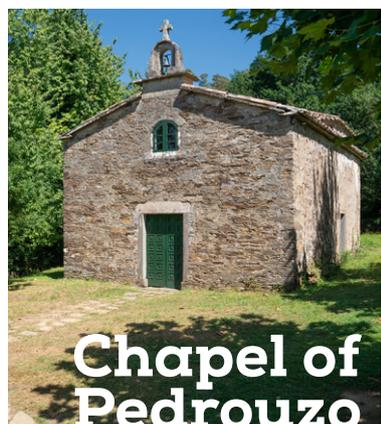
“ The Camino has been on my bucket list for many years, the trip exceeded all my expectations. From the moment we arrived at Dublin Airport we were looked after, nothing was a problem to Peter McVerry staff, they were fantastic. It was a very spiritual experience and I made friends for life. ”

– **Trek Camino Participant 2018**





Palas de Rei



Chapel of Pedrouzo



Monte de Gozo

Itinerary

Day 1: Fly from Dublin to Santiago.

Your Trek Camino challenge begins. Upon arrival to Santiago, you are provided with a private transfer to Sarria. Sarria is the town closest to the 100km distance from Santiago, explaining its popularity as a starting point on the Camino Francés.

Day 2: Walk 22km to Portomarín.

Walk 22km to Portomarín, getting your first sense of the typical Galician farms that you walk through. Portomarín has a fascinating history, the original town being flooded by the development of a major hydroelectric plant further along the Miño river. The town as you find it today was relocated above the water levels of the flooded plain, the church was reconstructed brick by brick from the original structure.

Day 3: Walk 24 km to Palas de Rei.

By now, you will have begun to notice the ubiquitous Horreos – stone and wooden structures that were used to store corn! Now mostly ornamental, the Horreo is as much a symbol of Galicia as the scallop shell is of the Camino.

Day 4: Walk 29km to Arzúa.

This is your longest and toughest day – but when you make it to Arzúa, you know you're well on your way to completing your Camino challenge. The second half of the day is hilly, but the picturesque hamlet of Ribadiso helps to ease your way through the day. You also pass through the town of Melide, the self-styled Galician capital of pulpo (octopus). You have to try some!

Day 5: Walk 19km to Pedrouzo.

Don't let the shorter distance completely fool you! There are still some hills to be negotiated as you pass through some more small hamlets and farmyards. Pedrouzo itself is a small town that has grown in the last couple of decades, now serving as a satellite town for the city of Santiago.

Day 6: Walk 20km to Santiago.

After skirting around the airport near Lavacolla, you will arrive at Monte de Gozo about 5km from Santiago. This marks the traditional spot where pilgrims would wash themselves in preparation for their arrival into Santiago. Nowadays, it is a great gathering spot for groups to meet up before walking into Santiago together.

Day 7: Free day in Santiago.

A chance to collect your Compostela from the Pilgrim Office and to attend the midday pilgrim mass. The historic centre of Santiago is a UNESCO World Heritage site and a beautiful place to wander and watch the world go by. The centre of Santiago is very compact and easily walkable – a treasure trove of beautiful buildings and winding streets.

Day 8:

Return to Santiago airport for your return flight to Dublin.



Peter McVerry Trust,
29 Mountjoy Square,
Dublin 1,
D01 C2N4.

CLG98934 / RCN20015282 / CHY7256

T: +353 (0)1 823 0776

E: info@pmvtrust.ie

W: www.pmvtrust.ie

f /petermcverrytrust

t @pmvtrust