



DIOCESE OF ELPHIN YOUNG ADULT CAMINO PILGRIMAGE

JUNE 23rd – 30th 2019

ITEMS TO BRING – FLIGHT DETAILS – HOTEL DETAILS



Flight Details

GOING OUT - June 23rd 2019:

Please be in Airport **Terminal-2 at 10:35 am** at the latest.

(We will meet on the ground floor of the Check-in Area. Please text me when you arrive)

Aerlingus Flight EI 742

Depart Dublin Airport at **13:05**, Arrive in Santiago de Compostela at **16:20**

COMING BACK - June 30th 2019

Transfer from Hotel to Airport approx. **14:00**

Aerlingus Flight EI 743

Depart Santiago de Compostela Airport at **17:00**, Arrive in Dublin at **18:10**

- **Passport:** Bring your Passport and take a Picture of your Passport Information Page, bring one with you and leave one at home.
- **Tickets & Boarding Cards:** I will have tickets and boarding cards with me for you at the Airport.
- **Baggage Allowance:** 1 x 20kg Checked-in Bag plus 1 x 10kg Hand Luggage. Please ensure that your baggage weight falls within the limits allowed.
- **Liquids and Sharps** - Please follow travel regulations in relation to liquids and sharps. Clear/Transparent bags for liquids, nothing over 100 ml in your hand luggage and no sharps
- **Travel Insurance:** The group will be covered by standard travel insurance through Multitrip Travel Insurance. This is covered as part of your pilgrimage fare.

Hotel Accommodation

Hotel Nogallás, Ordes: Arrive evening Sunday 23rd, Depart morning Friday 28th

<https://nogallashotel.es/>

Hotel La Salle, Santiago: Arrive afternoon Friday 28th, Depart Sunday 30th approx. 14:00.

<http://www.hostallasalle.com/>

Walking Itinerary

June 24 th	A Coruna to Sergude (18km)
June 25 th	Sergude to Bruma (16km)
June 26 th	Bruma to Ordes via Calle de Poulo (17km)
June 27 th	Ordes to Sigúeiro via Calle de Poulo (15km)
June 28 th	Sigúeiro to Santiago (17km)
June 29 th	Day trip (by bus) to Muxía (Includes 3km walk)

Travel & Walking Information

European Health Insurance Card (EHIC): Free of charge. See www.ehic.ie This card entitles you to basic emergency medical treatment in EU countries.

Medical conditions: Consult your doctor for travel advice, bring sufficient supply of your regular medicines

Currency: Euro

Electricity: Sockets are European standard. Please bring an adaptor.

Weather in June: Sunny Days typically **22 °C - 26°C**
Raining Days typically **5 °C - 12°C**

Food: Breakfast is part of the deal. Lunch and evening meal are your own expense but usually not very expensive. e.g. Evening Meal in Hotels usually around €10. For lunch there will be limited bars/cafés to stop at so it's good to bring your own lunch, drinks and snacks. These can be purchased in one of the supermarkets in Ordes where we are staying.

Camino Passport: The Camino Passport is an essential part of the Camino and I will have one for each person when we arrive at our Hotel on Sunday 23rd. The Camino Passport will be stamped along the way and is the official piece of evidence required for you to get your *Compostela* Certificate when you reach Santiago.

Summary List of Items to bring for Walking.

Bus will drop the group to the starting point each day and pick the group up from end point each day and also transfer luggage between hotels, so you will not need to carry all of your luggage when walking. The following are essential for walking:

- Backpack – Should be able to hold at least 2 litres of water, some food, and other personal items. Should be waterproof or have a waterproof cover option.
- Walking Shoes/Boots that are rain proof and fit for rugged trails and broken in.
- Thousand Mile Socks or any such variation are recommended. They are two layer and help reduce friction. There are other socks on the market also so please use what's best for you.
- Appropriate Walking Clothes, Trousers, Shorts, T-Shirts. Best to have layers so you can take off or put on as needed.
- Sun Screen, Hat, Sun Glasses
- Rain Gear or Poncho for rainy days
- Light Walking Poles/Sticks (optional if you require them to support yourself when hiking)
- Towel
- Plaster/Compeed Plasters (for those prone to blisters)
- Medication (if you are on medication please remember to bring it)
- Pilgrim Pack & Group T-Shirt (Will be given to you at the end of our outing on 8th June)

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Other Items for Trip

- Clothes for evening time
- Personal items and Toiletries
- Flashlight
- Money belt (if required)
- Alarm (Mobile phone)
- Bug Spray
- flip-flops especially for shower area
- Earplugs! – may need these for plane and roommate!
- Clothes pegs may be handy
- Spending Money

DIOCESE OF ELPHIN



Youth & Young Adult
MINISTRY

