

Epworth Camino - Porto to Santiago



Trip Highlights

Help to raise funds for the Epworth Medical Foundation in support of the Jreissati Pancreatic Centre at Epworth

Enjoy a quieter pilgrimage route, following in the footsteps of Celtic, Roman and Christian wayfarers

Discover on foot the river valleys, small villages and pilgrimage sites along the Camino Portugués

Explore the fascinating and historical towns of Porto, Barcelos, Tui and Santiago

Experience culinary delights and the port wine varieties of the area

Enjoy well located, comfortable and character filled hotel accommodation

Walk to the fabled church of Santiago de Compostela



Trip Duration	9 days	Trip Code: EPC
Grade	moderate	
Activities	Charity Challenge	
Summary	8 nights in comfortable hotels	

Supporting Your Cause

Epworth Medical Foundation (EMF) opened in 1982 to raise much-needed funds to ensure patients at Epworth Health Care receive the best possible care. Our work is vital, because Epworth is a charitable, not-for-profit hospital. We rely on your generosity to enable us to stay at the forefront of advancements in medical technology, for our patients. Epworth is a private, not-for-profit organisation. We receive very limited funding from government. Instead, we rely on funds raised by Epworth Medical Foundation to continue to provide our patients with the best possible facilities, equipment, surgical expertise and access to research.

By taking part in the Epworth Camino - Porto to Santiago, you will not only enjoy the adventure of a lifetime, you will also be helping to give vital support to hundreds of our patients.

Your Huma Challenge

Thank you for your interest in our Epworth Camino - Porto to Santiago. 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 like a cycling, trekking or a mountaineering adventure. We are passionate about off-the-beaten track travel experiences as they provide travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. Our itineraries are well researched, affordable and tailored for the enjoyment of small groups. Our itineraries 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.

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Charity Challenge Payments

Joining Porto from:	\$4690
Non Refundable Registration Fee:	\$200
Optional single supplement:	\$1150
DO - Fundraising target:	\$2500

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.

Trip Dates

2024 31 Aug - 08 Sep

important notes

RF - Registration Fee

DO - Donation, Fundraising target

What Impact Will My Fundraising Have?

Epworth Medical Foundation - The difference you make

When you donate to the Foundation, your generosity is used to directly benefit our patients. For example, more than half of all medical equipment at Epworth Health Care is funded by the Foundation, and 80 percent of our medical research.

Charitable funds are used to support:

- *state-of-the-art medical equipment that ensures our patients receive the very best
- *world-class facilities that maximise patient outcomes, safety and comfort
- *groundbreaking medical research projects and trials, shared with our patients
- *staff education and training opportunities to pass best-practice on to our patients
- *support programs to care for our patients' emotional and financial needs

Your Adventure

Considered the most spiritually connected pilgrimage route, following the path St James' body took to its resting place at the site of Santiago de Compostela, this quiet stage offers a wealth of history. From the lively city of Porto, set on the banks of the Douro River and famous for its port wine production, the journey north travels through small hamlets, past eucalyptus and pine woods, over ancient bridges and through larger market towns dating back to Roman times. Throughout the journey there are ample reminders of past pilgrims and the route offers many insights into the religious significance of the Camino. Visually stunning in parts, there are many advantages in walking the Portugués route with the ascent up to the highest point on the trail at Alto da Portela Grande (405m) rewarded with sweeping views of the Lima Valley below. Crossing the Spanish border and walking the last 100kms through Galicia to the holy city of Santiago ensures you qualify for the Compostela certificate upon your arrival at the cathedral.

Fundraising Options

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

1. Simply pay for it yourself, as you would any other holiday (although this will be a LOT more memorable than any other holiday!). If you do so, \$2,500 of this cost will be tax deductible.
2. Fundraise some or all of the amount. When you do so, any donations that others make towards your challenge will be tax deductible. If you'd like to fundraise for your trip but don't know where to start, our professional fundraisers will provide you with the support and resources to make it easy and stress-free.

Online Fundraising Portal

When fundraising for the charity donation component of this challenge you must seek permission of your charity before beginning to fundraise in their name.

The team at Epworth will be in touch with you upon registration to give you the details of the online fundraising page and permission to fundraise.

The minimum fundraising target is \$2,500 per person. You can do it!



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Fast Facts

Countries Visited:
Portugal

Visas:

Up to 31 October 2023, 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. From 2024 - Travellers from non-EU countries such as Australia, New Zealand, the US, Canada and the UK will need a valid Etias to enter 30 countries in the Schengen Area. You can read about this new Etias scheme at https://travel-europe.europa.eu/etias_en

Group Size Min:
12

Group Size Max:
20

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.

Itinerary at a Glance

DAY 1	ARRIVE PORTO
DAY 2	TRAVEL TO TUI
DAY 3	WALK TO O PORRIÑO - 6HOURS - 17KMS
DAY 4	WALK TO ARCADE, TRANSFER TO PONTEVERRER - 6HOURS - 23KMS
DAY 5	WALK TO PONTEVEDRA - 4HOURS - 12KMS
DAY 6	WALK TO CALDAS DE REIS - 7HOURS - 22KMS
DAY 7	WALK TO PADRON 6 HOURS - 19KMS
DAY 8	WALK TO SANTIAGO DE COMPOSTELA - 7HOURS - 26KMS
DAY 9	TRIP CONCLUDES

Additional Deposits Required

To secure selected hotels, this trip requires the payment of an additional non refundable deposit of \$500 to be paid on booking. This amount comes off the trip balance. Should your booking take place within 70 days of departure, full payment will be required. We recommend you take out travel insurance at the time of booking

What's Included

- Trip escorted by Epworth Medical Foundation CEO
- 8 nights in comfortable hotels on a twin share basis with ensuite facilities
- 8 breakfasts, 8 picnic lunches, and 8 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 a chicken, red meat, fish or pasta dish & finishing with a dessert of fruit or cakes.
- Luggage transfer (max 1 piece of 20kgs per person)
- 2 excellent English speaking guides
- Information pack including route notes, maps and guidebook
- Transfer from Porto to Tui
- Emergency hotline
- Pilgrim's Passport

What's Not Included

- International flights (Huma can assist with flight bookings)
- Arrival and departure transfers
- Items of a personal nature
- Entrance fees
- Travel insurance



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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

MODERATE – GRADE 3

Daily walks are between 15-22km on well marked trails over diverse terrain – from relatively flat to hilly. The trail takes you along quiet rural roads, occasionally on the verges of roads with traffic. Some of the route is on walking trails away from the road and there are often alternative routes available. Route finding is reasonably straight forward following the yellow arrows and granite pillars (showing distance to Santiago), however you still need to be vigilant as markers from other trails can be confusing (refer below for further details on self guided adventures). However our notes include hints and pointers to help you navigate the route. The route will inevitably cross main roads close to cities and towns, although the majority is on side roads and walking trails. The main areas to concentrate on route finding are arriving and leaving towns and cities. 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.

Detailed Itinerary

DAY 1 Arrive Porto

On arrival at Porto airport or train station please make your way to the hotel by taxi or pre-arranged transfer. Set on the banks of the Douro River, Porto's historical centre was declared a World Heritage site in 1996 and in the 12th Century it was in Porto that the country took its name and became an independent nation. Its maritime legacies and importance as a new world trading port have shaped it into the proud city it has become, with its impressive cathedral and port wine lodges.

During a welcome aperitif group will meet with guides for an introduction of the trip. Then we head out for a traditional local dinner.

Overnight Hotel Eurostars das Artes or similar

meals: D

DAY 2 Travel to Tui

Free morning to explore this amazing city of Porto, in the afternoon we drive to Tui ready to start our walk in the morning.

Overnight Parador de Tui or similar

meals: B,D

DAY 3 Walk to O Porriño - 6hours - 17kms

Leaving the River Miño behind, you will walk through a rural landscape by an alternative route that is away from the main road. You will go by the Gándaras de Budiño and the beautiful Táboas Bridge. Finally, you will reach the town of Porriño. In the afternoon we will transfer by vehicle back to Tui.

Overnight Parador de Tui or similar

meals: B,L,D

DAY 4 Walk to Arcade, transfer to Pontevedra - 6hours - 23kms

This morning we transfer by vehicle to O Porriño to start our walk to Arcade. You begin to ascend towards the Alto de Enxertade towards the town of Redondela with the view over the Ría de Vigo as a travelling companion. Once you reach the high point of O Viso, you will descend to Arcade, a village known for its oysters. Here we will transfer to Pontevedra where we will stay for the next 2 nights.

Overnight Parador de Pontevedra or similar

meals: B,L,D

DAY 5 Walk to Pontevedra - 4hours - 12kms

You start the day by walking over the beautiful old bridge at Pontesampaio then a short uphill stretch following ancient stone paths before dropping down to the provincial capital of Pontevedra. There are some interesting sites to explore including the Santuario da Peregrin chapel and the Convento de San Francisco. The Medieval town centre is a maze of cobbled lanes with tapas bars and cafes.

Overnight Parador de Pontevedra or similar

meals: B,L,D

DAY 6 Walk to Caldas de Reis - 7hours - 22kms

Most of this stage is through woodland and countryside along gentle river valleys with virtually no climbing. Closer to Caldas de Reis the route crosses the N550 and follows this road for short sections. Located between the Umia and Bermana rivers, the town of Caldas developed as a result of its thermal waters and continues to be a major health spa. The botanical gardens next to the river are lovely for some respite from the walk.

Overnight Torre do Río or similar

meals: B,L,D



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Adventure Travel

By its very nature Charity Challenges involve an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are suitably fit, flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your charity representative or one of our team.

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.

DAY 7 Walk to Padron 6 hours - 19kms

This is a beautiful walk through the Bermiana river valley before dropping down into the Valga valley, one short climb. Two short stages of main road, leaving Caldas and entering Padron. The town is lovely, set on the banks of the Sar and Ulla rivers, with some St James relics to be seen at the Igreja de Santiago (church Padrón also known for its peppers and for being the birthplace of famous Galician writers such as Camilo José Cela and Rosalía de Castro).

Overnight Casa Antiga do Monte or similar

meals: B,L,D

DAY 8 Walk to Santiago de Compostela - 7hours - 26kms

The final day takes us through pine, oak and eucalyptus wood before reaching the gates of Santiago. Immerse yourself in the historic center of Santiago, arriving at the astonishing façade of the Cathedral. Completing the "Compostela" you will celebrate your walk with a special dinner based on Galician products in a lively restaurant in the city.

Overnight Parador de los Reyes Católicos or similar

meals: B,L,D

DAY 9 Trip concludes

Your trip concludes today upon check out from your hotel.

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.

Climate

Oceanic climate prevails in this region: warm and humid in summer, cool in spring, usually dry and settled in the earlier stages of autumn. Rain can occur at any time as this area does receive good levels of rain through the year.

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.

Equipment Required

Wet weather gear, sunscreen, good walking boots / shoes, sun hat and walking poles. A detailed gear list is provided on booking.



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Vehicles & Safety

During the course of your trip, we will use a variety of vehicles, all which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and on occasion some vehicles may not have seat belts fitted. While game viewing within a national park could be one example. Whilst we do not include animal rides on most of our trips, there are occasions where it may be possible to undertake them optionally and to do so is at your own risk. Note that helmets and professional riding equipment are not available in all circumstances.

How To Book

To register on this Charity Challenge please complete the registration form and return to Huma Charity Challenge, Attention Scott Pinnegar

Email: scott@worldexpeditions.com.au

Post: Huma Charity Challenge, Level 1 - 393 Little Bourke Street, Melbourne Victoria 3000

Otherwise you can make your booking online by using the REGISTER NOW button found at the bottom of the relevant Charity Challenge page on our website www.humacharitychallenge.com.au

The Epworth Medical Foundation staff are able to answer any questions you may have as well as provide you with all the support you need as you fundraise for your challenge. Please contact Kathryn Johnston on telephone 03 9426 6359 or email kathryn.johnston@epworth.org.au who will be happy to talk with you.

