

Try a trek for Hospice in 2015

Mayo Advertiser, Tue, Dec 23, 2014



The Portuguese Way is a fantastic route for pilgrims looking for a more rural experience on the Camino de Santiago.

Mayo Roscommon Hospice Foundation is looking for walking and adventure enthusiasts to embark on one of the world's most famous pilgrim routes, the Camino de Santiago, to raise funds for palliative care services in Mayo and Roscommon.

On April 25, 2015, the hospice is organising a one-week trek along the ancient pilgrim route.

A similar trek in 2014 raised over €75,000 for local palliative care services.

This year, the hospice is taking the Portuguese route into Santiago.

The Portuguese Way or Camino Portugues is a fantastic route for pilgrims looking for a more rural experience on the Camino de Santiago.

On the Portuguese route, pilgrims trek past terraced fields, lush forests, vineyards and peaceful sleepy villages.

The last 100 kilometres of the Camino Portugues is the most popular section of the pilgrim path, starting in Tui, Galicia, just across the river from Portugal.

“By taking the Portuguese route, we are giving people who may have already done the Camino a chance to come again and take on another route while discovering a different approach into Santiago,” said Lorraine Toner, fundraiser with hospice.

“Our last two trips have been fantastic experiences and I am positive our next trip in April will be no different.”

Walkers of all levels are encouraged to consider taking on the challenge.

Pilgrims from all over the world have walked the Camino de Santiago for centuries, following the various paths on their way to the famous Santiago de Compostela, where, according to legend, the apostle St James was buried.

Today, whether walking the Camino for religious reasons, to find yourself, take a break or simply get back to nature, the Camino is widely considered to be the ‘trip of a lifetime’ and a very special experience that inspires many, even long after the journey is over.

Although sometimes physically demanding, the Camino requires only a reasonable level of fitness, making this an ideal adventure for a wide range of people.

To be part of the adventure, trekkers must meet the fundraising target of €2,500, and the proceeds will directly benefit palliative care services in Mayo and Roscommon.

A deposit of €300 is required to secure a place. The Trek 4 Hospice package includes: Return flights, all internal transfers, twin sharing accommodation (a limited number of single supplements are available at extra cost), evening meals, pilgrim passports, t-shirt and training information. Application forms are available on www.iregister.ie/trek4hospice

For further details, contact hospice on (094) 9388666 or email fundraising@hospice.ie

The Camino trek will be fully supported by a licensed travel agent who specialises in the Camino de Santiago de Compostela. Experienced guides will stay with the group from arrival until departure.

A Mayo Roscommon Hospice Foundation representative will also travel as part of the tour. Like Trek 4 Hospice on Facebook.

<http://www.advertiser.ie/mayo/article/74569/try-a-trek-for-hospice-in-2015>