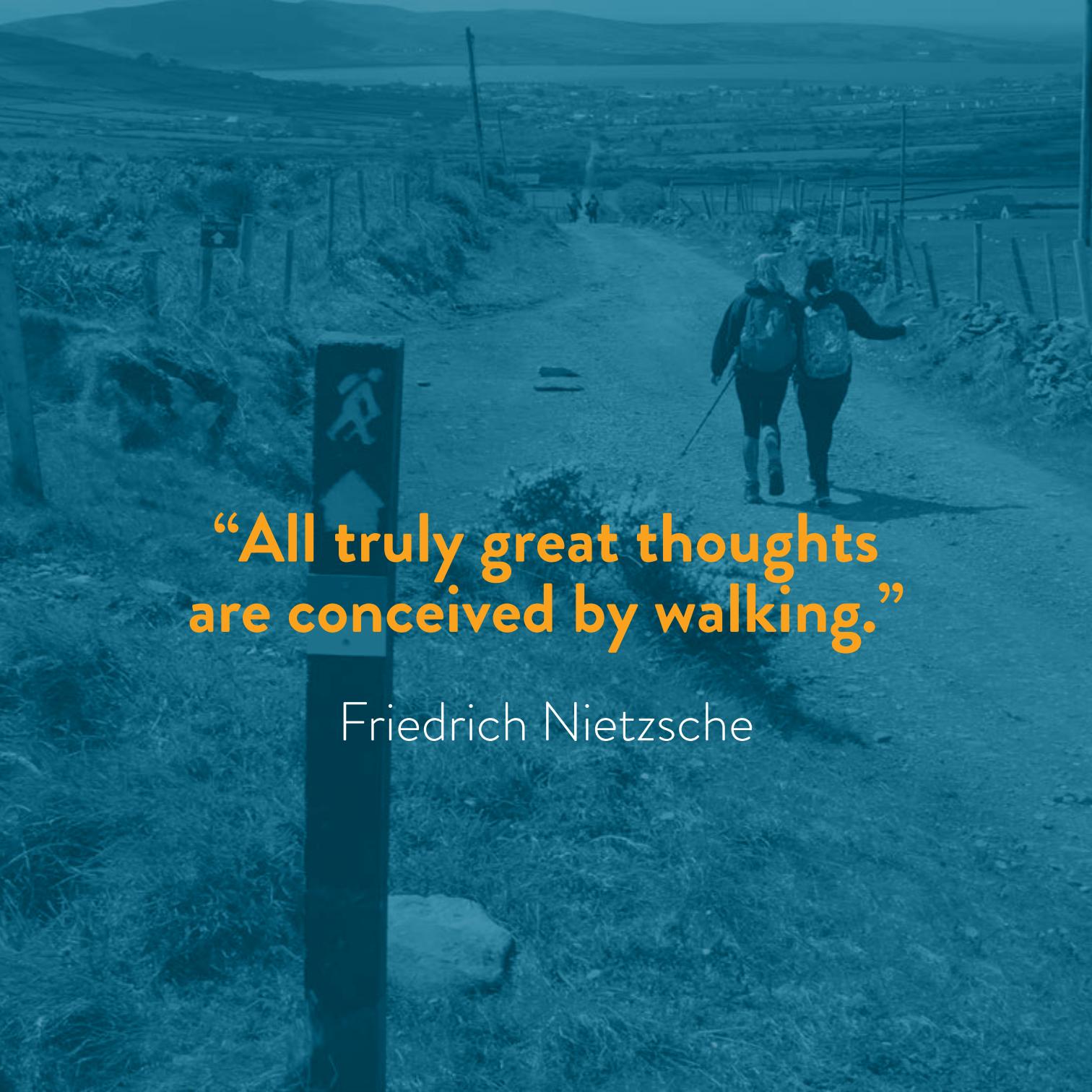




CAMINO
WAYS.COM



WALKING & CYCLING TOURS
EXPLORE
CAMINO DE SANTIAGO



**“All truly great thoughts
are conceived by walking.”**

Friedrich Nietzsche

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Start your journey at

CAMINO
WAYS.COM 

IRELAND
WAYS.COM 

TREKKING
BUG.COM 

FRANCIGENA
WAYS.COM 

WHAT WE DO

At CaminoWays.com we are Camino experts, specialised in walking and cycling tours on the famous Camino de Santiago routes across Spain, Portugal and France; as well as the Via Francigena, the Camino to Rome.

We organise self-guided tours as well as guided tours and tailor-made holidays for groups and charities.

CaminoWays.com is a international and friendly team of dedicated professionals, passionate about travel. IrelandWays.com, TrekkingBug.com and FrancigenaWays.com are the latest additions to the active CaminoWays.com family.

Whether you are looking to embark on this special journey on your own, with friends or family, or share it with a group, our Camino experts will help you organise the perfect trip for you.



Talk to our team and start planning your Camino journey at [Caminoways.com](https://www.caminoways.com).



WHY BOOK WITH US?

1. PROFESSIONAL TRAVEL TEAM
2. OUTSTANDING CUSTOMER SERVICE AND SATISFACTION
3. HANDPICKED HOTELS
4. TRAVEL ADVICE AND TIPS
5. 24/7 SUPPORT NUMBER
6. WE WORK DIRECTLY WITH HOTELS AND SERVICES
7. EXPERIENCED GUIDES
8. CATERING FOR DIETARY REQUIREMENTS
9. HOLIDAY PACK WITH USEFUL INFORMATION
10. FULLY LICENCED TRAVEL AGENT

10 REASONS TO DO THE CAMINO

1 SIMPLE PLEASURES

Holidays are about taking a breather from every day life and the Camino takes that idea to another level: it is about getting back to basics and enjoying some of the most simple pleasures in life, like walking. It is also about savouring every step of the journey, not just the destination.



CULTURE AND HISTORY

Along the Camino, you will pass cities, towns and villages of all sizes, with stunning churches, monuments and other cultural and historic landmarks. The Camino trails have been used by pilgrims for centuries so the routes have a long history and tradition.



3

EXERCISE



Walking, walking and more walking....
Not many holidays will get you back home in better shape!

2

AMAZING LANDSCAPES



From the French Pyrenees to the lush hills and woodlands of Galicia or the coastal paths of the Northern Way, the Camino de Santiago takes walkers across many different landscapes, all beautiful and unique.

4

5 EASY WALKING



If you can walk, you can do the Camino. The walking paths are well marked and most of them are suitable for all fitness levels. If you need more days to complete the journey, just adapt the walking distance you want to cover daily to your ability.

FABULOUS FOOD 7

Sample the local cuisine along the way. Each route and each region has its flavours, traditional dishes and specialties. Our advice? Try them all!



MAKE FRIENDS

You shouldn't come back home from your Camino without making at least one new friend. The social element makes it a great holiday for people travelling alone.



9 FAMILY FRIENDLY



It can be a fantastic family holiday for bonding and quality time together: whether you are walking or cycling.

BRUSH UP YOUR LANGUAGE SKILLS

Not just with some of the locals but also with fellow walkers you will meet along the way. You will encounter many different nationalities and, of course, languages: French, German, Italian, Spanish, Basque & Galician.



ALL ROADS LEAD TO SANTIAGO



If you have walked the Camino de Santiago along the French Way (the most popular) before, there are many more routes you can try next!! All different and all with their unique sites and trails.



HOW TO CHOOSE YOUR CAMINO

Are you trying to decide which Camino route is best for you? Our travel specialists have compiled a list of useful tips to help you make the right choice.

IT IS MY FIRST CAMINO AND I'M LOOKING FOR A SOCIAL EXPERIENCE

If the social element of the Camino de Santiago experience and meeting fellow pilgrims along the way is important for you, the French Way is your best option. The French Way, or Camino Francés, is the most popular route, starting in Saint Jean Pied de Port, so it is also the best Camino for those looking for that special Camino social experience or who have never walked the Camino before.

BUT I DON'T HAVE MUCH TIME

You don't have to start your Camino walk in Saint Jean Pied de Port, you can start at any stage of the way and create an itinerary adapted to the time you have available. You can also walk the last stage of any route.

I LOVE CYCLING

You can cycle most of the Camino routes. In general, our Camino cycling packages cover an average of 40 to 60km per day, depending on the terrain; double the amount of kms you would cover walking. We recommend cycling the Camino only for those familiar with cycling and basic bike maintenance.

I'VE DONE THE FRENCH WAY BEFORE, WHAT COULD I DO NEXT?

If you are already familiar with the Classic Camino, you have plenty of other routes to explore. Our suggestions: you could go for the Portuguese Way, the 2nd most popular; you could walk the Finisterre and Muxía Way, or you could try any of the fantastic Camino routes in France such as Le Puy, Chemin d'Arles or Vézelay Way.

I'D LIKE TO WALK A CAMINO ALONG THE COAST BUT DON'T NEED TO FINISH IN SANTIAGO

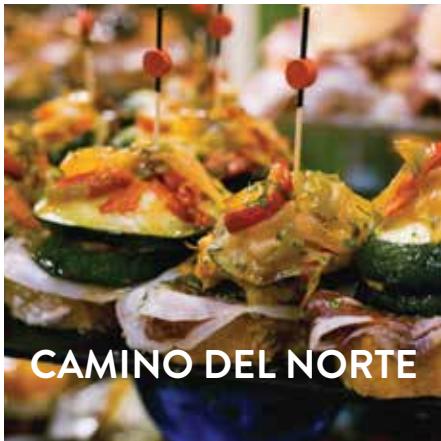
The Portuguese Coastal Camino from Porto is perfect for you. Another great coastal route is the Camino del Norte from San Sebastian and beyond.

I'D PREFER A QUIETER ROUTE

To give yourself time to reflect and be mindful you could opt for one of the quieter trails. The Via de la Plata and the Camino de Invierno are two great alternative routes that will give you plenty of time to walk and get away from the noise of everyday life.

I WOULD LOVE TO WALK WITH FAMILY OR FRIENDS

Walking with a group can be a great bonding experience. The French Way is the perfect route for your group Camino trip and will have all of the services you need in order to stay together on this wonderful trip.



CAMINO DEL NORTE



CAMINO FINISTERRE



CAMINO FRANCES



CAMINO PORTUGUES



**TOP
CAMINO
ROUTES**



CAMINO PRIMITIVO



CAMINO TO MUXIA



**PORTUGUESE
COASTAL CAMINO**



LE PUY CAMINO

**GR
65**

CAMINO FRANCÉS

THE FRENCH WAY

The Camino Frances is the most famous of all Camino de Santiago routes, featuring in many documentaries, books and movies such as 'The Way' and 'I'll Push You'.

It takes approximately a month to complete the full route from the picturesque village of St Jean Pied de Port in France but you can walk as much or as little as you like.

You can start at many points along the way. The town of Sarria, in Galicia, is the most popular place to start. It is 111kms from Sarria to Santiago and you can walk it in just 5 days. This is our most popular tour, perfect for those looking to capture the essence of the Camino, meeting fellow pilgrims and enjoying its unique atmosphere.

We also organise many guided tours on this route each year. Our experts can create the perfect itinerary for you, depending on the time you have, whether you'd like to walk for just a few days, a couple of weeks or the full route.

CAMINO TIP



You will have to walk at least the last 100kms from Sarria or cycle the last 200kms from Ponferrada in order to qualify for the 'Compostela' pilgrim certificate in Santiago de Compostela.

WHAT'S INCLUDED?



- HOTEL ACCOMMODATION
- HALF BOARD (BREAKFAST & DINNER)
- LUGGAGE TRANSFERS
- HOLIDAY PACK: WALKING NOTES,
- PILGRIM PASSPORTS, MAPS,
- LUGGAGE TAGS,

ALSO AVAILABLE:

- BIKE RENTAL
- AIRPORT TRANSFERS

FAVOURITE TOURS



- **Classic Camino From Sarria**
110Kms, 6 Nights
- **Full Camino Frances**
800Kms, up to 35 Nights
- **Cycling The Camino**
- **Walk And Coach**
- **Camino Guided**



**TALK TO OUR
TRAVEL EXPERTS**

**FOR TIPS AND ADVICE
ON WHICH ROUTE IS THE
BEST ONE FOR YOU.**



**THE CAMINO
EXPERTS**



**FOR ALL ROUTES GO TO
CAMINOWAYS.COM**

TRAVEL ITINERARY: CLASSIC CAMINO

DAY 1: SARRIA

Sarria is the most popular starting point of the Camino de Santiago with thousands starting their journey here every year. Explore the town centre where you will find churches, chapels, monasteries. Visit the Igrexa de Santa Mariña with its evocative pilgrim mural, the castle fortress and the Magdalena Monastery.

DAY 2: SARRIA TO PORTOMARIN

22km · 6h · +230m -300m

Today, expect a calm walk through pretty villages and peaceful hamlets under the shade of oak trees, along quiet country roads. Along the way, you will spot many Galician traditional ‘hórreos’ (granaries). Visit the beautiful Romanesque church in the village of Barbadelo. Your destination for the night is the town of Portomarin.

DAY 3: PORTOMARIN TO PALAS DE REI

22km · 6h15 · +633m -407m

Starting from the lovely village of Portomarin, today the Camino trail crosses the river Miño and rises steadily uphill. You will pass lovely hamlets such as Gonzar, Ventas de Narón and Castromaior.

DAY 4: PALAS DE REI TO ARZÚA

28km · 7h · +553m -723m

Today, the Camino trail continues downhill, passing delightful villages & hamlets. Stop in the lively market town of Melide to

try Galicia’s most famous dish; octopus. The Camino crosses several streams and follows a forest track bringing you to the village of Boente and the church of Santiago. The town of Arzúa, famous for its local cheese and churches of Santa María and A Magdalena.

DAY 5: ARZUA TO AMENAL

23km · 5h30 · +371m -460m

Walk alongside rows of tall eucalyptus trees, quiet villages and across streams all the way to the next point of interest. The chapel of Santa Irene, with its unique statues of Santiago, is worth a visit. The rest of the route to Amenal is a mix of quiet country roads and forest tracks.

DAY 6: AMENAL TO SANTIAGO

16km · 4h · +296m -306m

The next point of interest is Monte do Gozo, Mount of Joy, where you will catch your first glimpse of the cathedral. You will be in Santiago in time for the pilgrim mass. Explore this UNESCO World Heritage Site’s architecture and delight in the wonderful atmosphere of this spiritual and cultural city.

DAY 7: SANTIAGO DE COMPOSTELA

After visiting the cathedral, take time to explore this gem of a city. Santiago de Compostela is small and vibrant, with plenty to do and see. Its UNESCO-listed Old Town will enchant you.

An ‘easy walking’ itinerary is also available with shorter distances per day.

CAMINO PORTUGUÉS

WAYS IN PORTUGAL

There are two Camino de Santiago trails from Portugal: the classic Camino Portugues from Lisbon and the Portuguese Coastal Camino from Porto.

The classic Camino Portuguese is a fantastic route for adventurous pilgrims looking for a more rural experience. It takes 30 days to complete the full trail from dazzling Lisbon but you can start at any point along the route. In fact, Porto and Tui are two of the most popular starting points for pilgrims walking the Camino Portugues. Stunning countryside and historic villages and towns such as Santarém and Coimbra make this route special.

The Portuguese Coastal Camino is a scenic alternative to the classic Camino from Portugal. Starting from colourful Porto, you will discover the wild Atlantic beauty and sandy beaches of Northern Portugal and the South of Galicia, taste delicious seafood and wine, stay in fishing villages and feel refreshed by the coastal character of this wonderful and relatively undiscovered Camino trail. In addition, you can walk the Camino to Fatima from Estoril, to Portugal's most famous shrine.

CAMINO TIP

Make sure to take rest days if you are walking for a week or longer. There are some amazing cities to explore on these routes such as Lisbon, Coimbra, Porto and Pontevedra. A trip to the Cies Islands off the coast of Vigo is a must-see in the Summer months.



WHAT'S INCLUDED?



- HOTEL ACCOMMODATION
- HALF BOARD (BREAKFAST & DINNER)
- LUGGAGE TRANSFERS
- HOLIDAY PACK: WALKING NOTES,
- PILGRIM PASSPORTS, MAPS,
- LUGGAGE TAGS,

ALSO AVAILABLE:

- BIKE RENTAL
- AIRPORT TRANSFERS

FAVOURITE TOURS



- **Camino Portugues**
from Tui, 116kms, 7 Nights
- **Full Camino Portugues**
619kms, 29 Nights
- **Portuguese Coastal Camino**
from Baiona, 128kms,
7 Nights
- **Cycling the Portugues**
Coastal Camino
- **Camino Guided**



CAMINO DE FISTERRA

FINISTERRE WAY

The Camino de Fisterra or Finisterre Camino is a unique route from Santiago to Cape Fisterra, once believed to be the 'Edge of the World'. This is the only trail starting in Santiago de Compostela and takes pilgrims West to the stunning Atlantic coast of Galicia.

Once in Fisterra, enjoy a well-earned swim in the sea. For a really special experience we recommend continuing along the rugged coast to the quaint fishing village of Muxia, famed among pilgrims for its picturesque sanctuary by the ocean and 'magic' stones

CAMINO TIP



This was the place believed to be the final destination of a route marked in the sky by the Milky Way. As they arrived, pilgrims used to burn the clothes they had walked in for so many days, as an act of closure and purification.

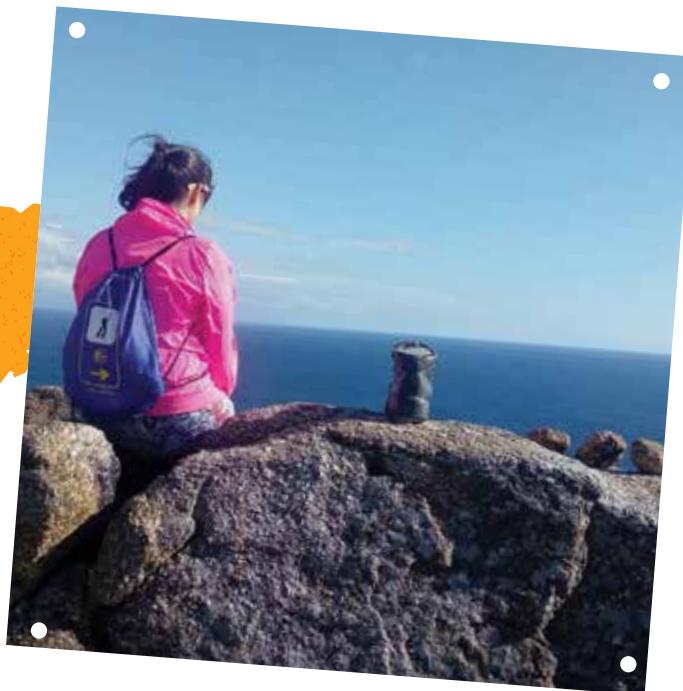
FINISTERRE MUXIA



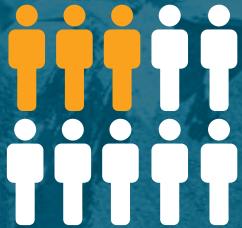
SANTIAGO



FINISTERRE WAY



WHY DO PILGRIMS WALK THE CAMINO



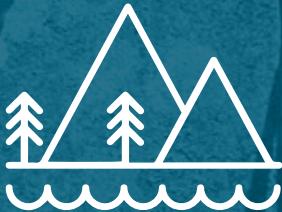
28.2%

FOR A NEW
CHALLENGE



28%

FOR SPIRITUAL OR
RELIGIOUS REASONS



17.8%

TO GET AWAY FROM
IT ALL & CONNECT
WITH NATURE

4.6%

TO LEARN
ABOUT CULTURE



10.8%

HEALTH &
EXERCISE



1.9%

MEET NEW
PEOPLE

CAMINO PRIMITIVO

THE ORIGINAL WAY

The first section of the Camino Primitivo is one of the most challenging of all the Camino routes but the scenery along this way is simply breath-taking. The route crosses the Cantabrian Mountains giving walkers outstanding views of the Picos de Europa and passes quaint mountain villages in Asturias and Galicia. The route crosses the Cantabrian Mountains giving walkers outstanding views of the Picos de Europa and passes quaint mountain villages in Asturias and Galicia. The second section of the Original Way starts in the city of Lugo, its old town nested inside the only fully preserved Roman wall in Spain, an impressive UNESCO World Heritage site.

From Lugo, the Original Way continues towards Santiago de Compostela through peaceful forests and farmland, joining the final stretch of the French Way in the lively town of Melide where you should try Galicia's most classic dish: octopus.



CAMINO TIP



This was the first Camino route to Santiago de Compostela, when in the 9th century most of Spain was under Moorish control. This was the route followed by King Alfonso II the Chaste in the 9th century, from the city of Oviedo, in Asturias. Oviedo is the starting point of the Original Way but this was also the route traditionally followed by pilgrims from further afield in Northern Spain and Europe.



CAMINO DEL NORTE

THE NORTHERN WAY

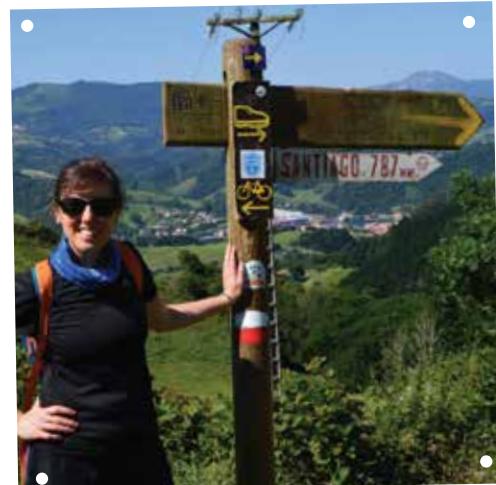
The Camino del Norte starts in the Basque Country, in the chic sea-side city of San Sebastián, a real paradise for foodies: it is in fact in the top 10 cities with the most number of Michelin stars in Europe. The Northern Way follows the coastline for most of the way so you can discover charming fishing villages, swim at beautiful sandy beaches and taste delicious seafood. Feel inspired at the Guggenheim Museum in Bilbao; stroll by the elegant royal palace in Santander; sample Asturias famous cider; stay in lively seaside towns and admire the natural beauty of the Northern coast of 'Green Spain'.

It takes just over 5 weeks to walk the full Camino del Norte from San Sebastian to Santiago. You can also choose to start walking or cycling from different points along the way.

CAMINO TIP



Take a rest day in Ribadeo so that you can visit Cathedrals Beach. This is one of the best kept secrets of Galicia. Marvel at the astounding work of natural art.



CAMINO INGLÉS

THE ENGLISH WAY

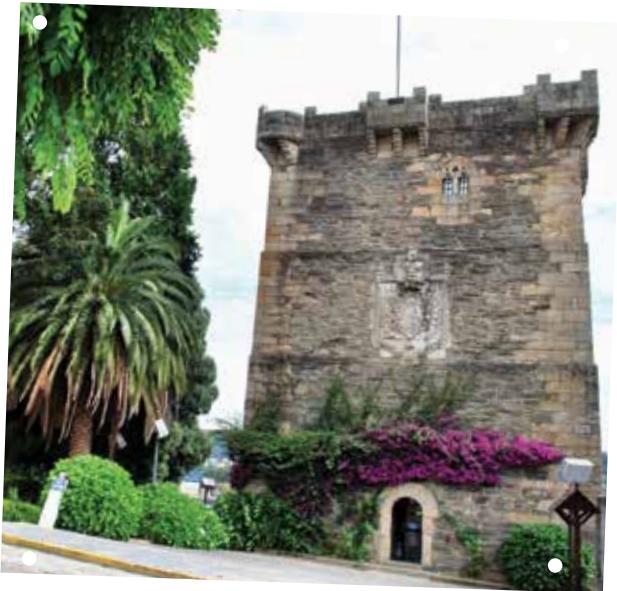
The Camino Inglés or English Camino has two traditional starting points: the port cities A Coruña and Ferrol. The English Camino was the route traditionally taken by pilgrims from Northern Europe, Britain and Ireland on their way to Santiago and it was also an important trading route.

FROM FERROL:

On the Camino Inglés you will enjoy nice coastal views for the first two walking days, and you will stop in pretty towns en-route, such as Pontedeume and Betanzos. The second part of this Camino route heads inland towards Santiago de Compostela across Galicia's green countryside.

FROM A CORUÑA:

The city of A Coruña is also a traditional starting point but fewer pilgrims start their English Camino from there, because it is situated less than 100 kilometres from Santiago de Compostela. That means that if you are starting your route from A Coruña, you won't qualify for a Pilgrim Certificate – unless you do the Celtic Camino, completing 25kms in Ireland.



CUSTOMER REVIEWS

CYCLE OF A LIFETIME

If you want to cycle the Camino then use Caminoways!

Alice, Ireland



SOMETHING I WILL ALWAYS TREASURE AND REMEMBER

Great for exercise, sun and culture. It was absolutely fabulous and I have so many wonderful memories that will remain with me for ever and I would highly recommend it to anyone considering walking their first Camino. Everything was extremely well organised.

Andy, United Kingdom

JUST WONDERFUL!

The staff at Camino Ways were helpful and had good advice in splitting one of the longer walking days into two shorter days. On the walk, their notes and maps were excellent and included bathroom stops, cafes and opportunities to add a stamp to your pilgrim passport.

Janet, United States

UNFORGETTABLE!

Beautiful scenery in Tuscany and the trip was arranged perfectly. We're ready for a new adventure with Camino Ways next year.

Agathar, United States



NO WORRIES HOLIDAY

Camino Ways have the organisation for the Camino walkers to degree of efficiency which is second to none. Every hotel they organised was perfect with a taste of the local produce cooked to order and the staff were friendly and helpful

Margaret, Ireland



DON'T WAIT ANY LONGER... JUST DO IT!

Experience of a lifetime....one word! LOVE the idea of luggage taken from one hotel to the next. What a great weeks walking.

Maggie, United Kingdom

PERFECT!

Our Camino experience was Perfect! Camino Ways handled everything in an absolutely professional manner. Everything from the first step in planning to the last breakfast in Santiago was outstanding.

Helen, United States



CAMINO IN FRANCE

CHEMINS DE COMPOSTELLE

There are many wonderful Camino de Santiago routes across France, known in French as Chemins de Compostelle. The most popular of the 'chemins' is the Le Puy Camino, also known as the Via Podiensis. This classic Camino trail starts in the fascinating town of Le Puy en Velay, close to Lyon in France.

This is a superb route across stunning countryside and some of the most beautiful towns in France. The volcanic landscapes of Velay, the Aubrac Plateau, the picturesque towns of the Lot Valley, the splendid vineyards of Armagnac brandy and the outstanding Pyrenees are some of its highlights.

CAMINO TIP



Both the Geneva Camino and the Camino from Cluny connect with the Le Puy Camino at Le Puy en Velay while the route joins up with the Camino Frances at Saint Jean Pied de Port, which means you can walk for as long as three full months if you wish!

WHAT'S INCLUDED?



-  HOTEL ACCOMMODATION
-  HALF BOARD (BREAKFAST & DINNER)
-  LUGGAGE TRANSFERS
-  HOLIDAY PACK: WALKING NOTES,
-  PILGRIM PASSPORTS, MAPS,
-  LUGGAGE TAGS,

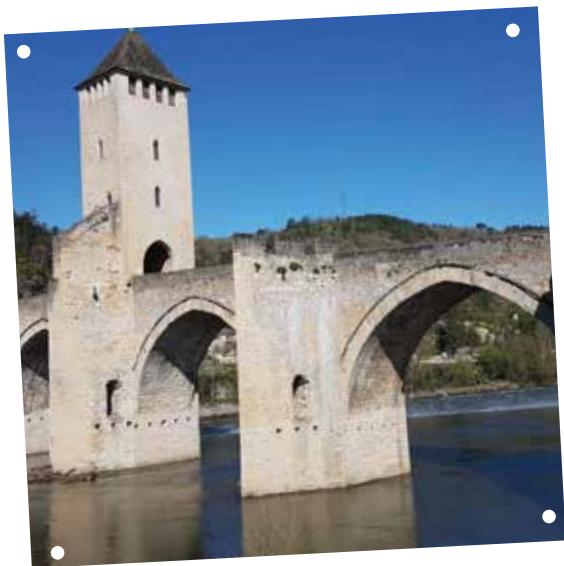
ALSO AVAILABLE:

-  BIKE RENTAL
-  AIRPORT TRANSFERS

FAVOURITE TOURS



- Villages of France, 202kms, 10 nights
- Full Le Puy Camino, 739 kms, 32 nights
- Arles Camino Canal du Midi, 135kms, 7 nights
- Arles Camino from Lourdes 307kms, 13 nights



Whether you are looking to experience the beauty of the Via Francigena, hike in the land of St Francis of Assisi, cycle the ancient Via Appia or trek spectacular Cinque Terre our travel specialists will send you on the right track.



FRANCIGENA WAYS.COM



Discover the Via Francigena, the Camino to Rome, and our superb Italian Ways. Starting in Canterbury, the Via Francigena is a spectacular and epic pilgrim trail dating back to the Middle Ages.

Follow in the footsteps of medieval pilgrims to Rome, and discover a trail packed with fascinating history and breathtaking landscapes, from the vineyards of the Champagne region to the mighty Alps and picturesque Tuscany.

Whether you are looking to experience the beauty of the Via Francigena, hike in the land of St Francis of Assisi, cycle the ancient Via Appia or trek spectacular Cinque Terre our travel specialists will send you on the right track.

Talk to us about our wonderful tours on the Via Francigena and Italian ways.



FAVOURITE TOURS



- The Via Francigena
- Walking in Tusacny
- St Francis Way in Italy
- Cycle The Via Appia
- Cinque Terre

Whether cycling or hiking in Ireland, we promise an unforgettable adventure in the land of the thousand welcomes. Get in touch with our travel specialists and start planning your trip today!



IRELAND WAYS.COM



Talk to our travel specialists and start planning a very special trip hiking Ireland's best trails or cycling the spectacular Wild Atlantic Way.



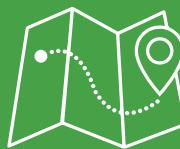
Hiking in Ireland is the best way to discover magnificent trails full of history, breath-taking scenery and unforgettable hospitality.

Feel the magic of the spectacular Cliffs of Moher walking the Burren Way; catch epic sunsets cycling the Wild Atlantic Way; trek the legendary Giant's Causeway; be amazed by rugged scenery hiking in the Dingle Peninsula or cycling the superb Greenway to Achill Island...

EXPLORE IRELAND

At IrelandWays.com we have selected the very best trails for cycling and hiking in Ireland and combined them with first-class accommodation and luggage transfers to make your trip a truly memorable experience. An unforgettable holiday awaits in the 'land of thousand welcomes'.

FAVOURITE TOURS



- Hiking The Kerry Camino
- Hiking The Causeway Coast Way
- Cycling The Achill Island Greenway
- Hiking The Wicklow Way
- Cycling The Wild Atlantic Way

We have unforgettable trekking tours to suit all levels: whether you are looking for a laid back walking trip, a great hike or the ultimate trekking challenge.



TREKKING BUG.COM



At TrekkingBug.com we offer tours on some of the worlds most beautiful trails. With years of experience on the paths less travelled our travel experts can provide you with the perfect trekking itinerary for your group trip.

GROUP TREKS

Whether you want to get away with a group of friends or challenge yourself for a charity, our group tours specialists can provide the best possible itinerary for your next big adventure.

We work with charities, hiking societies, walking clubs and other private groups to organise tailor-made group treks and hiking trips. Routes can be adapted to suit the group's fitness levels and goals; from easy coastal trails such as Catalonia to authentic adventures such as climbing Kilimanjaro.

Talk to our specialist team at info@trekkingbug.com.

SELF-GUIDED TREKS AND HIKES

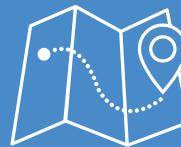
Most of our tours at TrekkingBug.com are self-guided tours, perfect for independent hikers travelling on their own or with a friend. Dates are flexible so you can travel any time (depending on the trail selected).

TrekkingBug.com will organise your accommodation (generally including breakfast and dinner during the hike), luggage transfers and provide you with a holiday pack including trekking notes, maps, and practical information for your trek.

GUIDED TREKKING ADVENTURES

Each year we have a limited number of exclusive guided trekking adventures departing on specific dates.

FAVOURITE TOURS



- Tour Du Mont Blanc
- Hiking La Gomera
- Tek Machu Picchu
- Walking in Catalonia
- Climb Kilimanjaro

CAMINO GROUPS

The Camino de Santiago is a very special journey, ideal to be experienced as a group. Whether you are part of a walking club, parish, charity, school tour or a group of friends, the Camino is an unforgettable adventure. Walking the Camino de Santiago as part of a group will give you plenty of time to get to know the other group members and share a very special experience with loved ones, fellow pilgrims, team members and club friends.

We have years of experience organising tours for groups of all sizes and ages. Whether you are taking on the Camino as a challenge or want to celebrate a special occasion, we are here to help you along the way.

CHARITY CHALLENGES

We team up with enthusiastic charities each year that embark on the Camino de Santiago as part of their Charity Challenge. If you are tasked with organising your next charity trek then we are here to help. From tailored packages to the most popular Camino routes we have an experienced travel team that will provide you with all of the information you need.

HOW WE CAN HELP MAKE YOUR CHARITY TREK A SUCCESS



Tailored itineraries, including hotels



Many different routes to choose from



Airport and luggage transfers, meal and local guides included



Marketing and promotion assistance



Recruitment & information events



Fitness advice & training days



'Trek Pack' material with detailed Camino information



Gear discounts in selected outdoor stores

“

We here at Diabetes Ireland have worked with CaminoWays on our fundraising trips to the Camino de Santiago for the past few years. Their guides are of the highest calibre and ensure a fabulous trip full of education, history and care which is essential to all charities running an overseas fundraising trip. To say the week on the ground runs smoothly would be a disservice to their level of planning in terms of hotels, evening meals, luggage transfers etc. I would have no hesitation in recommending CaminoWays to any charity running any overseas walk.

GARY, FUNDRAISING MANAGER AT DIABETES IRELAND

”

OUR CAMINO MEMORIES



Dario and friends
travelled from Italy to complete
the Camino de Fisterra



Heidi Seifkas enjoying her
Camino adventure



Alan, Marg, Penny & Sue
from Australia in Santiago



Barbara and her group
from U.S.A on a guided tour
of Camino Frances



Phil Cawley from
Today FM in Santiago



Peter McVerry Trust
Hiking Tour du Mont Blanc

START PLANNING AT CAMINOWAYS.COM

At CaminoWays.com we have a responsible travel and 'leave no trace' ethos and we encourage our clients to follow these simple but very important principles.

We have prepared a simple Responsible Travel checklist to keep in mind when you head to the Camino de Santiago or any of our other travel destinations:

1 **REDUCE & REUSE** 

Reduce the amount of water bottles used for instance, bringing a durable water bottle that can be refilled along the way, instead of purchasing new bottles every day.

2 **BE CONSIDERATE** 

Respect fellow Camino walkers and cyclists. This is not just responsible travel but also the very essence of the Camino de Santiago.

 **3** **RESPECT LOCAL WILD LIFE**

As well as livestock and other farm animals.

4 **DISPOSE OF LITTER** 

In appropriate, designated areas. If you don't find bins along the way, you can bring litter back with you and dispose of it at your hotel.

5 **RESPECT LOCAL CUSTOMS AND CULTURE**

Unique culture and customs are an essential part of the Camino experience. Embracing these is part of a responsible travel ethos. We encourage you absorb as much as possible of the traditions, language and culture along the Camino routes.



6 **HOLIDAY NOTES** 

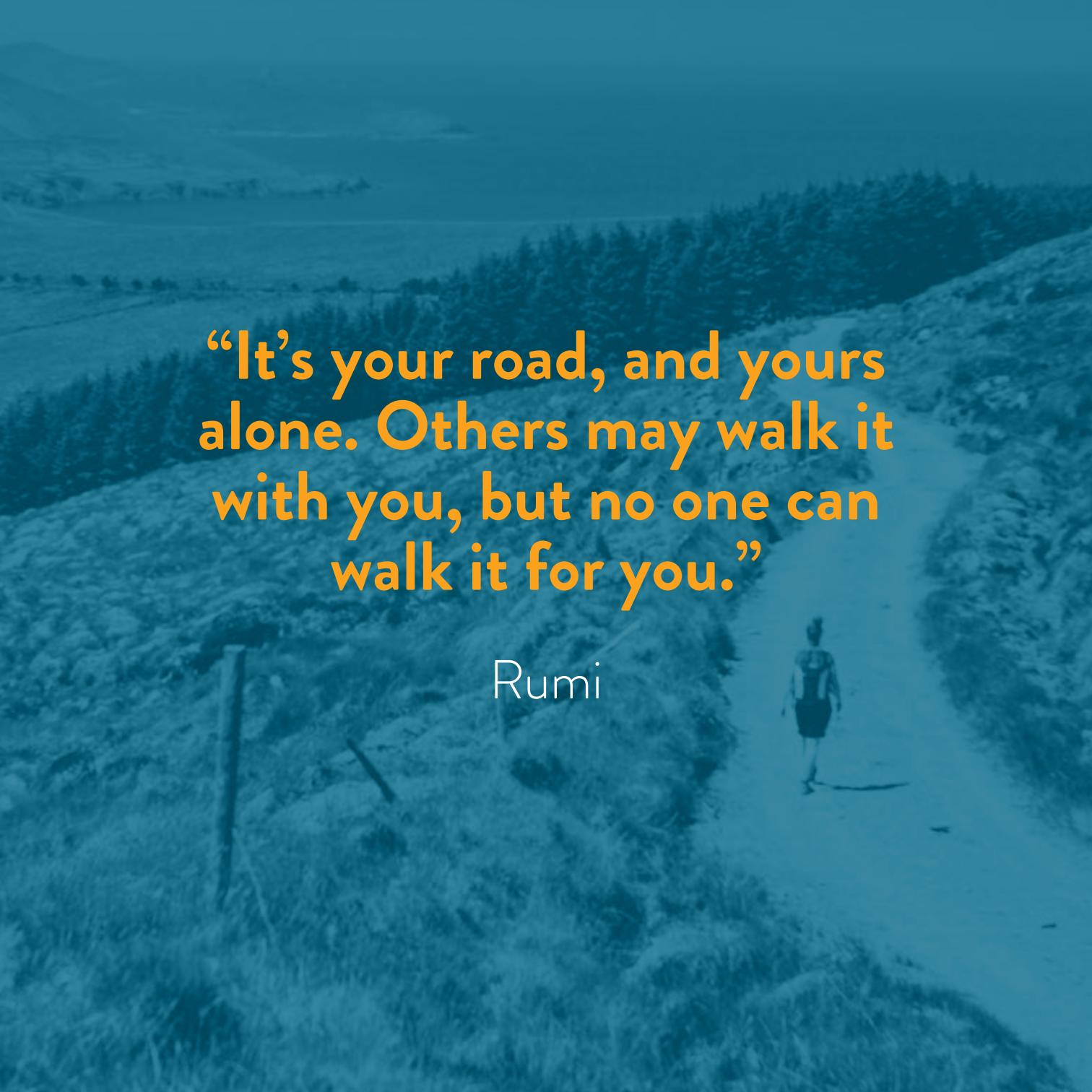
If you are travelling technology-free, we suggest you print notes and holiday info on recycled paper or scrap paper.

7 

Encourage fellow walkers to follow these simple principles.

Contact the team at
caminoways.com



A person is walking away from the camera on a dirt path that winds through a mountainous landscape. The path is flanked by grassy slopes and a line of evergreen trees in the distance. The entire image is overlaid with a semi-transparent blue filter. A quote is centered in the upper half of the image, and the name 'Rumi' is centered below it.

**“It’s your road, and yours
alone. Others may walk it
with you, but no one can
walk it for you.”**

Rumi

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