

What to Expect

Walking: Most of us don't spend our days walking so these distances may seem formidable. However, as we know, the body and the mind are eager to respond to training. So train we must. People of all ages walk this path. Those who train diligently have more fun - no matter their age! (See **Training Plan**)

Eating: We begin our days with breakfast in our hotel. We find lunch and culinary treats as we walk. Dinner is late in Spain, often 8 or 8:30pm. Sometimes dinner will be at our hotels, sometimes an easy walk away.

Sleeping: We will be in dual-occupancy rooms with twin beds and a private bath. This can be an opportunity to share stories and thoughts of the day in a quieter setting. Given the small size of our hotels, we aren't able to arrange single occupancy rooms.

What this Costs

The cost of your time with Silver Sage Sojourns is \$2700. This covers all group arrangements while together. This includes all breakfasts, three in-hotel dinners, a welcoming dinner our second night in Sarria, and transportation for our day trip to Muxia. We also provide you with a Journal, your Pilgrim Passport and John Brierley's *Camino de Santiago Maps* guide.

This does not cover your airline reservations. We've found that flights from Madrid to Santiago on European budget airlines are quite economical. Travel from Santiago de Compostela to Sarria is available via taxi or bus.

You will also need about \$300 for independent lunches, snacks and in-town dinners.

Health Insurance is required. You must have medical insurance. Personal medical insurance may not cover unexpected medical expenses while traveling. Please review your medical insurance to determine if coverage is appropriate, or if a supplemental medical policy is necessary.

Travel Insurance: It is highly recommended you have travel insurance before traveling in case of unforeseen situations before or during your trip such as cancellation, trip interruption, baggage lost, stolen or delayed, injury or illness.

If you are involved in a medical emergency while traveling, you will want those costs covered by your insurance; if you need to cancel unexpectedly, you will also want your insurance to cover your travel costs.

You will need a **current passport**. It also needs to be valid for the 6 months following your return date.

You will need to **depart Seattle on May 3** in order to arrive in Sarria by May 4.

Camino Questions

Can I really do this? I'm older than I used to be! Being diligent about training is essential. As an expert in being older I can say we get in shape more slowly, lose ground more quickly and recover more slowly from strenuous activity. We need to be comfortable walking 10-15 miles - knowing you can't sit home the next day and recover! You also need to be steady while walking on rocky, uneven terrain. Check out the Training Plan on FYI Camino web page.

Is this a religious pilgrimage? There are deep religious roots to this journey. We will be walking in the footsteps of ancient and modern Pilgrims whose inner journeys are as varied as our own. We can expand our understanding of the word religion, of the word Pilgrimage and even of the particulars of the Camino de Santiago by being there with eyes wide open. I like to think of every moment as a pilgrimage. Meaning, I like to at least intend to be aware of the presence of something we call God in every step I take. Not that I succeed at all! But what I love about long walking journeys is that we are free to practice this step by step attention. Check out Resources on FYI Camino web page.

Do I walk alone or with the group? Discerning this answer is good practice. If you enjoy walking with others, you will find walking companions. If you enjoy walking on your own, you will have all the information you need to walk to the next night's lodging. The important thing is the practice of attending to what makes sense for you each day.

What should I pack? Hiking clothes are our daily attire. Some like to bring something to change into in the evening but nothing fancy is ever needed. I strongly encourage at least one trekking pole. People's preference for footwear varies - lighter hiking boots or trail shoes should be fine for most folks. Check out Packing List on FYI Camino web page.

Pre-Trip Meetings

As soon as we have your deposits, we will set up two pre-trip meeting times. In the **first meeting** we will learn who we are. I will talk more about training. I will present some contemplative practices and encourage you to practice something regularly. We will also share relevant reading resources and answer any travel questions.

The **second meeting** will be a day hike (place to be determined).