

Jodi Lee Foundation Camino Challenge



Trip Highlights

- Raising awareness and funds for Jodi Lee Foundation
- Walk the last 115km of the Camino de Santiago with a knowledgeable guide and a group of fellow walkers
- Stay at friendly, family run hotels and eating at hotels and restaurants with delicious local dishes
- Reach Santiago on foot and experience the famous pilgrims mass
- Experience the history of the ancient pilgrimage route



Trip Duration	9 days	Trip Code: JF1
Grade	Moderate	
Activities	charity challenge trek	
Summary	8 nights in combination of quality hotels, farmhouses and hotels	

Supporting Your Cause

Jodi Lee Foundation was established in honour of Jodi Lee, who lost her battle with bowel cancer at age 41. Since 2010 we have been on a mission to empower people to take active steps to prevent bowel cancer, act quickly on symptoms and live healthy lives.

We are a leading voice for bowel cancer prevention. Each year we reach millions of Australians through our national initiatives including our Workplace Prevention Program; campaigns like Trust Your Gut, major fundraising events such as The JLF Trek, PR and a powerful social media voice to raise awareness about bowel cancer.

Your Huma Challenge

Thank you for your interest in our Jodi Lee Foundation Camino Challenge. 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. Our itineraries are well researched, affordable and tailored for the enjoyment of small groups. They will 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.

Connect with us on social

FACEBOOK: @humacharitychallenge

Like our page at facebook.com/humacharitychallenge

INSTAGRAM: @humacharitychallenge

Follow us at instagram.com/humacharitychallenge

Share the love - hashtag #Humacharitychallenge or #Adventureforacause on your best travel photos and videos to be featured.



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Charity Challenge Payments

Joining Madrid from Travel Cost Twin Share:	\$2575
Non-refundable Registration Fee:	\$200
Optional Single Supplement:	\$620
Minimum donation/fundraising:	\$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

2019 31 May - 08 Jun

Countries Visited:

Spain

Visas:

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.

Group Size Min:

8

Group Size Max:

16

Singles:

A single supplement is available for this trip*

What Impact Will My Fundraising Have?

Help us to save 965 lives by 2022

Australia has one of the highest rates of bowel cancer in the world. In 2017, it was estimated that 16,682 new cases of bowel cancer would be diagnosed. By 2022, this number is expected to increase to almost 20,000 bowel cancers detected annually.

The good news is that 90% of bowel cancers can be treated successfully if detected early.

Currently only 41% of people invited to participate in the National Bowel Cancer Screening Program completed the screening test, your donations will assist us to create more awareness in the National Bowel Cancer Screening Program and will have the potential to save an additional 965 lives by 2022.

OUR MISSION

Our mission is to empower people to take active steps to prevent bowel cancer and live healthy lives. We do this through a number of national initiatives that encourage Australians to screen regularly, know their family history, act quickly on symptoms and maintain a healthy lifestyle.

OUR VISION

Our vision is to eliminate bowel cancer.

Your Adventure

The last six days of the Camino de Santiago offers the chance for time starved travellers to walk the final 115kms into Santiago and gain a wonderful appreciation of the historic significance of the route. Walking through mixed landscapes in the company of your guide and group, there are numerous reminders of the pilgrims past who travelled the route including crosses, statues and grain silos. Thanks to your guide, the history of the trail will be shared with you to ensure that you soak in as much as you can during your short time on the trail. One of the many highlights is reaching the gates of Galicia which lead on to the fabled Santiago de Compostela with its famous cathedral, site of the tomb of St James.

Fundraising Options

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

1. You can choose to pay for the travel costs yourself and just fundraise the charity donation.
2. You can opt to fundraise the entire amount – the travel cost and the charity donation. You must make sure that funds raised for the travel cost are done so independent of the charity and that donors understand that their donation will be directed towards your travel expenses and are not tax deductible.
3. You may choose to pay for the entire amount yourself and claim the charity donation component as a personal tax-deductible donation to your charity.
4. Lastly you can attempt to fundraise as much as you can in the given time and personally fund the balance of the total.

Once you have registered on this challenge you will receive our comprehensive Confirmation Kit that includes a Fundraiser's Guidebook, a great resource for fundraising ideas and support.



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Leader:
Expert Local Leader & Escort

*Ask our staff for more details.

Online Fundraising Portal

You will have your own Jodi Lee Foundation fundraising page which will chart your fundraising targets and your journey. The team at Jodi Lee Foundation will be in touch with you upon registration and provide you with a link to create your personal fundraising page. The minimum fundraising target is \$2500 per person. Consider that this is a \$25 dollar donation from 100 people - you can do it!

Itinerary at a Glance

DAY 1	ARRIVE MADRID
DAY 2	TRAVEL TO SARRIA
DAY 3	WALK THROUGH THE HILLS OF GALICIA TO PORTOMARIN (6HRS, 22KM)
DAY 4	TO PALAS DE REI (6-7HRS, 24KM)
DAY 5	LEAVE LUGO TO ENTER LA CORUÑA AND ON TO MELIDE (4.5HRS, 15KM)
DAY 6	TO ARZÚA (4HRS, 14KM)
DAY 7	TO RÚA (5-6HRS, 19KM)
DAY 8	ARRIVE SANTIAGO (5-6HRS, 21KM)
DAY 9	DEPART SANTIAGO

Additional Deposits Required

- Registration Fee \$200
- Non Refundable deposit \$500 for hotels and service required; this amount deducted from travel cost.
- Recommend to take out travel insurance to cover for cancellation of travel.

What's Included

- Trip escorted by Kathryn Quintel CEO Jodi Lee Foundation
- Transport from Madrid to Sarria including picnic lunch
- 8 breakfasts, 7 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 chicken, red meat, fish or a pasta dish & finishing with a dessert of fruit or cakes.
- 8 nights in a combination of quality hotels, farmhouse B&Bs and hostals generally with private facilities
- Luggage transfer (1 bag, max 20kg per person)
- English speaking guide on the Camino walk
- Visitor tax
- Emergency hotline

What's Not Included

- Lunch daily and drinks
- Airport transfers
- Items of a personal nature
- Entrance fees
- Travel insurance
- Return international airfare from Australian gateway cities to Madrid



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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

The walking is graded moderate (3). Daily walks are between 14 and 24km on well marked trails over diverse terrain – from relatively flat to rolling hills. 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.

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.

Detailed Itinerary

DAY 1 Arrive Madrid

After all the planing and preparation the wait is finally over!

As the group arrives from different countries on different flights we are not including airport transfer, if you need to book please contact nearest Huma office at additional cost. The afternoon is free time to relax and stretch your legs. This evening we enjoy a local cuisine arrival dinner.

meals: D

DAY 2 Travel to Sarria

Today we will travel by vehicle/coach from Madrid to Sarria, which is approx 6 hours drive. We plan to have some stops along the way to stretch the legs and have organised a picnic lunch.

Sarria is located on a hilltop with a river on either side affording you great views of the region. This evening we will meet with your guide for a tour briefing, followed by dinner with the group.

meals: B,L,D

DAY 3 Walk through the hills of Galicia to Portomarin (6hrs, 22km)

This morning we can take the time to visit the Church of the convent of La Magdalena. Over the "Meseta lucense", the Lugo Plateau, we will pass through many hamlets dotted along areas of cultivated land, grazing pastures and woodlands and view the first "horreos", typical raised grain silos. The walk today is relatively easy until the descent, crossing the Dam of Portomarin where we can see ruins of the ancient flooded village, and into the town to our accommodation.

meals: B,D

DAY 4 To Palas de Rei (6-7hrs, 24km)

The route today takes us through forested areas which have a magnificent fragrance. Along the path we will pass charming hamlets and calvaries. We will continue through Ventas de Naron, head over the gentle Sierra de Ligonde, then downhill through Previsa, Lameiros and Ligonde where we will find a church dedicated to the apostle St James. Emperor Charles V stayed here in the modest village of Ligonde, on the 24th of march 1520. Then we continue on to Palas de Rei, where will overnight in a charming hotel.

meals: B,D

DAY 5 Leave Lugo to enter La Coruña and on to Melide (4.5hrs, 15km)

On our walk to Melide we will pass through the small towns of Coto and Leboeiro. Melide is one of the larger towns along the Galician section of the Camino Trail. We will stop enroute at A Garnacha jfor lunch to taste the "Pulpo a Feira", octopus usually served boiled and cooked with red pepper and paprika. We continue to Melide.

meals: B,D

DAY 6 To Arzúa (4hrs, 14km)

The terrain becomes much easier today as we walk through the villages of Carballal, San Xuilan do Camino and Lebereiro and past Eucalyptus trees. The group will be able to stop at one of many villages for lunch. As we cross over the River Seco on the Magdalena Bridge we will reach Furelos and continue onto Arzúa in the province of La Coruña.

meals: B,D



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DAY 7 To Rúa (5-6hrs, 19km)

Today's walk will bring us to the small town of Rúa which has a population of only 50 people. The walk today is lovely, as you pass large green fields and rural landscapes.

meals: B,D

DAY 8 Arrive Santiago (5-6hrs, 21km)

On our last walk together we will pass many ancient sites including monuments, chapels and bridges – all which have a story to tell. We follow country lanes and forest paths through increasingly populated countryside. The last day on the trail is always a special one, as we make our way to Santiago on foot. Arriving in the fabled Santiago de Compostela there is plenty to see and do – or simply relax and celebrate the end of the journey.

meals: B,D

DAY 9 Depart Santiago

After breakfast we check out of the hotel and then visit the Santiago Cathedral for the midday service where your nationality will be read for completing the pilgrim. The challenges finishes today and

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.

Country Information

The walk takes you through the Spanish region of Galicia, known as “green Spain”, due to its lush green countryside. Located in the northwest Iberian Peninsula, the region is surrounded by the Atlantic Ocean to the west, the bay of Biscay to the north, Portugal in the south and Asturias in the east. Galicia is made up of four different provinces, la Coruña, Pontevedra, Ourense and Lugo, and its capital is Santiago de Compostela. The Galician's have their own language - Gallego - but do also speak Spanish.

Climate

Semi-continental climate on the Meseta: cool in spring and mild in autumn (14 to 25°C), very warm in summer (28 to 35°C). Oceanic climate in Galicia: less warm in summer but more humid. This itinerary also comprises some mountainous stages: it can always be windy and cold.

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.



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Accommodation on the Trip



We have chosen 3 to 4 star central accommodation - twin share private bathrooms

Pre and Post Tour Accommodation

Please advise your travel consultant if you would like to book extra nights in Madrid - pre or post.

Equipment Required

Wet weather gear, sunscreen, good walking boots / shoes, sun hat and walking poles. A comprehensive gear list is included in the pre-departure information provided on booking.

Info Nights

Come and join us on one of our free Info Nights and learn more about your Charity Challenge. Whether you're registered or still deciding whether to take the challenge you'll find these evenings informative and inspiring and are hosted by our most experienced and passionate travel experts and representatives from the relevant charity. Register at www.humacharitychallenge.com

How To Book

To register on this Charity Challenge please complete the registration form and return to Huma Charity Challenge, Attention Fiona Windon.

Email: fiona@humacharitychallenge.com.au

Post: Huma Charity Challenge, Level 5, 71 York Street, Sydney 2000

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

