

Diabetes
 **Ireland**

Camino de Santiago



**Join us on the Famous & Historical Camino
de Santiago (Portuguese Leg) and Help
Raise Funds For Diabetes Ireland**

6th – 13th September 2014

About Diabetes Ireland

Formed in 1967, Diabetes Ireland is the national charity dedicated to helping people with diabetes. We achieve this by providing support, education and motivation to all people affected by diabetes. We also raise public awareness of diabetes and its symptoms and fund Irish and international based research into finding a cure for diabetes.

Our mission and aims are:

To provide a quality service in improving the lives of people affected by diabetes as well as working with others to prevent and cure diabetes.

About The Camino Santiago de Compostela

The 1000 year old pilgrimage to the shrine of St. James in the Cathedral of Santiago de Compostela is known in English as the Way of St. James and in Galician as the Camiño de Santiago and is one of the most famous pilgrimage walks in the world. Over 100,000 pilgrims travel to the city each year from points all over Europe, and from other parts of the world.

Join Diabetes Ireland on a tailor-made trekking adventure along the Portuguese leg of the route from Tui to Santiago. Led by experienced tour operator, Camino Ways, this 8 day trek is the perfect trip for solo adventurers or groups of friends.

The last section of the Camino Portugués (Portuguese Way) starts in the border town of Tui, separated from Portugal only by the River Minho and the International Bridge.



Recommended reading for more info: John Bierley: "Camino de Santiago guide"

Trip Includes:

- Return Flights From Dublin to Santiago de Compostela
- All internal transfers including luggage transport during the trek;
- Insurance
- Accommodation includes bed, breakfast and dinner;
- Fully guided tour & historical notes for each section of the walk.



From Tui to Santiago de Compostela, the Camino trail passes through wooded areas, farmlands and hamlets, as well as historic towns and cities. This route travels along the Galician coast in Arcade, a town famous for its oyster festival; and the city of Pontevedra with its classic Galician old town and pedestrian centre. On your way to Santiago, you will also walk through Padrón, hometown of Galicia's most famous poet, Rosalía de Castro and finally finish in the famous square and The Cathedral of St James.

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Day 1 - Arrive in Santiago Airport & Transfer to Tui (1.5hrs)

Meet your guide at the airport, and transfer to Tui Arrival at the hotel around 5:30pm. Highly recommend is to take a stroll through the lovely streets of the town to the Plaza de San Fernando, where there is a fantastic view of the magnificent 12th century cathedral. *Dinner and a briefing will begin between 7 and 8pm.*



Day 2 - Tui to O Porrino (16km - Approx 4hrs walking)

This section of the Camino starts from the old port of Tui and makes its way up through the old town along the Camino de Barca. From here you will pass through the Tunel das Monxas and begin a sharp climb up to the breath-taking bridge of San Telmo. After this the terrain becomes slightly easier on the way to O Porriño.

Day 3 - O Porrino to Arcade (22km, Approx 5hrs walking)

From O Porriño you will cross and continue along the Louro valley. A short climb leads up to the chapel of Santiaguino de Antas which is a peaceful place to rest your legs. After this the trail moves into pine forests and heads to Arcade through the village of Setefontes.

*Hills: This denotes the total metres ascended and descended on the day.

Cost Summary:

- Cost of trip: €995
- Minimum fundraising target: €1,000
- Total Amount Payable by Participant: €1,995

Profits to be split equally between maintaining Diabetes Ireland education and support services and diabetes research unless otherwise specified.



Day 4 - Arcade to Pontevedra (11km, Approx 3hrs walking)



The first point of interest today is where the trail crosses the Verdugo River at Ponte Sampaio. This bridge is the point where the army of Napoleon suffered one of its greatest defeats in Galicia. From here you will travel along a cobbled road that leads to the church of Santa Maria, which was founded in the 13th century. There are magnificent views from here over the Bay of Vigo.



Day 5 - Pontevedra to Caldas do Rei (24km, Approx 6hrs walking)



Day 5 of this section of the Camino will see you pass through chestnut groves and pine and eucalyptus woods. In the village of Ponte Cabras you will pass the rectory of Santa Maria de Alba. At Lombo da Maceira there is a statue of Saint James with his walking stick showing you the way to continue. On your way to Caldas do Rei you will pass through the village of Tibo which has a lovely fountain and public washing bath.



Method of Payment:

You will be required to submit regular instalments to meet the following targets:

- 1) an initial deposit of €250 (non-refundable)
- 2) a sub-total of €750 (inclusive of the deposit) by 31 March 2014;
- 3) a sub-total of €1,500 (inclusive of the above monies) by 31 May 2014;
- 4) a sub-total of €1,995 (inclusive of the above monies) by 31 July 2014

You can lodge monies to meet these targets by sending a cheque, bank draft or postal order to Diabetes Ireland, 19 Northwood House, Northwood Business Campus, Santry, Dublin 9. Please contact Gary (01 842 8118) for Diabetes Ireland bank account details for direct lodgements.

Previous trek participants said that having regular instalment targets made the process seem easier and focused attention on raising the sponsorship at an early stage. Hence the reason we have this instalment schedule in place.

Day 6 - Caldas do Rei to Padron (18km, Approx 4.5hrs walking)

From Caldas de Rei you will cross the river Umia and encounter the hot spring from which the town derived its name in Roman times. The trail once again leads into forests and gradually climbs to the village of Santa Marina. After a descent you will cross the river Fontenlo before making your way through pine forests to today's final destination of Padrón. When the body of Saint James was being brought to Compostela by ship, Padrón was said to be the first land it reached.

Day 7 - Padron to Santiago de Compostela (24km, Approx 6hrs walking)

Your final day of walking will see you pass through a number of small villages on your way to the historical sanctuary of A Esclavitude. Nearby on a hilltop sits the ruins of a fort known as Castro Lupario. Shortly after this you will see some of the oldest wayside crosses of Galicia. As you make your way towards Agro des Monteiros you will be able to see the spires of the cathedral in Compostela. Your way into the famous city of Santiago de Compostela will see you pass the ruins of the castle of A Rocha Vella.



Day 8 - Santiago de Compostela. Following breakfast there will be an opportunity to explore the old city of Santiago and take in mass in the square (flight time permitting) before departure home.



Pilgrim Credential: Most people who walk, even if not religious, carry the “credential del peregrine” [pilgrim’s passport]. You will find it enclosed in your trek pack. Coming to Santiago you will obtain the “Compostela certificate” (proof of having completed the journey) from the Pilgrim office. To receive the certificate, the credential must be stamped twice each day (e.g., in hotels, bars, restaurants, churches etc) of the walk.

Trek Support

The Diabetes Ireland Camino Walk 2014 is fully supported by Camino Ways, an Irish travel agent specialising in the Camino Santiago de Compostela. A Diabetes nurse will also join the group as a host.



Diabetes Ireland - Conditions of Entry

1. To be eligible for this trek you must be over 18 years of age (Unless accompanied by an adult).
2. To apply, you must enclose 2 passport photos and a registration fee of €250 per person. This is non-refundable under any circumstances.
3. Diabetes Ireland reserves the right to refuse an application without explanation. Their decision is final and no correspondence will be entered into.
4. You will be notified within 10 days as to whether you have obtained a place or not, or with a request for more medical information so that Diabetes Ireland can make an informed decision on your application. You will receive your written consent to use the name of Diabetes Ireland in your fund-raising efforts for this trek.
5. In accepting a place, you are agreeing to your name and photograph being used by Diabetes Ireland for publicity purposes.
6. In addition you will undertake to raise a minimum amount of sponsor money for the charity– the actual amounts and deadlines are listed on the individual itinerary sheets. These deadlines are in place to enable the Diabetes Ireland to pay the costs associated with the trek on time and so they must be adhered to.
7. If for any reason you withdraw your place on the trek, any funds raised must be handed to Diabetes Ireland and there will be no refunds of any funds raised.
8. If you are unable to meet the sponsor money requirements, you will forfeit your place, unless you choose to make up the balance yourself.
9. Diabetes Ireland will not be liable for any loss or damage suffered by any party arising out of or in any way connected with any fundraising activities of applicants.
10. All funds raised should be payable to Diabetes Ireland.
11. Diabetes Ireland will endeavour to assist you in fundraising ideas and arrangements.
12. You must ensure that you comply with all legal and other requirements pertaining to your fundraising activities and that these activities or activities associated with them do not have adverse effect on the goodwill associated with Diabetes Ireland.
13. It is up to you to ensure your passport is in order and that any visa or other travel requirements are met (Your passport must be valid for 6 months from the date of your return after the challenge).
14. Insurance cover shall be provided.
15. You participate at your own risk on both the trek itself and any training walks taking place within Ireland. If you are refused passage and/or entry/exit to or from the country you will be visiting, any additional costs incurred are your responsibility.
16. If you have a medical condition that could be affected by long distance walking, or you are over 65, you must get written permission from your doctor to take part in this event. All instructions given to you on the challenge must be observed for your own safety.
17. Members of the Camino Trek must comply with instructions and directions of the group leaders. If you behave in a manner detrimental to the safety and well-being of any member of the group or any other person, the group leaders have the right to expel you from the group and you will be responsible for all additional costs incurred by the charity as a result.
18. All flights, flight timings, itinerary and arrangements are subject to change with little or no notice. You will be notified of such changes if and when the charity has been notified. All transfers to and from Dublin airport are at your own expense.
19. Diabetes Ireland reserves the right to cancel the event if there are fewer than the minimum required number of participants, or if there is an advisory issued against travel.
20. Under the data protection act you may let us know at any time if you no longer wish to receive mailings or telephone calls from Diabetes Ireland and charities with whom we co-operate. Please tick the following box if you do not wish to receive further contact

Further Information:

- Please call 01 842 8118 or email gary.brady@diabetes.ie
- On receipt of your application form and deposit we will send you our information pack which includes: fundraising authorisation, tips on fitness and further details of the trek etc.



Registration Form Page 1

Personal Details

Title: (as on passport) _____

Forenames: (as on passport) _____

Surname: (as on passport) _____

Name you prefer to be addressed as: _____

Age: (minimum of 18 years) _____

Address: _____

Tel: (home) _____

Tel: (mobile) _____

Email: _____



Please note that your passport must be in date at least six months after your return date. If you do not have a passport at present, please send in this registration form and forward your passport details as soon as you can.

Do you have any dietary requirements?

Yes No

Please include any foods you do not eat or are allergic to:

Passport Details

Passport Number: _____

Date & Place of Issue: _____

Date of Birth: _____

Place of Birth: _____

Nationality: _____

Expiry Date: _____

Name of Next of Kin: _____

Relationship: _____

Address: _____

Email: _____

Tel: _____

Please note that there are only a small number of single rooms available. Should you request a single room, you will be required to pay the resulting supplementary charge.

Are you happy to share a room?

Yes No

If yes, with anyone in particular?

Deposit Payment Details

I enclose a cheque for the amount of €250 (payable to Diabetes Ireland)

Please charge €250 to my: VISA / MASTERCARD / LASER (please circle)

Credit Card No:

Exp Date: ___ / ___ / ___

Name on card:

Security Code (last 3 digits on back of card)

Registration Form Page 2

Do you have Diabetes? Yes No (If Yes: Year of Diagnosis)

Current Insulin Treatment

Type (Lantus, Actrapid, pump, etc.)

Units of Insulin:

Morning: Lunch: Dinner: Night Time:

Do you attend an ophthalmologist? Yes No

Have you had laser treatment? Yes No

What was your most recent A1c? Date:

Medical History:

Other medical conditions, please specify:

Asthma: Yes No

Heart Disease: Yes No

Epilepsy: Yes No

Severe Allergies: Yes No

High Blood Pressure: Yes No

Other: Yes No

Please state what other medication and dosage is used (if any): _____

Please specify any recent hospital admissions: _____

Declaration – I have read and agree to abide by the Terms and Conditions of Entry as detailed in the brochure. I understand that the objective is to raise the required sponsorship for the trip.

Signed: _____ Date: _____