

# ¡BUEN CAMINO AL ESPAÑOL!

*Welcome to our linguistic experience!*

*Would you like to know more about it? Here you will find out more information.*



We are looking forward to walk Saint James's Way with you! This is a very old pilgrim way that **combines nature, history, culture, gastronomy, personal growth and lots of opportunities to learn and practice Spanish not only with our fun educational activities but with the local people.** "¡Buen camino!" is the common greeting that you will hear and say every time you meet or pass by other pilgrims to express friendliness.



**We will organise groups of students of the same Spanish level.** The groups will have between six and twelve participants. If you do not know your Spanish level, you have different ways to find it out: you can take the online Spanish level test from [Instituto Cervantes](#) or arrange an interview with us via Skype or by phone.



The trip includes **full board** starting with the dinner on our first day and ending with the breakfast on our last day. We will eat in local places previously chosen by Freshlinguas to make the most of our experience in traditional and authentic restaurants and bars. Each restaurant will offer different types of dishes according to the menu arranged. Each lunch and dinner include one drink from the provided options. We invite you to let us know in the enrolment sheet if you follow a special diet or have any allergies. **You are also entitled to have one drink during the afternoon class** from the given options (Coke or a glass of wine or a beer for students over 18).



The route that we will do may seem long at some isn't difficult. **We walk around 5 hours per day**, no hurries, because we will take time to visit some places, rest, eat and practice Spanish. By the last day, **when we get to Santiago de Compostela, we will have walked 100 km.** We will walk five phases (the two first on Camino Primitivo and the rest on Camino Frances). On our first day you will get the pilgrim's credential which you will have to get stamped at every town we stop in along the way so you can prove that you have actually walked the last 100 km of Saint James's way and then claim "la Compostelana".

- Stage 1: Lugo – San Román da Retorta – 20 km
- Stage 2: San Román da Retorta – Melide – 27 km
- Stage 3: Melide – Arzúa – 14.5 km
- Stage 4: Arzúa – Pedrouzo – 18.5 km
- Stage 5: Pedrouzo – Santiago de Compostela – 20 km

Our longest walking day will be the second one. It will take us around 7 hours to complete the 27 km we face that day. We do not need to be in the same shape as an athlete but **it is advisable to train a bit before the trip so your body and your feet will be used to walking long distances.**



The price of the experience includes the **transportation of your luggage** from each town we are leaving to the next town where we will sleep, so when you walk, you can just focus on practising Spanish, enjoying the landscape and taking pictures. We recommend just taking a light backpack to walk along the route.



**We will sleep in different kinds of mid-range accommodation.** You can choose between a single or double room. If you choose a double room, you will share it with another student from the group. On one night we will have to sleep in a real pilgrim's hostel because it is the only option available at the remote town we will be ending up in that day; there we will all share a room with other pilgrims.



We will **begin the Camino in Lugo**. You can join us there at 3pm at the hotel or you can travel with us from Madrid South Bus Station on the 8am bus.

We will be happy to advise you on where you can best fly to in Spain from your home country to start your linguistic experience with us. Email us if you need assistance on this. Be aware that if from your home city you can fly directly to Santiago de Compostela, you will easily get to Lugo by bus.

- Bus ticket Madrid/Lugo: €40 approx. [www.alsa.com](http://www.alsa.com)
- Train ticket Santiago/Madrid: €55 approx. [www.renfe.com](http://www.renfe.com)
- Flight ticket Santiago-Madrid: €50/ €70 approx. depending on the dates [www.iberia.com](http://www.iberia.com)
- Bus ticket Santiago Airport/Lugo: €9.60 [www.empresafreire.com](http://www.empresafreire.com)

If you decide to travel with us from Madrid by bus, we will book the tickets so we all travel on the same bus and can have a linguistic activity during the trip (please, remember that this ticket it is not included in our price). For the return trip, we could arrange a flight or train ticket, depending on what people in the group prefer according to their interest, budgets and plans. Iberia airline usually has good prices/deals for the flights Santiago-Madrid but it will depend on the dates and the demand.



The trip includes a **basic travel insurance** that covers sanitary assistance in the event of an accident. When you book with us, we will advise you on what to take in your own personal traveling first aid kit. Please make sure you inform us in the enrolment sheet about any chronic disease or medical allergy that you may have, and list the medication you may have to take during our trip.



At the end of the Camino apart from your Compostela, you will get a **certificate that proves your participation in the course**.



**When enrolling or booking a place with us, you have to pay 50% of the course.** The dates for the trips and the dates to make the payments and/or cancelations are as follow:

**Single room: €1050**

**Double room: €895**

TRIP DATES	DATE FOR 1st PAYMENT (50%)	DATES FOR CANCELLATION WITH REFUND OF 80% AND 2nd PAYMENT (50%)	DATES FOR CANCELLATION WITH REFUND OF 30% OF TOTAL PRICE
21/07/2019	21/04/2019	15/05/2019	15/06/2019
02/06/2019	02/03/2019	02/04/2019	02/05/2019
15/06/2019	15/03/2019	15/05/2019	15/05/2019
08/09/2019	02/06/2019	30/06/2019	01/08/2019

After this date it won't be any refund.



If you decide to join us in this amazing experience, you will get more information related to the backpack you should bring, more advice and other information to prepare your trip. Would you like to book it? Download the enrolment sheet and send us a confirmation email. If you have any doubt, please, email us at [info@freshlinguas.com](mailto:info@freshlinguas.com) or send us a WhatsApp at +34 634 992 901