



GALICIAN EXPERIENCE WITH CAMINO FLAVOR

from the 24th of May to the 4th of June 2025
with AINOA POLO



Spain is a tourist destination like no other. In recent years, tourists have been discovering that Spain is much more than just beaches and tapas. Within this new trend, the north of Spain, and specifically the region of Galicia, has become a special point of reference—one of the places with the most personality, the best cuisine, rich culture, art, folklore, and, as if that weren't enough, a jewel that was declared a World Heritage Site in 1993: the Camino de Santiago.

Walking the Camino is a wonderful experience, believe me, but I realize that it is a tough type of journey for which you need to be prepared. It's a very specific kind of trip that doesn't suit everyone. Each person has their own moments, too.

From this need arises my proposal: Galician Experience with Camino Flavor, a journey to get to know and understand the pilgrimage, to walk some parts of the Camino de Santiago, but above all, an unmissable opportunity to get to know Galicia and its culture in depth.

I am passionate about my country and teaching in equal measure—I'm a teacher even when I sleep. That's why my commitment to tourism is based on sharing my knowledge in an instructive way, and above all, an active one.

Come along with me on an itinerary designed with love, full of details that will make you feel like a local, where you'll discover hidden gems not found in the guides, and where you'll be part of a small group with whom you'll share unforgettable moments full of laughter, excitement, and lots of learning.

Word of a teacher :-

Enrollment for this trip closes 10/07/2024

Contact us if you are interested!

MINIMUM OF 6 PEOPLE TO RUN THIS TRIP, MAXIMUM OF 10



Ainoa Polo

Contact me on WhatsApp +34 634 992 901

Or email me at: info@freshlinguas.com

www.freshlinguas.com

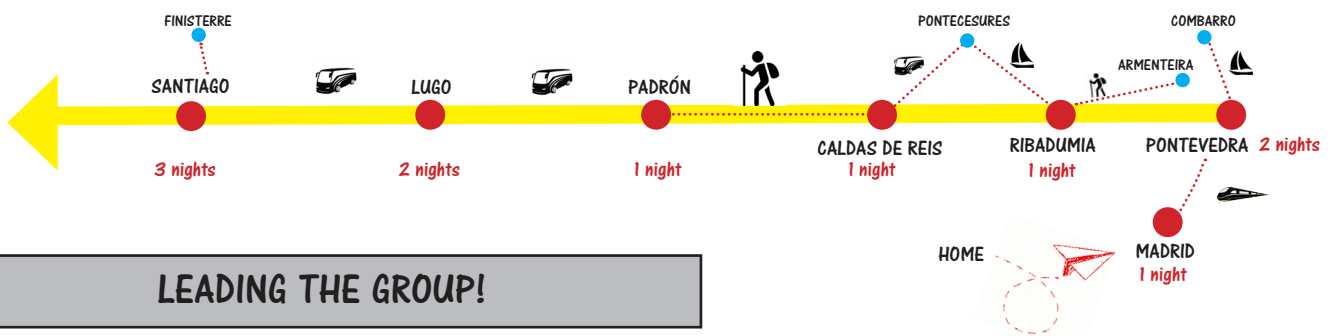
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TRIP HIGHLIGHTS!



- Exploring the local culture
- Enjoying and understanding the Camino spirit and traditions
- Learning about Galician and Spanish history, culture, curiosities, and folklore
- Being accompanied by a native teacher who will facilitate your learning and your trip
- Enjoying Spanish and local foods: hearty “caldo gallego” soup, almond cake, cheese, seafood and empanadas, while tasting the regional wines
- Receiving the Pedronía certificate at the end of your walk to Padrón.
- Discovering both city and rural areas
- Visiting artistic and natural jewels such as the cathedrals of Santiago and Lugo, the Peregrina Church, the Roman wall of Lugo, and much more
- Learning some Spanish and practicing with locals
- Having fun with a small group of motivated travelers

Join this adventure!



LEADING THE GROUP!



PROFESORA AINOA POLO

I was born and raised in Madrid, but I must confess, my deep affection for the Camino and my enchantment with Galicia, led me to recently relocate to the village of Padrón, close to Santiago de Compostela.

I’m a Spanish teacher, a trainer, an author of educational materials, and a writer who is dedicated to creating fun cultural immersion experiences in Spain. I wear multiple hats! and I love it, because above all I’m a very creative and energetic person. My travel agency specializes in language, culture and active tourism. I design unique programs for my students to experience the language and culture firsthand, in small groups, and to feel like a local.

I love my country and the Camino de Santiago. I enjoy sports, and I’m passionate about teaching and travel. Each of my trips is an opportunity to share the history, gastronomy, and curiosities of my culture in a very enjoyable way.

Want to know more about me?

Get to know me a bit better by scanning the QR code!

The main language of communication for this trip will be English.



TRIP PROFILE

—**Duration:** 11 nights / 12 days

—**Gateway:** Madrid

—**Accommodation:** 7 nights in 1 or 2-star hotels , 2 nights in 2-star country-inns, 2 nights in 4-star hotels.

*The standard of the Spanish 2-star hotels are quite high compared to other European countries and the United States. The hotels and other lodging are simple, comfortable, and very clean.

—**Transportation:** All lifts and transfers beginning when we leave the hotel in Madrid until the end of the trip in Santiago are included. If you need more information to extend your trip, please let us know. We will be happy to book your tickets or your hotel under your name.

—**Food:** All breakfasts, lunches and dinners are included except dinner on the first night in Madrid and the lunch in Finisterre. Usually 1 or 2 beverages are included with every lunch and dinner such as wine, beer or soft drinks. You will receive more information in your welcoming pack before the trip. We have selected the best local places, offering quality food with authentic flavour.

—**Luggage transfer:** included for the three days that we have a longer walk.

—**Cultural activities and entrances** to the monuments described in the program are included.

—**Basic health insurance** is included to cover any accident or health problem that may arise during the trip.

—**Walking tours:** These walking tours will provide you the opportunity to enjoy nature and experience what it feels like to be a pilgrim on the Camino, but not have to walk a full camino. They are accessible for all conditions and the terrain is easy. You can use any walking shoes or even sport shoes.

The longest walk, one stage of the Camino Portugués, is the most challenging due to the distance but not for the terrain; it is accessible to everyone. You will find some ups and downs on some hills but nothing difficult. This walk will immerse you in beautiful landscapes and you will enjoy observing rural life. We will stop to have a coffee in a nice bar and we will have lunch in a beautiful garden with amazing views where the proprietor will offer a fantastic picnic made with her own organic products!

To prepare for your trip, you should be active and plan to walk for a couple of hours once or twice a week during the four months before your trip. This will improve your conditioning and you will better enjoy the walks and the trip in general. Traveling and touring can be tiring, and you won't want to miss any of the beautiful and interesting experiences on this trip!

Name	Total distance	Effort	Time
<i>Walk 1, day 4: Ruta de la piedra y el agua in the Camino Espiritual</i>	7 km	EASY&FLAT	1.45 hours
<i>Walk 2, day 5: Short walk to the Segade waterfall</i>	3.5 km	EASY&FLAT	45 minutes
<i>Walk 3, day 6: Walk one stage of the Camino Portugués</i>	18 km	EASY WITH SOME UPS AND DOWNS	4.5-5 hours
<i>Walk 4, day 8: Short walk to the River Miño in the Camino Primitivo</i>	3 km	EASY DOWN TO THE RIVER AND BACK	45 minutes
<i>Walk 5, day 10: Short walk along the river Sar in Santiago de Compostela</i>	6 km	EASY&FLAT	1.30 hours
<i>Walk 6, day 11: Short walk to the lighthouse in the Camino de Finisterre</i>	2 km	EASY	30 minutes

—**Price & Conditions:** Contact us by email if you are interested in the trip by October 7, 2024. We need a minimum six people to run the trip. To confirm your reservation, a non-refundable deposit of 20% of the total amount of the trip must be received by October 14, 2024. Full payment must be received by January 24, 2025. See more details in the Terms & Conditions section below.

—Price for person in double twin room: 3450 Euros

—Single room supplement for : 450 Euros

TRIP ITINERARY



Day 1 - ARRIVING IN MADRID AND WELCOME DRINK

SAT. 24 Welcome to Spain! After a long journey to Madrid, you will have time to rest a little bit to be ready for your incredible adventure. In the later afternoon, we will meet at the hotel near the train station where we will depart for Pontevedra in the morning. We will enjoy a welcome drink, meet each other, and officially begin the program. Dinner is on your own this evening, to allow everyone to eat and rest at their own pace. I will provide recommendations for places to eat close to the hotel.

Madrid is a fascinating city that you may want to visit at the end of your Galician Experience.

Day 2 - PONTEVEDRA

SUN. 25 We will travel by train to Pontevedra early in the morning in order to arrive there in time for lunch. It will take around 4 hours. We will discover this lovely town that is part of the Camino Portugués and the church of the Virgen Peregrina with a guided tour. Dinner will be in a local “pulpería” to enjoy the typical food. Pontevedra is the main city of the Rías Baixas where the best Spanish white wines are produced.

Day 3 - RÍA DE PONTEVEDRA BOAT TRIP AND COMBARRO HÓRREOS

MON. 26 After breakfast, we will take a boat trip in the Ría de Pontevedra to enjoy the beautiful coastal landscape and learn how the mussels are grown in the “bateas”. We will taste a glass of wine with mussels during our trip! Galicia is one of the richest regions in Spain in terms of gastronomy, and seafood is undoubtedly its star product. In the evening, we will say goodbye to the city with dinner at the spectacular Parador of Pontevedra. The Paradores chain is a government-run company that renovates and preserves historical buildings, including palaces and noble residences, and runs hotels and restaurants for visitors. A place where quality and service are the hallmarks of the establishment.

Day 4 - RIAS BAIXAS: SPIRITUAL VARIANT SHORT WALK & WINERY / RIBADUMIA REGION

TUES. 27 After breakfast, we will visit the cloisters of the Monasterio de Armenteira. From there, we will start an easy and beautiful walk along the River Umia that will lead us to our lodging for that evening in the Ribadumia region. This walk is part of the Variante Espiritual del Camino Portugués. In the afternoon, we will visit a winery where we will learn about the process of wine production in Galicia and we will do some wine tasting. Afterwards, we will have dinner at a local bar in the area.

Day 5 - SANTIAGO APOSTLE TRASLATIO BOAT TRIP - CALDAS DE REIS

WED. 28 The schedule of this day may vary because the time of the boat departure is dependent on the tides. After breakfast, we will transit to Vilanova de Arousa. There, we will take a 1.5 hour pilgrim boat ride along the stunning Ría de Arousa. It is called the pilgrim boat because according to tradition, it follows the same route the disciples took when the body of Santiago (Saint James) was brought from Jerusalem to Spain in 44 A.D.

We will disembark in Pontecesures, and we will take a transport to Caldas de Reis where we will sleep. In the afternoon, you can relax in the swimming pool. In the later afternoon, we will enjoy a beautiful walk along the river to see the Segade waterfall. We will have dinner on a lovely terrace.

Day 6 - WALKING THE CAMINO PORTUGUÉS STAGE FROM CALDAS TO PADRÓN

THUR. 29 We will walk this beautiful 18-kilometer stage of the Portuguese Camino from Caldas de Reis and you will discover the charm of the Galician countryside and the Camino. This is an easy stage accessible to everyone, and you will feel like a true pilgrim! We will make two stops to rest. We will follow in the footsteps of many pilgrims who, even in medieval times, walked to Padrón, which is the origin of the Xacobeo. As a reward for your effort, in addition to the beautiful landscapes, you will receive the Pedronía certificate, which confirms your pilgrimage to Padrón.

In the afternoon, you will have free time before visiting the Herbón Convent, where we'll learn about the origin of the world's most famous pepper, the Padrón pepper. Afterwards, we will visit an artisan's workshop for a demonstration of the art of working with leather. We will finish our day with a group dinner featuring local flavors.

Day 7 - PADRÓN: THE CRADLE OF THE CAMINO DE SANTIAGO

FRI. 30 In the morning, you will have free time to hang around and enjoy the daily life in Padrón before visiting the Casa de Rosalía de Castro, the most celebrated writer of Galician culture.

After lunch, a transfer will take us to Lugo, just in time for a leisurely stroll before having dinner at a charming spot in the historic center.

Day 8 - DISCOVERING LUGO'S ROMAN WALL AND THE PRIMITIVE CAMINO

SAT. 31 After breakfast, we will visit the cathedral of Santa María (a UNESCO World Heritage Site) and the historic center. In the afternoon, we will take a lovely walk to the river to explore a part of the Camino Primitivo and admire the Roman bridge and thermal baths. If we have time, we will visit the jail, a building full of history, especially during the Spanish Civil War.

We will end the day with a walk along a section of the Roman wall, the only one in the world that remains completely intact. We will have a group dinner with tapas.

Day 9 - DISCOVERING SANTIAGO DE COMPOSTELA

SUN. 1 After breakfast, we will take the bus to Santiago. The trip will take about an hour and a half. After dropping off our luggage, we will explore the city center, and I'll share some interesting facts about this historic and beautiful city where all the Caminos de Santiago converge. We'll have lunch in a special place: a monastery that will offer us a respite of calm after walking through the bustling streets of Santiago.

After lunch, you will have free time to explore the city on your own or rest until we meet to visit the interior of the cathedral and take a guided tour of the cathedral's rooftops. It will give us the opportunity to enjoy incredible views of the city. Group dinner.

Day 10 - DISCOVERING SANTIAGO DE COMPOSTELA

MON. 2 After breakfast, you will have free time to explore the city on your own. I will recommend some museums or places to visit. We will meet to have some tapas for lunch and we will visit the Colegios of San Xerome and Fonseca palaces. After, we will take a short walk to discover the Sar river and an enchanting forest. We'll also visit the little gem of the Collegiate Church of Santa María. Group dinner with local flavors at a very special place.

Day 11 - FINISTERRE AND COSTA DA MORTE: THE END OF THE CAMINO AND WORLD

TUES. 3 After an early breakfast, we will join a full-day tour hosted by another company and included in your trip (this is the day that lunch is on your own). We will spend a magical day seeing picturesque fishing villages, natural landscapes, sacred Celtic sites and the sources of the best fish and seafood in the world. The tour will offer a selection of fixed stops depending on time and weather such as Pontemaceira, a medieval village dating from the 13th century; its Gothic bridge is one of the jewels of medieval civil engineering in Galicia. In Muxía, we will visit the Sanctuary of Nuestra Señora de la Barca, a place of pilgrimage linked to the Camino de Santiago. In Finisterre, we will walk the last meters of the Camino, towards the end of the known Roman world, a place of pre-Christian cults linked to the "Ara Solis", crossing KM 0.00, its spectacular lighthouse (the first on Costa da Morte).

After visiting Muros, we will return to Santiago along part of the "Ría de Muros y Noia" to discover some of the best kept secrets of seafood production in this small bend in the Galician coast. We will be back in Santiago around 6:30 pm. We will have our farewell dinner in Santiago at a beautiful restaurant with very special activities to end our journey together. The program ends this evening.

Day 12 - SANTIAGO & YOUR NEXT DESTINATION

WED. 4 After breakfast, you may have decided to remain in Santiago, travel to another location, return to Madrid or perhaps something else. The Santiago airport has good connections throughout Europe, and the trains are frequent and reliable. Whatever you choose, I will be happy to make suggestions for your further travel in Galicia or Spain.

*Although this is the planned itinerary for this trip, as is true on any adventure travel trip, plans for any specific day may need to be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

TERMS & CONDITIONS



A non-refundable deposit of 20% of the amount of the trip (plus 20% of the single supplement, if applicable) is due at the time of booking to secure your spot on this trip. For a shared room, the deposit is 690 Euros. For a single, private room, the deposit is 780 euros. The deposit must be received by October 14, 2024.

Full payment of the balance is due 120 days prior to departure, January 24, 2025. Payments may be made with a bank deposit in the following bank account:

Ainoa Polo Sánchez DBA Fresh Linguas	Address associated to the account:
Bank: ING	INGBANK NV
IBAN: ES90 1465 0100 97 1711582613	C/ Vía de los Poblados 1F
BIC: INGDESMXXX	28033 Madrid

The total trip price includes the deposit, and all prices are in Euros. Prices cover land costs during the trip, only. The trip cost does not include transportation to Madrid or from Santiago de Compostela and does not include the cost of any required travel documentation, such as passports or visas.

All cancellation notices must be made in writing by email at the following email address: info@freshlinguas.com. The cancellation date is the date the written notice is received by Fresh Linguas.

We understand how disappointing it can be in the event you need to change your plans and you must cancel your long-anticipated adventure. Our cancellation policy is not meant to be punitive, however, we plan our trips far in advance, we must send non-refundable deposits and other payments to hotels and other suppliers. Your deposit and your payment is used to prepare for your participation and handle other costs associated with our operations. Therefore, we must strictly adhere to our cancellation policy for all participants.

We strongly recommend that you purchase travel insurance to protect you in the event you must cancel your plans.

In the unfortunate event that you must cancel your trip, the amount of your refund will be determined according to the terms outlined in the chart below:

Refund amount:

Your deposit	No refund
If you must cancel between January 25 and April 1, 2025	50% of trip cost
After April 1, 2025	No refund of any amounts will be made.