

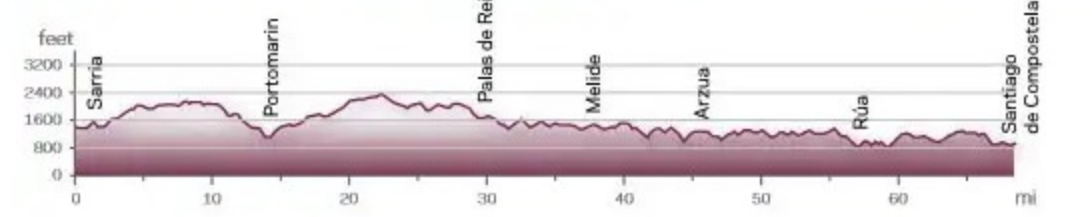
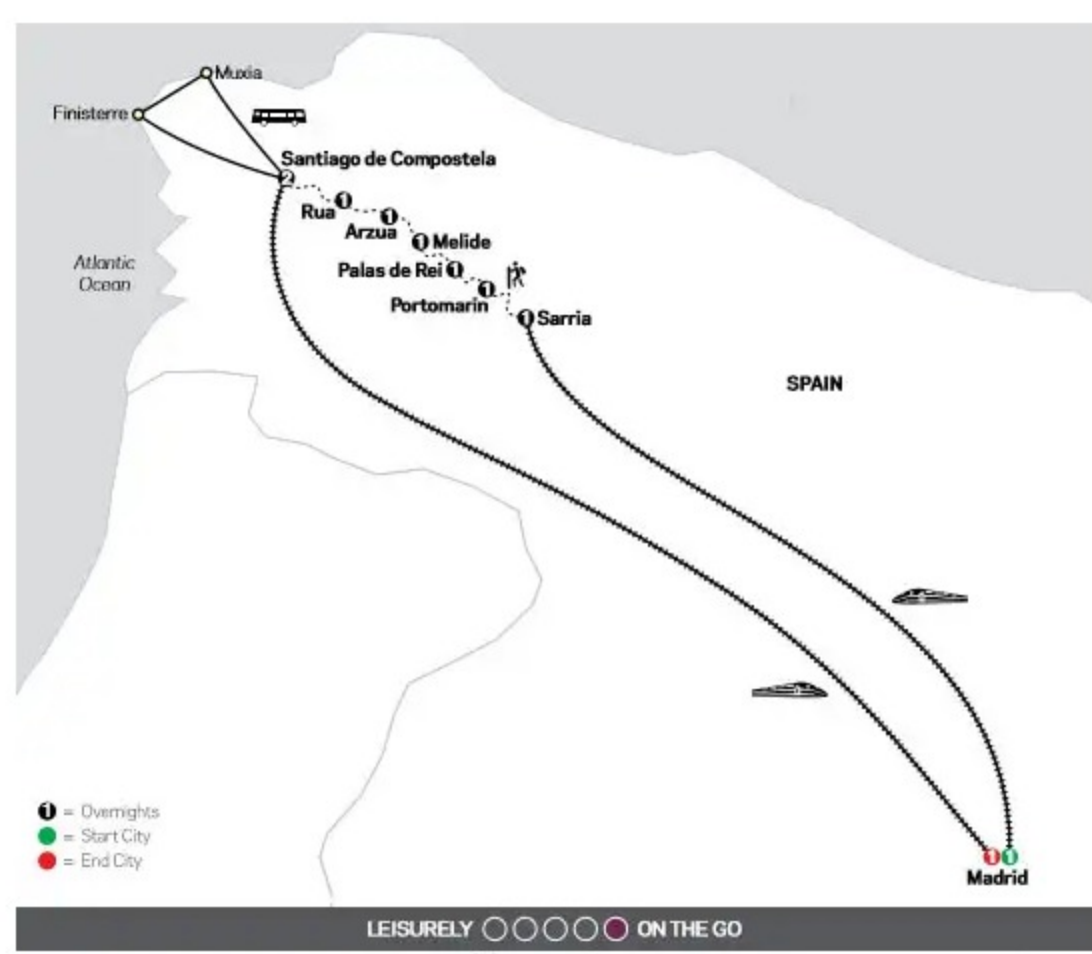


## SOUL

### An 11-Day spiritual journey starting in Madrid

The history of the Camino de Santiago goes back to the 9th Century, when the tomb of the evangelical apostle St. James was discovered in what is today Santiago de Compostela. Since then, pilgrims from all over the world have walked St. James' Way, originally seeking forgiveness for their sins, and nowadays often just to spend time on a journey of personal growth.

This is a challenging experience as it involves a significant physical effort as you walk through forests and along busy roads for many miles each day. Your rewards will be intangible, but priceless: an opportunity to enjoy nature, meditate, search for answers and challenge your limits, discover beautiful rural areas of northern Spain, and make friends with whom you'll have shared one of the most significant experiences of your life.



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### Jacobean Holy Year (2021 & 2022)

Each year, Cosmos welcomes travelers from around the world to join us in Madrid, Spain, and embark on the Camino de Santiago—a historical pilgrimage on the French Way of St. James. Pilgrims set out on a 6-day walk from the town of Sarria to Santiago de Compostela (a UNESCO World Heritage Site) to worship at the shrine of the apostle St. James.

2021 and 2022 are also a Jacobean (Latin, meaning St. James) Holy Year, commemorating Saint James Day (July 25) when it falls on a Sunday. Only during Holy Years the Porta Santa (Holy Door) of the Santiago Cathedral remains open, and pilgrims may receive a full plenary indulgence (absolute remission of sin) by taking the sacrament of reconciliation and attending Mass in the cathedral during the Jacobean year.

Holy Jacobean Years follow a pattern of 6-5-6-11 year increments due to Leap Years. The most recent Jacobean Year prior to 2021/2022 occurred in 2010; the next will arrive in 2027, 2032, and so on.

### Tips and Advice for the Journey

#### Pre-Travel

- It is highly recommended that you properly train beforehand. Take long walks in the weeks leading up to your vacation (it is recommended that you attempt to walk at least 13 miles in one day before your vacation to prepare for the amount of walking that is required on tour). Gradually increase the length and difficulty of your training walks. Consider walking with the backpack you will carry on tour to get used to carrying weight on your back.
- Wear sturdy, tried-and-tested walking shoes. Do not wear new shoes; shoes should be properly broken in prior to the vacation. Waterproof Hiking or walking boots with thick soles are recommended. It is also suggested to carry sandals or flip-flops for rest periods.
- Proper socks are essential (recommend cotton, seamless, but mainly special hiking socks). If you wear boots, consider bringing a pair of wool socks.
- Pack a small first-aid kit with basic items you may need for your feet and skin (Band-Aids, Vaseline, other creams/ointments).
- Take suitable clothing for the season, bearing in mind that some parts of the route lie at some 2,400 ft (730 m) above sea level. Clothing should be made of fabric that insulates against the temperature changes. Bring clothes that can be worn in layers, and don't forget a waterproof poncho and hat.
- Consider packing a collapsible walking stick. Walking sticks can also be bought locally (keep in mind that some airlines may not allow them on the plane for their return flight home).
- Bring a water bottle from home (such as a Nalgene) or camelback. Tap water in Spain is safe to drink but do not drink from streams or ponds. It is suggested to purchase snacks locally.
- Ensure you have sufficient travel medical insurance coverage.

#### On Tour

- Remember to warm up and stretch throughout the route. Pay special attention to your calf muscles, knees, tendons, and feet. Sprains and tendinitis are the most common injuries. We recommend bringing anti-inflammatory medicines such as Aspirin or Ibuprofen and ointments.
- One piece of luggage per person (maximum weight of 44 lbs/20 kg) will be transported daily from the lobby of your overnight hotel to the lobby of your next overnight hotel.
- You will need to pack a backpack containing essentials (such as water, raincoat, essential medication, money, sunblock, etc.), that you will carry during the walk. Your backpack should be suited to the shape of your back, allowing you to maintain correct posture. The weight should be carried close to your body's axis. Carry only essentials.
- Stay hydrated before, during, and after each day's walk. Your diet should be light and include lots of carbohydrates.
- Put some Vaseline on your feet every day (especially between the toes, heels, and soles) to help avoid blisters.
- Be sure to get a good night's rest each night to prepare for the next day's walking.
- With good rain gear, passengers will be able to enjoy the walk even in the event of rain. If however weather becomes severe, we suggest taking a taxi (at extra cost) to the next hotel. The TD/Guide can make suggestions for things to do in the event of inclement weather.
- In an emergency, call **112**. The number is free and operates 24 hours a day, 365 days per year.
- To receive your Compostela (the Certificate of Accomplishment) you need to prove that you walked the last 100 km of the Camino. We will provide you with a "Pilgrim Passport" certified by the Pilgrim Office to get stamped at least twice a day. On arrival in Santiago de Compostela, your Tour Director will assist with receiving your certificate.

#### General

- The tour will be a small group discovery with a maximum of 20 passengers.
  - The group doesn't have to stay together – people can walk at their own pace.
  - The Tour Director/Guide will discuss how to proceed on the walk with the entire group at the beginning of the day. The TD/guide tends to stay with the slowest walkers or sets checkpoints along the route to ensure everyone is ok.
  - If someone decides to skip a stage or is too tired to finish it, they can communicate by phone with the guide (there are internet points with free Wi-Fi in virtually every bar and restaurant along the way). A taxi will be organized to take them to the next overnight hotel, which will be paid for by the passenger. There will not be any transportation organized by Cosmos to take people from one stop to the next.
- This tour is not recommended for those with disabilities or limited mobility. The route is not built to accommodate wheelchairs or scooters and those who have attempted the route with a wheelchair have found it to be extremely difficult. Passengers must consider the distance that is expected to be covered each day and acknowledge that the route will sometimes be at an incline and/or have obstacles such as tree roots or loose rocks on the path.
- The Pilgrim Kit, which is included for all passengers, includes a John Brierley guidebook, an official Pilgrim Passport (credential), luggage tags, a scallop shell, an extra light poncho, Vaseline/aloe vera/camphor cream, some camino pins, and sweets.
  - The guidebook that is included in the Pilgrim Kit will identify services such as restaurants, bars, and bathrooms that are available along the route. There are many basic bars with large terraces along the way that serve drinks, coffee, fresh orange juice, and sandwiches. There are also restaurants that offer more complete lunches under a pilgrim menu for €8 to €15.
- Bathrooms are available every few kilometers. Bathrooms are identified on the guidebook maps that are part of the Pilgrim Kit that passengers will receive on tour.
- In the mornings, passengers will leave their luggage at the hotel reception by 8:30 am for luggage transfers to the next overnight location. We recommend having breakfast at 8 am and leaving the hotel by 9 am, but if someone wants to stay later they can have the room until normal check-out time (typically around 11). They will have the rest of the day to get from one location to the next prior to sunset. Most people arrive at the hotel by 5 or 6 pm at the latest.
- Guides carry a basic first aid kit but passengers will need to bring any specific medications or pain remedies (ibuprofen, aspirin, ointments, etc.) that they may need. In the event of an emergency, a hospital is located in Lugo (about 20-30 minutes away from most places in the first few days) and Santiago. There are also smaller clinics in each town (every 10-15 km) if the issue is less emergent. We recommend purchasing travel insurance to cover passengers in the event of an emergency.
- Do not litter on the route.
- Pace yourself. Take at least 10 minutes' rest every one or two hours.

#### Monthly Temperatures:

Month	Madrid
January	32/51°F
February	35/54°F
March	38/60°F
April	42/63°F
May	48/71°F
June	56/82°F
July	61/90°F
August	61/90°F
September	55/82°F
October	47/68°F
November	39/58°F