



BEGINNING TUESDAY 1ST UNTIL 7TH MAY 2018

CAMINO DE SANTIAGO



Sexual abuse. From surviving to living.

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PROCEEDS DONATED TO ONE IN FOUR

Camino De Santiago

1st -7th May 2018

**Help One in Four Stop the Cycle of Abuse
this April and embark on a spiritual and
physical journey to remember.**

Itinerary

Day One : Travel from Dublin to Santiago , and coach to Sarria for evening meal and overnight stay .

Day Two: Walk 22km from Sarria to Portomarin. This will take 5 hours. We shall stay overnight and have our evening meal here.

Day Three: Walk 24 km from Portomarin to Palais De Rei. This will take 6 hours. We shall stay overnight and have our evening meal here.

Day Four: Walk 28.8km from Palais De Rei to Arzua. This will take 7 hours. We shall stay overnight and have our evening meal here.

Day Five: Walk 19.2km from Arzua to O Pedrozo. This will take 5 hours. We shall stay overnight and have our evening meal here.

Day Six: Walk 20 km from O Pedrozo to Santiago De Compostelo. This will take 5 hours. We shall stay overnight and have our evening meal here.

Day Seven: Return home

*Your bags will be couriered each day to your destination

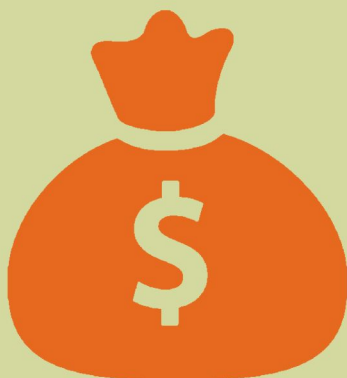
The Fundraising target is

€1,600

We ask each participant to give a €200 deposit to secure your place.

We will require the remaining €1,400 in stages, partly to help us cover the costs of flights & accommodation.

Flights, Insurance, Accommodation, breakfasts and dinners will be included. Over 50% of the income will be donated directly to support the vital work of One in Four.



PAYMENTS:

- November 2017: €200
- January 2018: €600
- March 2018: €800

We can provide you with fundraising materials to help you spread the word about your fundraising efforts. Once you sign up our fundraising team will give you support to help make a plan to reach your fundraising target. There will be an information evening pre-departure to answer any further question

8 TIPS TO HELP PREPARE FOR YOUR CAMINO

1. Get walking:

The Camino is within everyone's ability but it is highly recommended you do some training in advance. Get walking to build stamina for your trip. A bit of training goes a long way

2. Know the culture:

The Camino is a UNESCO-listed trail as it has been connecting people and cultures for many centuries. Learn about the history, heritage and languages of the regions you will be visiting before your trip. If you can, learn a few words in the local language.

3. Bring the right gear:

Shoes will be the most important gear you'll have on the Camino. Please don't bring new shoes, new shoes = blisters for sure. Make sure you have worn in your shoes, and that they are comfortable. Also check the weather forecast before departing to make sure you bring the right clothes.

4. Don't forget your camera:

To capture those special Camino moments.

5. Pack your pilgrim passport:

You'll have to stamp it along the way to be able to receive your Compostela pilgrim certificate.

6. Find your pace:

This will be Your Camino.....Walk at your own pace to enjoy your experience.

7. Spirit of the Camino:

Respect other pilgrims and greet others with a 'Buen Camino!'

8. Eat the Camino:

Each region has its own cuisine and specialities, try them all!

‘Buen Camino!’

Many take this challenge up as a form of Spiritual growth and other take it on because of their love of walking. Whatever your motivations you will be helping us realise our vision of an Ireland free from abuse for Children.

If you would like to sign up or have more questions please call John on 01 662 4070 or email jryan@oneinfour.ie

*“We are One in Four and
Child Protection is at the
core of what we do”*