



Pre-Departure Information

PILGRIM'S WAY



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WELCOME!

We're delighted to welcome you on this adventure! This booklet is designed to guide you in the practical details for preparing for your trip. As you read, if any questions come to mind, feel free to give us a call or send us an email—we're here to help.

PLEASE SEND US

- Trip Application:** Complete, sign, and return your Trip Application form as soon as possible if you have not already done so.
- Medical Form:** Complete, sign, and return your Medical Form as soon as possible if you have not already done so.
- Air Schedule:** Please forward a copy of your email confirmation, which shows your exact flight arrival and departure times. Refer to the Arrival & Departure section of the Detailed Trip Itinerary for instructions. Please feel free to review your proposed schedule with Wilderness Travel before purchasing your tickets if you have any questions about the timing of your arrival and departure flights or would like to confirm we have the required minimum number of participants to operate the trip.

PLEASE CAREFULLY REVIEW

- Travel Documents & Medical Information:** Carefully review the Travel Documents and Medical Information sections of this booklet to familiarize yourself with Passport and Visa entry requirements for your destination, as well as any recommended inoculations.
- Optional Travel Insurance:** Review the Trip Cancellation & Transfer Fee Schedule included in the Detailed Itinerary. We recommend that all trip members purchase Travel Insurance.
- Extra Services:** Request any Extra Services (hotel nights, transfers, extensions) with your WT office contact using the Extra Services Request Form sent with your confirmation packet.
- Final Documents:** Approximately three weeks before your trip, we will send you final departure documents, including hotel and local contact information and rendezvous instructions.

QUESTIONS?

Call: 1-800-368-2794, go to our **website** (www.wildernesstravel.com) or e-mail us at: info@wildernesstravel.com.

Travel Information

PASSPORT

A valid passport is required for your trip. Be sure to check the expiration date. Your passport must be valid for three months after your date of exit from Spain. In addition, we recommend your passport have at least two completely blank visa pages for every country you will be visiting. It is very important that the blank pages say “Visas” at the top. The last few pages of your passport, which say “Amendments and Endorsements,” and the final page of your passport, which may not have a page number, are not considered to be legitimate visa pages. The service of adding pages for visas was discontinued as of January 1, 2016. You can request a new passport through **US Passport Services Office** (<http://travel.state.gov/passport>) or use a visa service agency, which can take care of your passport renewal and expedite the process, if needed. We recommend **Passport Visas Express** (<http://www.passportvisasexpress.com/?affId=2120>). Be sure to allow sufficient time to acquire this before your trip.

It is a good idea to carry photocopies of your passport’s photo page and any acquired visa pages for your trip (if applicable) in case your passport is lost or as an additional piece of identification, as well as two extra passport photos.

VISAS

US citizens do not need a visa for countries visited on this trip. If you are a citizen of any country other than the US, check with a local consulate for entry requirements.

MONEY

The Euro is the official currency of Spain. The most convenient way to obtain Euros is to use your debit card at ATMs. If you plan to get cash this way, it’s wise to get a list of ATM locations in advance online or from your bank. To use an ATM internationally, you must have a four-digit PIN. Traveler’s checks are very difficult to cash since banks are few and far between on this trip, so please do not bring them. Major credit cards are accepted in most shops in cities and larger towns. If you plan to use your credit cards, inform your credit card company before your departure that you will be using the card abroad.

You will need to budget spending money for gratuities, meals not included, international and domestic airport departure taxes, and personal items such as beverages. Dinner in a mid-range restaurant can easily cost \$40-50.

TIPPING

Tipping is completely discretionary, but over the years, clients have asked us for tipping guidelines to reward guides for outstanding service. A range of reference would be \$90-110 USD per trip member for each Trip Leader, which can be given in US dollars or local currency. The Trip Leader takes care of gratuities for luggage handling, waiters at restaurants, and local guides and drivers who may be with the group for only a short time.

SPECIAL DIETS

We will do our best to accommodate special dietary needs, however, please keep in mind that certain cultural differences or limitations due to logistics can make it extremely difficult and at times impossible to accommodate dietary restrictions. Please inform us at least eight weeks before your trip if you have a restricted diet. It is important to bring a flexible attitude and supplemental snacks.

COMMUNICATIONS

Telephone

The international dialing code for Spain is 34. Please contact your cell phone company for specific instructions for international use.

Email & Internet Access

Internet access is available at most of our hotels, but connections may be spotty or unreliable.

ELECTRICITY

Europe has 220-volt current. Plugs usually have two or three prongs.

Medical Information

The following recommendations should be used as a guideline only; consult your physician for medical advice. It is vital that you let Wilderness Travel know of any medical problems, allergies, or physical limitations you may have. Please fill out and return the personal medical questionnaire, and feel free to consult us if you have any questions about your ability to undertake this particular trip.

Wilderness Travel is not a medical facility and has no expertise or responsibility regarding what medications or inoculations you and your physician decide are necessary for your safe participation in the trip.

Traveler's health information is available from the **Centers for Disease Control**. (<http://www.cdc.gov/travel/index.htm>)
Medical travel products are available from **Travel Health Medicine** (<http://www.travmed.com>) and from **Magellan's Travel Supplies**. (<http://www.magellans.com>)

INOCULATIONS

No inoculations are required. However, it is easy to get a small cut, so a tetanus booster is strongly recommended (good for 10 years). If you take prescription medicines, be sure to bring enough for the duration of your trip.

STAYING HEALTHY

You can reduce your risk of getting a cold on the trip by washing your hands often and not touching your face with unwashed hands. If you arrive on the trip with a cold or feel the symptoms of a cold, avoid close contact with others and move away from people before coughing or sneezing. The CDC recommends coughing or sneezing into a tissue or into the crook of your elbow or upper sleeve, not your hands.

Helpful Information

PHOTOGRAPHY

Camera Recommendations

With the many advances in digital technology, a simple compact digital camera or even your smartphone is capable of taking pictures suitable for the needs of most people. For higher quality images and the ability to use long lenses for closer wildlife pictures, a DSLR camera is well worthwhile, though heavier. Most digital cameras and phones have good video options, but you may want to consider a GoPro for a lightweight, waterproof option. Always practice ahead of time with new equipment and bring your manual with you. Camera equipment is available for rent from **Borrow Lenses** (<https://www.borrowlenses.com/discount/wildernesstravel>), with a 10% discount offered to Wilderness Travel clients. This is an especially good idea for renting large zoom lenses that you may need for just one trip.

Camera Accessories

We recommend bringing at least two large capacity memory cards or a small digital storage unit (or tablet) to back up your photos, freeing space on your memory cards. Don't forget to bring a battery charger and a backup battery so one is always charged and ready to use. For trips where you may be away from power sources for multiple days, consider looking into a solar-powered battery charger or buying additional backup batteries, and check that you have the appropriate adapter for the electrical outlets in your destination.

Sharing Your Images

We would love for you to share photos from your trip, and with your permission, may even use your photos in our marketing materials or on our photo blog. We request that you send us a small sample of your best images. Please email your photos to wtphotoblog@gmail.com or tag us **@WildernessTravel** on social media.

Photography Etiquette

When taking pictures of local people, be aware of cultural considerations. Approaching people with a warm smile and using polite gestures or simple phrases to ask permission to photograph them usually works well. It is always recommended to engage people in conversation before asking to photograph them, but if people do not wish to have their photo taken, please honor their requests. We urge travelers to avoid giving money in exchange for photo opportunities, which makes it harder for future travelers to have a meaningful personal interaction with local people. Please always heed your Trip Leader's guidelines for what is appropriate.

BEING A CONSIDERATE TRAVELER

Please show respect for the cultures we are visiting by observing local customs concerning appropriate dress, particularly in sacred places. Your Trip Leader is always available to answer any questions that you may have regarding this. If it is necessary to use a cell phone during the trip, please do so privately. Smoking is rarely an issue these days, but if you do smoke, please do so only away from the group.

WORDS AND PHRASES

It is always fun (and appreciated by locals) when you try to use a few words in Spanish.

yes/no	<i>sí/no</i>	BEVERAGES	
thanks very much	<i>muchas gracias</i>	mineral water	<i>agua mineral</i>
thanks, same to you	<i>gracias, igualmente</i>	coffee/tea	<i>café/te</i>
you're welcome	<i>por nada</i>	with milk	<i>con leche</i>
please	<i>por favor</i>	real lemonade	<i>limonada</i>
hello	<i>hola</i>	carbonated soft drinks	<i>gaseosa</i>
good morning	<i>buenos días</i>	orange juice	<i>naranja</i>
good evening	<i>buenas tardes</i>	apple juice	<i>manzana</i>
good night	<i>buenas noches</i>	bananas	<i>plantanos</i>
goodbye	<i>adios</i>	beer	<i>cerveza</i>
bye!	<i>chao!</i>	red wine	<i>vino tinto</i>
see you later	<i>hasta luego</i>	white wine	<i>vino blanco</i>
may I?	<i>se puede?</i>		
OK	<i>está bien</i>	FOOD	
my name is...	<i>me llamo...</i>	egg salad	<i>huevos a la rusa</i>
I'm from...	<i>soy de...</i>	chicken broth	<i>caldo de galina</i>
sorry!	<i>disculpe!</i>	shrimp	<i>camarones</i>
excuse me/pardon	<i>perdón/con permiso</i>	sea bass	<i>corvina</i>
sorry, I don't understand	<i>lo siento, no entiendo</i>	steak	<i>ternera</i>
do you speak English?	<i>habla inglés?</i>	sauteed beef with onions/potato	<i>lomo saltado</i>
I don't know	<i>no sé</i>	grilled meat	<i>parillada</i>

I would like...	<i>quisiera...</i>	meat/fish in red sauce	<i>adobado</i>
where is...?	<i>dónde está...?</i>	chicken in chile sauce	<i>aji de galina</i>
please speak more slowly	<i>por favor, habla más lento</i>	chicken with rice	<i>arroz con pollo</i>
come in!	<i>pase!</i>	french fries	<i>papas fritas</i>
how are you?	<i>cómo está/ cómo va?</i>	ice cream	<i>helado</i>
nice to meet you	<i>mucho gusto/ tanto gusto</i>	creme caramel	<i>flan</i>
what time is it?	<i>qué hora es?</i>		
what a beautiful day!	<i>qué día tan hermoso!</i>		
how far is it to..?	<i>que distancia hay hasta...?</i>	NUMBERS	
what's the name of..? ?	<i>cómo se llama...?</i>	one	<i>uno</i>
it's beautiful	<i>es hermoso</i>	two	<i>dos</i>
today/yesterday	<i>hoy/ayer</i>	three	<i>tres</i>
tomorrow	<i>mañana</i>	four	<i>cuatro</i>
day after tomorrow	<i>pasado mañana</i>	five	<i>cinco</i>
this morning	<i>esta mañana</i>	six	<i>seis</i>
this afternoon	<i>esta tarde</i>	seven	<i>siete</i>
this evening	<i>esta noche</i>	eight	<i>ocho</i>
do you have..? (shopping)	<i>tienen...?</i>	nine	<i>nueve</i>
how much is this?	<i>cuánto vale esto?</i>	ten	<i>diez</i>

that's too much! I'll
give you.. *es mucho! Le doy...*

that's fine. I'll take
it. *está bien. me lo llevo.*

just looking *sólo estoy mirando*

the bill, please
(restaurants) *la cuenta, por favor*

Packing List

THE ESSENTIALS

- Air tickets (or E-tickets)
- Passport
- One other picture ID, such as a driver's license
- Expense money

WT GEAR STORE

To help you prepare for your next WT adventure, we've put together a great collection of top brands including Patagonia, Outdoor Research, Eagle Creek, and more at our **WT Gear Store** (<http://wildernesstravel.newheadings.com>).

LUGGAGE

- Soft-sided suitcase, with a small padlock (must be unlocked for air travel).
- Daypack, large enough for a jacket or rain gear, water bottle, camera, and other items you want on the trail. Note: Very few daypacks or fanny packs are waterproof and any items that you need to keep dry should be put in a waterproof stuff sack inside your pack.
- (Optional) Small roll-up bag to carry home purchases.

NOTES ON CLOTHING

Bring clothes you find most comfortable for walking. Although it will be warm enough for shorts on many days, bring some lightweight long pants for cooler weather and protection from tall grasses. Dressing in layers is the best way to stay comfortable. You'll want a change of clothes for the evening, but nothing dressy is necessary. Casual wear is fine, and coats and ties are not required.

Note: In Europe, there are dress requirements to enter churches. Shorts (or skirts) should come to the knees, and shoulders should not be bare. Women can use a shawl or large scarf to cover bare shoulders; short-sleeved t-shirts are acceptable. The dress code applies to both men and women.

Please pack everything in one piece of luggage, as this simplifies transportation of luggage en route. Although airline service to Europe is generally reliable, it is best to wear or carry your hiking boots with you on your flights in the event that your luggage is lost or delayed. Likewise, don't pack valuables, such as travel documents, camera gear, or prescription medicines in your checked luggage.

CLOTHING

The clothing list below is provided as a guideline only.

- Lightweight rain gear, such as a Gore-Tex rain/wind shell jacket with hood
- Light fleece sweater or sweatshirt
- Long-sleeved shirt. Quick-drying “travel” fabrics like nylon are recommended.
- T-shirts or short-sleeved shirts
- Hiking pants. Lightweight cotton or synthetic hiking pants are a practical choice. Jeans are not recommended because they can be hot and they take a long time to dry if they get wet.
- Hiking shorts. Quick-drying fabrics are recommended.
- Shade hat with a wide brim—preferably a waterproof one you can use as a rain hat as well
- Sturdy walking shoes or lightweight hiking boots with Vibram-type rubber lug soles and good ankle support
- Tevas or running shoes for sightseeing in towns
- Hiking socks. Some people like thick Thorlo-type socks with padded toes/heels, or an outer sock and synthetic liner sock.
- Underwear/sleepwear. Synthetics dry faster.
- Casual city/hotel attire

EQUIPMENT

- One or two reusable water bottles, 1 qt. capacity
- Good quality sunglasses with case. A spare pair of sunglasses is a good idea should your first pair be broken or lost.
- Toiletry kit
- Money belt or neck pouch. Always carry your passport, credit cards, and cash with you in a money belt or neck pouch tucked down inside your shirt or blouse.

PERSONAL FIRST AID SUPPLIES

Every trip member must bring a small kit for personal use. Your own experience will influence your choices.

- Sunscreen SPF 30 or higher and lip balm with sunscreen. We recommend mineral-based sunscreens with zinc oxide or titanium dioxide because they do not contain harsh chemicals that are harmful to the environment. Brands such as Honest Company, Badger, and Alba Botanica are found in most sporting goods stores and drugstores.
- Aspirin, ibuprofen, or Tylenol for muscle pain or headaches, Tylenol PM for sleep
- Blister kit. Look for the long-lasting gel-type bandages that you can apply directly on blisters, such as Band-Aid Advanced Healing Bandages or Curad Gel Multi-Day Bandages. “Liquid band-aids,” such as New-Skin, are useful because they dry rapidly to form a tough protective cover over a blister.
- Prescription medications properly labeled
- Spare contact lenses or spare prescription glasses

OPTIONAL ITEMS

- Earplugs for the hotel nights in Burgos and Santiago de Compostela. Our hotels are right in front of the cathedral and main square. This location is great, but it is noisy very late into the night with activity as there are many college students in these cities.
- Voltage converter and plug adaptor for appliance use in hotels
- Fleece jacket or nylon windbreaker
- Bathing suit for hotel pools (where available)
- Collapsible walking stick or trekking poles
- Camera, spare batteries, spare flashcards
- Fold-up umbrella
- Reading/writing material
- Lightweight binoculars
- Bandannas
- Travel clock
- Laundry soap for hand-washing clothes
- Washcloth, if you like to use one (most European hotels do not provide them)

Reading List

ESSENTIAL READING

Travels with My Donkey

Tim Moore

2006, 328 PAGES

In this wickedly comic account of grand adventures on the 500-mile pilgrimage to Santiago de Compostela with a French-speaking donkey, Moore salts his anecdotes of fellow travelers and grand adventures with an account of the history and culture of the medieval Way of St. James.

The Pilgrimage Road to Santiago, The Complete Cultural Handbook

Linda Kay Davidson

2000, 440 PAGES

A kilometer-by-kilometer guide to the route of St. James across northern Spain with copious information on the historical and artistic sites along the way. You probably won't want it in your daypack, but in your suitcase it will be invaluable for previews of the following day and reflections on the preceding one.

The Pilgrim's Guide to Santiago de Compostela

William Melczer

1993, 350 PAGES

This is the original guide used by 12th-century pilgrims along the sacred way, reprinted with an introduction by a professor of Medieval Studies, plus endnotes and a gazetteer.

Northern Spain Adventure Map

National Geographic Maps

2011

A nicely detailed, overview map of the western (coastal) part of Northern Spain and the Way of St. James at a scale of 1:500,000. Extends as far east as San Sebastian. One Side. 33x49 inches.

ALSO RECOMMENDED

A Traveller's History of Spain

Juan Lalaguna

2001, 304 PAGES

This survey of Spanish history features a useful chronology, historical gazetteer and a long section on contemporary life. It covers early settlements through the Romans, Goths and Moors to the present.

The Sun Also Rises

Ernest Hemingway

1995, 256 PAGES

Hemingway's great novel, which encapsulates the angst of the post-WWI "Lost Generation," is the story of unmoored American and British expats travelling from Paris to Pamplona.

Spain, A Traveler's Literary Companion

Peter R. Bush

2003, 242 PAGES

A collection of 30 stories from a who's who of contemporary Spanish literature, including writers from Galicia, Leon, the Basque Country, Madrid and Barcelona.

Birds of Europe

Lars Svensson

2010, 416 PAGES

Featuring 3,500 glorious paintings by Killian Mullarney and Dan Zetterstrom, the second edition of this exquisite guide features updated text and maps.

The Birds of the Iberian Peninsula

Eduardo De Juana

2015, 688 PAGES

This definitive book on the birds of Iberia covers the status and distribution of each species in the region and also includes photos and introductory chapters on climate, habitats and the history of Iberian ornithology.

The Basque History of the World

Mark Kurlansky

2001, 288 PAGES

Kurlansky's engaging portrait of the seven provinces of Basque lands takes in everything from language to culinary heritage, role in the Spanish Civil War and seafaring traditions.

The Road to Santiago

Kathryn Harrison

2003, 176 PAGES

The novelist's personal and meditative account of journeys along the Route of St. James, from St-Jean-Pied-de-Port in France to Santiago de Compostela.

Pyrenees, Andorra Adventure Map

National Geographic Society

2011

Covering the sweep of the Pyrenees from the Bay of Biscay to the Mediterranean, Biarritz, Bilbao and Pamplona to Narbonne, Perpignan and Figueres.

A Pilgrim's Guide to the Camino De Santiago

John Brierley

2016, 288 PAGES

With 52 maps and town plans, information on pilgrim hostels and other accommodations, practical advice and spiritual encouragement for the route from St. Jean Pied de Port to Santiago de Compostela.

National Geographic Spain

Fiona Dunlop

2012, 400 PAGES

Fiona Dunlop (New Tapas) provides expert advice in this full-color guide, featuring color photography, maps, travel tips, and a strong overview of history and culture.

The Way of St James, France: Le Puy to the Pyrenees

Alison Raju

2013, 224 PAGES

A practical guide to walking GR 65, the Via Podiensis, from Le Puy in central France to Saint-Jean-Pied-de-Port in the Pyrenees.

Walking

Henry David Thoreau

1994, 92 PAGES

Slip this pocket edition of Thoreau's meditations on the spiritual benefits of this most civilized form of travel in your daypack for inspiration.

Pilgrimage to the End of the World, The Road to

Santiago de Compostela

Conrad Rudolph

2004, 144 PAGES

An engaging, literary account of 11 weeks of travels from Le Puy along the way of St. James, 1,000 miles all told.

Santiago de Compostela Map

Freytag & Berndt

2008

A walking map of the city at a scale of 1:10,000.

Eyewitness Guide Northern Spain

Eyewitness Guides

2015, 268 PAGES

A literate, visually rich guide to Northern Spain from Galicia across Asturbias and the Basque Country to La Rioja to the Pyrenees.

A Food Lover's Pilgrimage Along the Camino to Santiago de Compostela

Dee Nolan

2015, 354 PAGES

Dee Nolan follows the 1000-year-old Camino de Santiago to seek out ancient food traditions and talk to cooks and farmers, discovering the importance of knowing where food comes from and finding herself along the way.

Food and Wines of Spain

Penelope Casas

1982, 457 PAGES

This classic collection of 400 recipes, interwoven with cultural commentary and culinary history, is a pleasure to read, but prepare to become hungry.

Pilgrimage: A Very Short Introduction

Ian Reader

2015, 144 PAGES

A quick, authoritative survey of the pilgrimage: its history, meaning and ongoing evolution.

The Miracles of St. James, Translations from the Liber Sancti Jacobi

Thoma Coffey

1996, 169 PAGES

The English translation of a Medieval writings on the pilgrimage to Santiago, and the miracles of St. James, from the Codex Calixtinus.

Off the Road, A Modern-Day Walk Down the Pilgrim's Route Into Spain

Jack Hitt

2005

An American abroad, popular NPR contributor Hitt unleashes his wit and wonder in this account of his trek, 500-miles across Spain to Santiago de Compostela. Naturally, he falls in with an odd assortment of fellow pilgrims, and adventures ensue.

Pilgrim Stories, On and Off the Road to Santiago

Nancy Louise Frey

1998, 313 PAGES

The sights, sounds -- and meaning -- of modern journeys along the "Camino de Santiago," according to interviews with those who travel it.

The Finest Wines of Rioja and Northwest Spain, A Regional Guide to the Best Producers and Their Wines

Jesus Barquin

2011, 320 PAGES

A detailed and informative guide to ancient and contemporary winemaking in Spain's most prominent wine region.

The Camino, A Journey of the Spirit

Shirley MacLaine

2001, 320 PAGES

The much-reincarnated, ever-brave entertainer treks 500-miles across Northern Spain on the pilgrimage to Santiago de Compostela, interweaving travelogue, commentary and journeys both actual and interior in this personal journal.

I'm Off Then, Losing and Finding Myself on the Camino de Santiago

Hape Kerkeling

2009, 333 PAGES

Overweight, overworked and unfit, Kerkeling turns an arduous trek across the French Pyrenees into a superb opportunity to deploy his self-deprecating humor and barbed wit in this laugh-out-loud account of an unlikely pilgrim.

Paris to the Pyrenees

David Downie

2014, 372 PAGES

David Downie's spirited book is haunted by the Gallo-Roman forebears of modern France. On ancient trails through the forests of the rugged Morvan, they continued across the celebrated wine country of Burgundy and the centuries-old Via Podiensis on the Way of Saint James.

Roads to Santiago, A Modern-Day Pilgrimage Through Spain

Cees Nooteboom

2000, 352 PAGES

An exhilarating but erudite portrait of modern and historic Spain. Nooteboom writes quite brilliantly of Spanish art, philosophy, history, architecture and culture, as well as of the people he encountered.

Steps Out of Time

Katharine B. Soper

2013, 286 PAGES

In her reflective memoir Soper recounts a secular pilgrimage along the Camino de Santiago, detailing the fascinating history and traditions of the ancient way along with its breathtaking beauty, great food and extraordinary camaraderie.

Revised: January 21, 2019

The Song of Roland

Robert Harrison

2012, 192 PAGES

The medieval French epic poem recalling the gory battle which took place in 778 (as Charlemagne's rear guard was ambushed by Saracens) this text offers important insights into Christian attitudes toward Muslims in medieval European history. Translated by Robert Harrison.