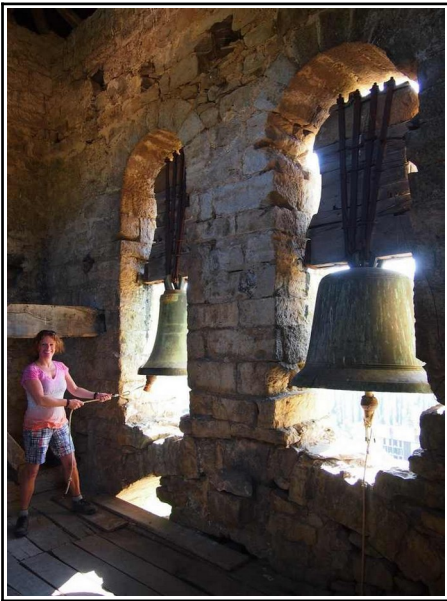


'The Singing Camino'

Friday 23rd August to Sunday 1st September 2024

An invitation to take part in an exciting adventure!



Introduction

The Singing Camino – a fantastic opportunity to walk a section of the ancient pilgrim route, the Camino Frances, accompanied by experienced Camino guides Martin and Jane with daily singing workshops lead by Roz Walker, in the beautiful landscapes of Northern Spain.

Join us on this 10 day journey as we travel together along this historic path, staying in guest houses and traditional 'Albergues' - pilgrim hostels - sharing meals together and singing our way along the Camino in August this year.

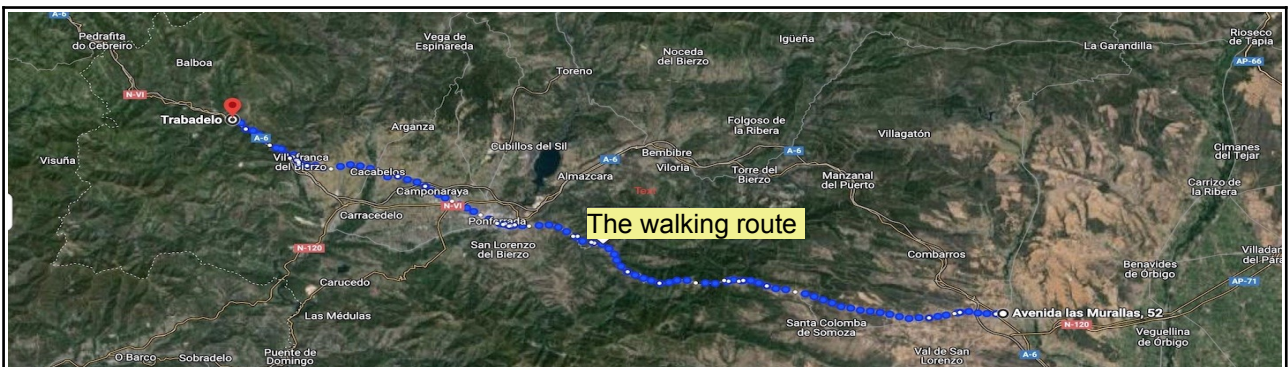


The Camino

Every year many thousands of travellers, Pilgrims or 'Peregrinos' as they are known, travel on foot along the networks of ancient walking routes that cross Spain and Europe, converging and finishing in the northern city of Santiago de Compostela. The Camino, also called 'The Saint James Way', has been established for over a thousand years and dates back to the beginning of the ninth century. It is said that the body of St James, the patron Saint of Pilgrims, was brought to Padrón by his followers in a stone boat, then later transported to Santiago de Compostela and interred in the cathedral there.



Over the centuries, the tomb of St. James became a focus for pilgrims who would undertake their own journey from all across Europe, including Totnes, to Santiago de Compostela. Many people today still walk the Camino motivated by their own religious beliefs, and many others choose to walk for their own personal reasons: spiritual, when at a crossroads in life, as a way of sharing community with likeminded people or simply as a walking holiday through beautiful countryside.



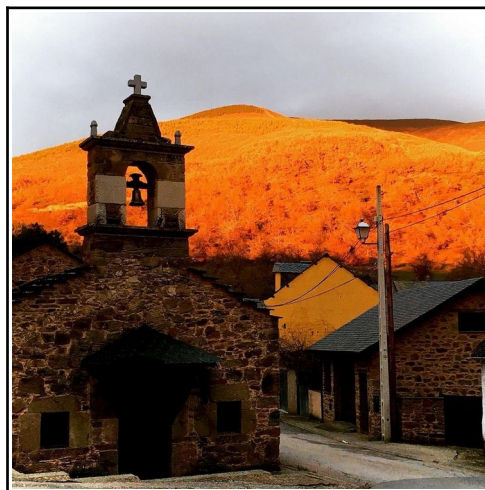
The Walking Programme

Day 1

Arrival at Oviedo Airport, Asturias. Transfer to our accommodation. Group Pilgrim dinner and first singing session!

Days 2 - 8

Our Camino begins near the medieval walled city of Astorga, famous for its Roman architecture and Episcopal Palace. Departing from here we will spend part of each day walking along the ancient Camino Frances, taking time to enjoy the landscape and to rest along the way before arriving each afternoon at our chosen Albergue or Guest House where we will stay the night.



We will be passing through some of northern Spain's most picturesque landscapes, from the rolling hills and wooded valleys of the Province of Leon to the vineyards of the beautiful wine growing area of Bierzo.

Day 9 <https://www.facebook.com/alberguecasasusi/>



Arriving in Trabadelo, there will be a chance to swim in the river and relax under the grape vines before Susi and Fermin host a final communal dinner with delicious home-cooked produce grown in their beautiful garden.

As part of our last evening together we aim to do a mini performance singing some of the songs we have learnt along the way, either in the wonderful medieval square in Trabadelo, or just on the patio at Casa Susi, whatever people wish. It will be a celebration of your journey, an acknowledgment

of the miles you have covered, the spirit of the camino that you have travelled with, and also hopefully a wonderful party!

Day 10

We wave goodbye to Susi and Fermin, and transfers will take you to Santiago de Compostela and its international airport.

However, if you wish, instead of flying straight home, you can choose to continue walking on the Camino from Casa Susi for the remaining 100 miles all the way to Santiago de Compostela. This usually takes approximately 8 – 10 days depending on your pace. By this time, as an experienced Peregrino, you can expect to be confident in making this additional part of the trip yourself without us as guides!

Distance

The distance from Astorga to Trabadelo is approximately 70 miles. Guided by Martin and Jane and accompanied by Roz, we will be walking in the region of 8 -10 miles per day starting our day early, as although not as hot as July, temperatures in late August can still be quite high. We arrive at our accommodation in the afternoons so that we can rest and recuperate before our singing sessions.



The pace on the camino is entirely yours. As a group we tend to start early so as to avoid the hottest part of the day, but there is no requirement to walk at a particular speed, or indeed to walk together. Many pilgrims find that the sociability of walking with others can be beautifully balanced with periods of solitude; it's easy to meet other pilgrims and form new friendships along the Camino, and also for some, important to be able to choose time for themselves without the need to always be with others. The stages of the walks are deliberately designed to be manageable and short, as in addition to

walking, our focus is music and we want to save some energy for singing later in the day!

For those who are unable or do not wish to carry their own backpacks with them each day, it's possible to arrange a courier service for 7 euros per day, for them to be collected from the accommodation in the morning and have them delivered to the new destination in the afternoon. This can be a popular way to be able to enjoy walking without being literally weighed down by 'stuff'!

The Music Programme

Roz will run a singing session every day in various venues along the way, either outside in shady spots or inside as appropriate, and we will be singing beautiful songs in harmony by ear, no sheet-music required.

Singing styles will include folk songs from around the world, using music chosen to inspire the journey undertaken as a personal pilgrimage, and to honour the special experience of travelling as a group. We will sing a varied repertoire over the 10 days, with songs from a range of cultures - old and new, secular and sacred - to develop alongside the thousands of steps we will be making.

These sessions tend to take place later in the afternoon or early evening, after which there will be an opportunity to share dinner together, sometimes as an organised group pilgrim meal, or independently, the choice is yours. On some of the mornings, we may start the day off with a group singing session before heading on to the Camino.

After the ten day programme



If you choose to continue your camino to Santiago, you can collect stamps in your pilgrim 'passport' along the way in order to prove that you have walked the distance required to qualify you to gain your pilgrim

'credencial' in Santiago. This credencial is the modern equivalent of the 'documents of safe conduct' given to medieval pilgrims on the Camino centuries ago. Presentation of your credential will allow you to receive the official certificate of completion known as the 'Compostela' issued by the International Pilgrim Welcome Centre located near the cathedral.



Accommodation

Along the Camino we will stay in traditional Albergues and local guest houses. We mostly use shared double rooms with a bathroom. Occasionally will use a dormitory room in a small Albergue. We try to ensure that any dorms we use are dedicated exclusively to our group.



Meals

Five group dinners or Pilgrim meals, three courses with wine, are included in the cost. Breakfast and lunches are taken independently on the way as some prefer to walk for a while before breakfasting. There are a selection of cafes and small restaurants along the camino for lunch stops, and refreshments.

Our Background

Martin and Jane

In 2016, Martin and Jane sailed their small yacht, Skylark, across the Bay of Biscay, landing in Galicia in Northern Spain where they fell in love with the landscape, the culture and the friendliness of the Gallegans.

They bought a small house to renovate on the camino in southern Galicia and spent the next few years dividing their time between Spain and the UK. They discovered the magic of the Camino early on, Jane walked on the Camino Frances to Santiago and Martin chose the Via de Plata from Huelva in the south of Spain. The Camino has become an important part of their lives and they would love to be able to share some of the spirit and the sense of journey that everyone gains as a result of taking part and experiencing a Camino for themselves.



Martin has recently qualified as a Hypnotherapist and will be offering group relaxation sessions on some of the days after the walk, preparing us for the singing. He may be available to work with individuals helping to improve particular areas of their lifestyle such as anxiety, weight loss, performance anxiety, and pain relief if appropriate. It will depend, to a large extent, on the spare time that we have available on the trip.

They are both keen birdwatchers and experienced star gazers and would love to share their knowledge with everyone along the way. The trip will coincide with the last of the Perseids, the best meteor shower of the year and we will aim to find some places that are dark enough to get the most of what can be a truly spectacular show and share some of our knowledge of the constellations in the sky.

Roz Walker

Roz has been running community choirs and teaching singing in schools since her arrival in South Devon in 1991. She was one of the first people in the UK to start an unaccompanied community choir, with access to all abilities, teaching songs by ear; from the newly freed Eastern European countries, protest songs from South Africa and for climate change.

She loves sharing the experience of singing in harmony for sheer joy and well-being. Roz's experience as a teacher with a vast repertoire, provides a relaxed and fun space for magic and beauty to emerge. Her choirs; Global Harmony in Exeter, Viva in Totnes and Brixham Harmony, continue to flourish and fundraise for charities through concerts around Devon.



She has led a number of walking and singing holidays in Turkey, sailing along the turquoise coast with enthusiastic participants. She is an adaptable and upbeat teacher, and very excited to be part of this adventure.



Many of you will know Roz from her busy musical life in South Devon. For more information on Roz please visit www.rozwalker.com.

Roz is the perfect fit to run the music programme for this trip and we are over the moon to have her as our Musical Director!

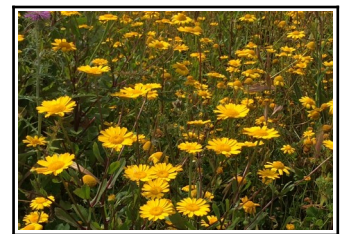
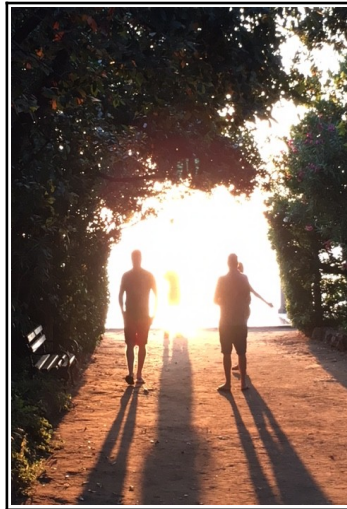
Cost

The cost of the trip is £1,450 per person, excluding flights.

Note: Please confirm your place with Martin BEFORE you book your flights!

What's Included:

All accommodation
5 group evening meals
Daily singing sessions with Roz
Group relaxation sessions with Martin
Camino guiding and support from Martin and Jane
Transfer from Oviedo Airport
Transfer from Trabadelo to Santiago for onward travel
Pilgrim Passport



What's Not Included

Flights
Independent transfer costs if not arriving in Oviedo on the designated flight
Travel Insurance
Breakfast, lunch and evening meals other than group dinners.

Who The Trip Is For

The trip is shaped towards Choir members but is not exclusive – partners are welcome if there is space and they have a desire to walk and sing! You have to be reasonably active and able to walk every day **but not super fit!** Martin, Jane and Roz are walking with you providing support and encouragement and we will take things at a pace that suits you best.



Travel Details

Outward flights are to the city of Oviedo on the north coast of Spain in Asturias, set above the Cantabrian mountain range, from where we organise the group transfer down to the beautiful city of Astorga, and on to the starting point for the trip.

You have the option to fly in to a different destination from Oviedo and arrive at the start point independently, so those wishing to make their own way to the start point in Asturias are welcome to do so.

The flights that we recommend, which are the ones that have arranged transfers to the starting point in Astorga are:

Friday 23rd August 2024

Vueling: Gatwick (LGW) – Oviedo (OVD) 1135 – 1445

or

Ryanair: Stanstead (STD) – Oviedo 1135 - 1445

Prices at the time of writing were £86 and £35 respectively

Note: We appreciate that you will wish to book flights before the prices rise but *Please* confirm your place is booked with Martin *BEFORE* you book your flights!

On day ten we organise a group transfer to Santiago for those not walking on from Trabadelo. Return flights to the UK from Santiago are at your discretion. We have organised the timing so that it is possible catch an onward flight to the UK and return to Devon that same day (space on flight allowing).

You also have the option of staying in Santiago for longer should you choose.

What You Need To Do

We are anticipating a high demand, and for spaces to fill quickly, **We are keeping the group size small and at this stage anticipate 14 spaces as a maximum.** To secure a place please make contact with Martin, as detailed below. Further information and a full briefing of what to expect, what to bring etc. will be given before the trip begins in the summer.

Contact details

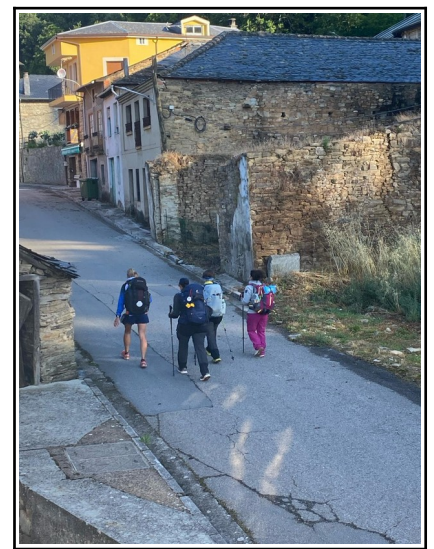
For more information and to reserve a space, please contact Martin on:

Mob: 07814 014467 – WhatsApp
Email: info@thesingingcamino.com

We really hope that you can join us on this amazing journey!

With our best wishes

Martin, Jane and Roz



Buen Camino!

