

# EXPLORE!

**Walking in Spain - Costa da Morte**  
8 days

Spain - Trip code GAL



## Walking in Spain - Costa da Morte

Discover the remote north western coast of Galicia, walking along deserted beaches and cliffs to isolated lighthouses and viewpoints. Gain an insight into the rich history of the region that is inextricably bound up with this wild coastline. Stay off the beaten track in the small beach resort of Laxe and quiet fishing village of Camarinas, and hike to Cape Finisterre - the 'end of the world'. En route there are plenty of opportunities to try the local cuisine, including fresh catch of the day.

### Trip highlights

- ★ **Dramatic coastal trails** - Explore the wild, remote coastline of Costa da Morte
- ★ **Remote lighthouses** - Discover these isolated beacons of light, still guiding ships along this treacherous coast
- ★ **Laxe** - Relax in this small, laid back beach resort
- ★ **Finisterre** - Walk to the 'End of the World'
- ★ **Local cuisine** - Try the Galician cuisine, especially the fresh seafood

#### ACCOMMODATION GRADE:

##### Standard

Our standard, mid-range accommodation offers a good level of service, often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en suite facilities.

#### WALKING GRADE:

##### Moderate

For those who are fit and active, these moderate walks are normally on good paths and tracks at low altitude. Days may include some fairly demanding ascents and descents, so previous experience is preferable but not essential.

**GROUP SIZE:****10 - 16**

Maximum group size ranges from between 6 to 20 people, depending on the type of trip, the transport and accommodation used and activities included. We rarely have groups that are smaller than five or six people and the average is 12 people plus an Explore leader.

# Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

## DAY 1 - Join trip in A Coruna

Join trip in the historical coastal city of A Coruna, on the north-west coast of Galicia. If you arrive early you could explore the old town, and the seafront promenade. On an elevated headland on the waterfront is A Coruna's most famous building 'La Torre de Hercules', an impressive tower and the oldest functioning lighthouse in the world. The origins of the tower are thought to date from Roman times, and it has come to be the symbol of the city.



**Accommodation: Hotel La Plaza, La Coruna** (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: None

## DAY 2 - Walk the coastal path from Malpica to Punta Nariga

Today we travel south for approximately 45 minutes to the colourful, old fishing village of Malpica. From here we start our first walk along unspoilt beaches and cliff tops towards the lighthouse on the cliffs of Punta Nariga. On a clear day we will have great views both of the coastline and over to the uninhabited Sisargas Islands a mile off the coast. From Punta Nariga we then travel to Laxe, the small coastal resort that will be our base for the next three nights.

Our first walk is 18 kilometres and takes approximately six hours. The total ascent and descent is +460m / - 445m.



**Accommodation: Hotel Playa de Laxe** (or similar)



Standard Hotel



Swimming pool available



Single room available

## DAY 3 - Discover historic watermills, iron-age 'castro' and ancient tomb

This morning we have a short drive to the small hamlet of A Telleira to the east of Laxe, from where we head inland. Following a small river we discover the remains of ancient watermills, an iron age 'castro' near the village of Borneiro, and Dombate Dolmen - a megalithic tomb. We then head towards the coast via Monte Castelo (305m) which has stunning views down to the sea, before following a coastal trail back to Laxe.

Today's walk is 19 kilometres, taking approximately six hours. The total ascent and descent is +/- 500m.



**Accommodation: Hotel Playa de Laxe** (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast

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## DAY 4 - Hike via Crystal Beach to Camelle

Leaving from the hotel we walk around the cape north of Laxe and along Monte Insua until we reach Praia das Cristales - a beach sparkling with eroded glass stones that reflect in the sunlight. Later we arrive to Camelle beach, a small coastal village of coloured houses. Here we can paddle, or swim if the conditions are right, before returning to Laxe by minibus.

Our walk today is 16 kilometres and takes approximately five hours. The total ascent and descent is +/-205m.



**Accommodation: Hotel Playa de Laxe** (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast

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## DAY 5 - Explore wild coastline and remote beaches en route to Camarinas

Today starts with a drive to a remote coastal area close to Santa Marina village. From here we walk along beautiful wild coastline to the natural sandy beach of Playa do Trece, and Cemeterio de los Ingleses - commemorating the sinking of HMS Serpent in 1890. We then head for the Cape Vilan lighthouse visible on the nearby peninsula and follow the coast round to Camarinas, the fishing village where we will stay for the next two nights.

Today's walk is 19 kilometres and takes approximately six hours. The total ascent and descent is +/- 300m.



**Accommodation: Hotel O Parranda** (or similar)



Simple Hotel



Single room available



Meals Provided: Breakfast

## DAY 6 - Walk to Spain's most western point, Cape Tourninan

After a short drive south to Muxia we start today with a visit to Nosa Senora da Barca church, a religious sanctuary with a dramatic coastline position. We then travel to nearby Praia do Lourido and make our most challenging walk on the Costa da Morte, from here to Spain's most westerly point, Cape Tourinan. Several fairly steep ascents and descents are rewarded by fabulous views along the coast and out over the Atlantic Ocean. At the end of the day we return to Camarinas by minibus.

Our walk today is 15 kilometres and takes approximately five and a half hours. The total ascent and descent is +/- 800m.



**Accommodation: Hotel O Parranda** (or similar)



Simple Hotel



Single room available



Meals Provided: Breakfast

## DAY 7 - Hike to Cape Finisterre - the 'End of the World'

This morning we drive for approximately an hour to Praia do Rostro to follow the trail along the coast to Cape Finisterre - historically thought to be the 'End of the World'. The path gives us more stunning views down to the coast from the high cliffs along the way. Cape Finisterre is also the end of the extended Camino de Santiago, which is marked with a typical camino scallop shell way marker by the lighthouse at the furthest point of the peninsula. After a rest and photo stop we will have a short time in the small town of Finisterre before driving north to A Coruna where we will spend our last night.

Today's walk is 16 kilometres and takes approximately five and a half hours. The total ascent and descent is +700m / -600m.



**Accommodation: Hotel La Plaza, La Coruna** (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast

## DAY 8 - Tour end in A Coruna

Our tour ends today after breakfast in A Coruna.

 Meals Provided: Breakfast

# Walking and Trekking information

### DAILY DISTANCES

|       |      |
|-------|------|
| Day 2 | 18km |
| Day 3 | 19km |
| Day 4 | 16km |
| Day 5 | 19km |
| Day 6 | 15km |
| Day 7 | 16km |

*2019 Itinerary*

### Walking grade

Moderate

### Trek details

Walks on 6 days for between 5 to 6 hours each day, mainly along uneven coastal paths. There is little shade along the routes and in spring time especially the vegetation on the trail can be overgrown. We have graded this walking trip as moderate.

### DAILY DISTANCE

|       |      |
|-------|------|
| Day 2 | 18km |
| Day 3 | 17km |
| Day 4 | 15km |
| Day 5 | 19km |
| Day 6 | 14km |
| Day 7 | 11km |

 Optional Walks



2019 Itinerary



## Why book this trip

Get off the beaten track and explore the wild, remote coastline of north-west Spain.

## What's included?



### Included meals

Breakfast: 7



### Transport

Bus  
Minibus  
Taxi



### Trip staff

Explore Tour Leader  
Driver(s)



### Accommodation

5 nights standard hotel  
2 nights simple hotel

## Trip information

### Country information

### Spain

#### Climate

Overall, spring, early summer and autumn are ideal times for a Spanish trip - though the weather varies enormously from region to region. The high central plains suffer from fierce extremes, stiflingly hot in summer, bitterly cold and swept by freezing winds in winter. The Atlantic coast, in contrast, has a tendency to damp and mist, and a relatively brief, humid summer. The Mediterranean south is warm virtually all year round. Spain's Islands the Canaries and Balaerics experience very mild winters and warm summers making them ideal year round destinations.

#### Time difference to GMT

+1

#### Plugs

2 Pin Round

#### Religion

Roman Catholic

## Language

Castilian Spanish, Catalan, Galician, Basque

# Budgeting and packing

## Clothing

For walking: Bring light, windproof water proofs and a couple of layers for warmth as the weather conditions can be changeable. It can also be cool in the evenings. Wicking shirts are recommended as a base layer, and walking trousers are preferable to trousers of heavier material such as jeans.

General: Clothing should generally be lightweight for the day. However warmer layers and long trousers may be needed, especially at night and early and late summer. You may also wish to bring a swimming costume and towel.

## Footwear

We recommend you bring walking boots with ankle support- leather or fabric are both fine. Make sure that your boots are worn-in and comfortable before the start of the trip. Also trainers or sandals for relaxing and general wear. We suggest that on international flights you either carry your walking boots in your hand luggage or wear them - should your luggage be lost or delayed, your own boots are the one thing that will be irreplaceable.

## Luggage

20kg

## Luggage: On tour

Bring one main piece of baggage and a daypack for carrying personal items during our walking days. Total allowance: 20kg (subject to you flight luggage allowance) plus a 25-30 litres daypack. Main baggage will be transported between nightstops.

## Equipment

Your day pack should be large enough to hold your water bottle, sun cream, waterproofs, a warm layer, snacks, camera, etc. You may also wish to bring walking poles.

General:

We recommend that you bring a water bottle, torch, sunblock, sunhat, sunglasses and insect repellent. You may also wish to bring walking poles and binoculars.

## Tipping

### Explore leader

At your discretion you might also consider tipping your Explore Leader in appreciation of the efficiency and service you receive.

### Local crew

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, the Explore Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the trip.

Accordingly, we recommend approximately 15€ per person for tipping.  
10% is recommended at meal times.

## Country Information

### Spain

#### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

**Lunch price**

£8.00 - 12.00

**Dinner price**

£16.00 - 20.00

**Beer price**

£1.50 - 2.50 (depending on the region/area in Spain)

**Water price**

£1.4

## Foreign Exchange

**Local currency**

Euros

**Recommended Currency For Exchange**

We recommend you take the majority of your spending money in Euros cash.

**Where To Exchange**

We recommend that you change any currency into Euros prior to arrival. Bureau de Change are generally only found in major cities and large airports.

**ATM Availability**

In cities and most major towns.

**Credit Card Acceptance**

Visa and Mastercard are generally accepted in larger restaurants and some shops.

**Travellers Cheques**

Not recommended.

## Transport, Accommodation & Meals

### Transport Information

Bus, Minibus, Taxi

### Accommodation notes

**Booking a Single Room**

All of our group tours are planned and operated on a twin-share basis, meaning that the standard cost is based either on individual travellers sharing accommodation with another group member of the same sex, or people who book together sharing accommodation. Please refer to the tour notes where the single room option availability is detailed on a night by night basis for this tour, and the price for the available nights is detailed on the dates & prices tab by departure date. For Self-Guided trips the Single Room supplement offers the option of a single room each and is charged per person. The Single Room supplement also applies to the third person in a party of three that will be accommodated in a single room.

Accommodation and service levels in Spain are generally very good. We try to use smaller, family-run hotels and pensions that might not offer the same luxuries as larger chain-style hotels, but they do provide a warm welcome, a comfortable place to stay and the chance to gain a better understanding of local life. One thing to be aware of in Spain is that breakfast tends to be a smaller affair, often just fruit juice or coffee and a pastry.

Day five and six Hotel we stay at O Parranda, graded as simple. The rooms feature tiled floors and simple decor, they are all ensuite with central heating and some also have views of the port. The hotel is located a short walk from the beach.

## Essential Information

### FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your



destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice click [here](#).

For more information from Explore about travel advice, click [here](#)

### **Under 18 immigration guidance**

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

## **Price Guarantee**

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

## **Visa and Passport Information**

Spain: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://www.travcour.com) to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

## **Booking conditions**

Before booking your Explore trip, please ensure that you read both our [Essential Information](#) and [Booking Conditions](#).

## **Transfers**

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

### **Booking a land only package with Explore**

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

### **Joining Tour Abroad**

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer click [here](#)

## **Insurance**

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom. Read more information about what travel insurance is required.

## **Flight information**

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. [Read more about them here.](#)

### **Flight Information**

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

**Booking a flight inclusive package with Explore**

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

**Spain****Vaccinations**

Nothing compulsory but Tetanus is usually recommended as a precaution. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at [Explore Travel Health](#) and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

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