

EXPLORE!

CHASE THE SUN SALE

DISCOUNTED

Walking in Spain - Costa da Morte

SPAIN - TRIP CODE GAL

WALKING AND TREKKING



Why book this trip?

Discover the remote north-western coast of Galicia, walking along deserted beaches and cliffs above the wild coastline to isolated lighthouses and viewpoints. Stay off the beaten track in the small beach resort of Laxe and the quiet fishing village of Camarinas.

- **Cape Finisterre** - Walk to the 'End of the World'
- **Santiago De Compostela** - Trip end in this lively historic town with its magnificent cathedral
- **Local cuisine** - Try the Galician cuisine, especially the fresh catch of the day



INCLUDED MEALS
Breakfast: 7



TRIP STAFF
Explore Tour
Leader
Driver(s)



TRANSPORT
Bus
Minibus
Taxi



ACCOMMODATION
5 nights standard
hotel
2 nights simple
hotel



WALKING GRADE:
Moderate



GROUP SIZE:
10 - 16

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)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL 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.

Today's 18 kilometre walk is expected to take around six hours with 460 metres of ascent and 445 metres of descent.



ACCOMMODATION:
Hotel Playa de Laxe (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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 17 kilometre walk is expected to take around six hours with 500 metres of ascent and descent.



ACCOMMODATION:
Hotel Playa de Laxe (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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.

Today's 15 kilometre walk is expected to take around five hours with 250 metres of ascent and descent.



ACCOMMODATION:

Hotel Playa de Laxe (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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 19 kilometre walk is expected to take around six hours with 300 metres of ascent and descent.



ACCOMMODATION:

Hotel O Parranda (or similar)



Grade: 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.

Today's 14 kilometre walk is expected to take around five-and-a-half hours with 800 metres of ascent and descent.



ACCOMMODATION:

Hotel O Parranda (or similar)



Grade: Simple Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 7 - Hike to Cape Finisterre - the 'End of the World'. Dive to Santiago de Compostela

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 inland to Santiago de Compostela where we will spend our last night. The rest of the afternoon and evening is free to wander the city's narrow streets. Visit the magnificent cathedral, a stunning architectural landmark with Romanesque, Gothic and Baroque features, discover some of the city's other architectural treasures and enjoy the local food and wine.

Today's 11 kilometre walk is expected to take around five-and-a-half hours with 700 metres of ascent and 600 metres of descent.



ACCOMMODATION:
Rosa Rosae (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 8 - Tour end in Santiago de Compostela

Our tour ends today after breakfast in Santiago de Compostela. If you're booking your own flights then please ensure that you let us know whether you're departing from Santiago or La Coruna Airport so we can arrange your transfer accordingly.



MEALS PROVIDED: BREAKFAST

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	Plugs	Religion
+1	2 Pin Round	Roman Catholic

Language

Castilian Spanish, Catalan, Galician, Basque

Budgeting and packing

Clothing

Bring light and comfortable clothing that can be layered according to the temperature. It can become cool, especially at night, so bring warmer layers. Tops made from wicking materials which keep you drier, a warmer fleece is recommended as a mid layer, and walking trousers are preferable to trousers of heavier material such as jeans.

- Breathable wind and waterproof jacket (you may also wish to bring waterproof trousers)
- T-shirts
- Long sleeved tops
- Sunhat
- Long trousers (will be walking through shrubland, thorny vegetation may scratch bare legs)
- Swimwear and towel
- Midlayer Fleece/pullover
- Socks (liner and thicker pair)
- Insulated jacket

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 luggage and a 20-30 litre day sack is recommended. You will need to carry what you need for the day which may include a raincoat, jumper, camera, sun-cream, water and picnic lunch. On hot days you will carry fewer clothes but more drinking water. Main baggage will be transported between nightstops.

Equipment

- Sunglasses
- Sun cream
- Small Torch (with spare batteries and bulb)
- Camera
- Walking poles (if you usually use them)

- Personal toiletries
- Personal first aid kit - On each walk a first aid kit is carried but you should have your own blister kit, supply of plasters, aspirin and other essentials.
- Insect repellent
- Small waterproof dry bag (for items such as your mobile phone)
- Reusable water bottle (minimum 1 litre) - Get 15% discount on a Water-to-Go bottle www.explore.co.uk/about-us/responsible-travel/water-to-go-discount-with-explore
- Lunch bag/Tupperware (for packed lunches)

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.

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	Dinner price	Beer price
£8.00 - 12.00	£16.00 - 20.00	£1.50 - 3.50 (depending on the region/area in Spain)

Water price
£1.4

Foreign Exchange

Local currency	Recommended Currency For Exchange
Euros	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

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 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 complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

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.

Walking and Trekking information

DAILY DISTANCES

Day 2	18km	6hrs
Day 3	17km	6hrs
Day 4	15km	5hrs
Day 5	19km	6hrs
Day 6	14km	5.5hrs
Day 7	11km	4.5hrs

 Optional Walks

Walking grade

Moderate

Trek details

Walks on 5 days for between 4.5 to 6 hours each day. Walk along well-defined undulating coastal paths and sandy beaches. There is little shade along the routes and in spring time especially the vegetation on the trail can be overgrown.



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PROMISE



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