

Irish Hospice Foundation

Camino Challenge

French Camino Way
Estella to Burgos, Spain

5 Walking
Days
124km



27th September – 4th October 2024

Make every step count by walking the French Camino –
Crossing La Rioja in aid of Irish Hospice Foundation



Irish
Hospice
Foundation

To die and grieve well wherever the place





An Incredible Journey

Why Walk the Camino?

Walking the Camino can be incredibly rewarding and fun while also providing great exercise. It is an amazing journey full of culture, history and stunning landscapes. By joining Irish Hospice Foundation (IHF) Camino you will not only be embarking on a personal challenge, but you will also be supporting people nationwide who are facing death, dying and bereavement by helping to raise funds for the work and services of the IHF.

How Fit Should I Be?

The Camino is not supposed to be a boot camp but rather an enjoyable experience! You do not need to be in “world-class” shape, but we recommend you prepare yourself to be able to walk distances of approximately 25km per day. It is important to remember that nobody is expected to complete a day’s walking in one go. Each day will be split into two, with carefully selected breaks to allow participants to relax, get

a drink or catch up with the rest of the group. We will also provide you with a training plan on registration and plan to host a training walk and information event for all participants in August.

Our route spans the second stage of the French Camino

Starting in Estella, we will walk across the vineyards of La Rioja before entering the vast plateau known as La Meseta. Along the way, we will stay in Logroño, capital of La Rioja, where we will experience the vibrant atmosphere of its old town. We will walk through a beautiful landscape of plains and cropfields with some long walking stages. Some of the Camino’s most iconic places can be found along this route, such as San Juan de Ortega and Santo Domingo de la Calzada. Finally, we will spend two nights in Burgos, the second great city of the Camino, with its imposing Gothic Cathedral located in one of the most beautiful historic centres in Spain.

Highlights

- Winding your way through a beautiful landscape dotted with vineyards and villages
 - Admiring the many historic churches and monasteries along the way
 - Sampling delicious local dishes and Rioja and Ribera del Duero wines
 - Reflecting on your journey in the famous Cathedral of Burgos
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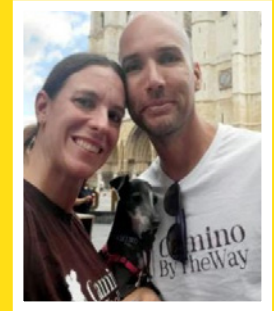
Our Guides

We work alongside an experienced guide company, Camino By The Way. Two guides will accompany us on the walk, and they have many years' experience of guiding walking groups along the Camino.

They have expertly planned this route for us, including our accommodation and meals. They are happy to have a chat with participants and answer any questions you might have about the route, training or equipment.



Juan and Lucas



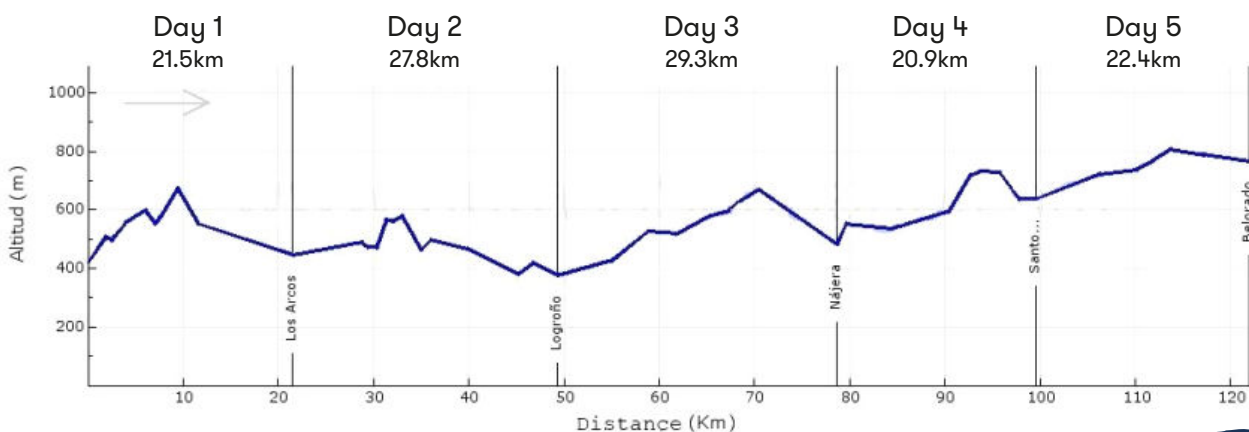
Marina and Joe

Here's what some of our supporters have to say about taking part in previous IHF Camino Challenges

- “ I knew it would be a very special week; but it surpassed even my highest expectations. It reassured me as to the goodness of the human heart... ”
- “ Really enjoyable and rewarding. Didn't realise how much I would gain from it. Met some wonderful people and made some great friends. ”
- “ Life changing, I have met fabulous people and have taken home special memories that will last my lifetime. ”
- “ Very positive experience, very well organised both prior to the trip and during it. Staff and Guides are second to none. A highly recommended experience. ”



Gradient



Itinerary

Fri 27 Sep – Day 1. Arrival To Bilbao Airport And 2 Hours Transfer To Estella

After checking in, we will have time to enjoy the evening and have dinner in Estella.
Overnight: Estella



Sat 28 Sep – Day 2. Walk: Estella – Los Arcos (21.5 Km)

Time to set off. Leave Estella and take a sip of wine from the free wine fountain at Bodegas Irache, then continue along nice dusty tracks through vineyards, olive groves and cereal fields. From Villamayor de Monjardín, we'll cover a long stretch marked by an absence of settlement, then its onwards to Los Arcos.
Overnight: Los Arcos.



Sun 29 Sep – Day 3. Walk: Los Arcos – Logroño (27.8 Km)

Cross a rolling countryside dotted with historical hermitages, hilltop towns and sweeping vineyards. Enter the world-famous winegrowing region of La Rioja, see the dramatic ruins of Clavijo Castle and descend to the bustling old city of Logroño. Calle del Laurel and Calle San Juan are typical streets where various restaurants and bars offer some of the finest tapas in northern Spain. Overnight: Logroño.



Mon 30 Sep – Day 4. Walk: Logroño – Najera (29.3 Km)

Leave the outskirts of Logroño and re-enter the vineyards of La Rioja. Pass the 12th-century town of Navarrete, where you can admire the fabulous Baroque church of La Ascensión. Our day ends in Nájera, another medieval town with deep historical ties to the Camino. Overnight: Najera



Tue 01 Oct – Day 5. Walk: Santo Domingo de la Calzada (20.1 km)

The trail goes uphill along a dirt track through pine trees and across farmland heading towards the small village of Azofra. Most of the walking today is through farmland, well away from any roads. After Ciruena, it's back down over rough tracks to Santo Domingo de la Calzada and the end of another day's walking adventure. Transfer to Belorado. Transfer back to Najera (30 min) Overnight: Najera.



Wed 02 Oct – Day 6. Walk: Santo Domingo de la Calzada – Belorado (22.4 km)

Transfer to Santo Domingo de la Calzada (30 min). Today we leave La Rioja and enter La Meseta, swapping vineyards and farmlands for the wide cereal fields that are so characteristic of the famous massif that is La Meseta. Along the Meseta, the stages are extended and often quite straight and seemingly endless. Transfer to Burgos (40 min), we will be dropped just 2 kms before to the Cathedral Square to arrive together to our final destination. Overnight: Burgos.



Thu 03 Oct – Day 7. Free day in Burgos

Our hotel, situated very close to the city's famous Gothic cathedral, will provide you with the perfect base for exploring this beautiful old city with its stunning landmarks, vibrant atmosphere and delicious cuisine. Last night's dinner in the old town.
Overnight: Burgos.



Fri 04 Oct – Day 8. Transfer to Bilbao Airport and flight back home



Participation Fee and Training Day

The Total Participation Fee is €2,885

Tour Cost of €1,485

- This cost covers your flights, baggage, transfers, accommodation, meals (breakfast, lunch and dinner) guided walks and luggage transfers

Fundraising of €1,400

- These funds will go directly to support end-of-life and bereavement care in Ireland

This should be paid as follows:

- Registration of €300 on sign up
- Tour cost balance of €1,185 paid by 15th July 2024
- Fundraising of €1,400 to be lodged to Irish Hospice Foundation prior to trip departure on 27th September 2024

Pre Trip Training Day and Information Event

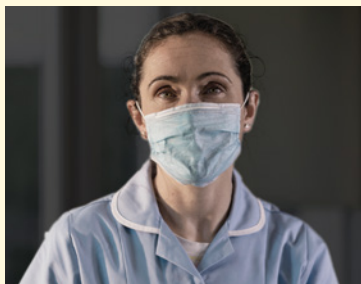
We will invite participants to a pre-trip information event and training walk in August. This will give you a chance to meet the teams from Irish Hospice Foundation and Camino by the Way.

It is also a great opportunity to meet other participants that you will be walking with on the Camino.



The difference you can make

By taking on the IHF Camino challenge you will be supporting people all over Ireland that are facing end of life and bereavement.



Nurses for Night Care

Nurses for Night Care is our free, at-home night nursing service for patients diagnosed with non-cancer conditions. Nurses travel to patients' homes to provide professional care for the final nights of their life. They bring comfort and relief and provide important respite and reassurance to relatives as they prepare for the final farewell and ultimately, their bereavement.

In 2023, **2,800 nights of nursing care were delivered to 1,252 people across Ireland.** The demand for Nurses for Night Care has doubled over the past five years and continues to grow. We estimate that over €1million is needed to fund this service in 2024.

Bereavement Support Line

The Bereavement Support Line, set up by Irish Hospice Foundation in partnership with the HSE, is a freephone service available Monday to Friday, 10am – 1pm. It provides a confidential safe space for those who have lost a loved one, friend or colleague, to talk about their loss and grief. It is designed to provide connection, comfort and support for those who are grieving as well as information on how to access counselling or community services if appropriate. In 2023, the Bereavement Support Line team answered 1,290 calls to the line.

Caru

Caru is a continuous learning programme developed by Irish Hospice Foundation and the All Ireland Institute of Hospice and Palliative Care (AIIHPC) in collaboration with the HSE. Caru is generously sponsored by Kingspan. The aim of Caru is to support and improve the delivery of compassionate, person-centred, palliative, end-of-life and bereavement care to residents and family members in nursing homes.

Caru enables cultural change within nursing homes that encourages openness to talk about and plan for end-of-life care with residents, families and staff. It is an evidence-based programme that builds on the nursing homes' existing capability to boost staff confidence with planning for and reviewing care given at end-of-life. This free quality improvement programme is available to public and private nursing homes in Ireland.

See [Caru.ie](https://www.caru.ie) for more details.



Caru

Supporting Care & Compassion
at End of Life in Nursing Homes
A continuous learning programme

Essential Facts

SECURING YOUR PLACE

To secure your place you will need to:

- Fill in and return your registration form by 1st August 2024.
- Pay your €300 non-refundable registration fee. You can do this by cheque, credit card over the phone or bank transfer.

Your place will be confirmed once the full cost of €1,485 is paid.

The price quoted is subject to availability and may vary slightly depending on flight costs. We will make any change in price clear in advance of registration.

SPONSORSHIP TARGETS & DEADLINES

Total Participation Fee: €2,885

Pay registration fee: €300

Pay balance of tour cost €1,185 by 15th July 2024 to secure your place on the trip.

N.B. No travel arrangements will be made for you until the balance of the tour cost is paid.

Raise and lodge your sponsorship/fundraising of €1,400 to Irish Hospice Foundation prior to trip departure on 27th September 2024.

FUNDRAISING SUPPORT

The team of professional fundraisers at IHF will provide you with fundraising support including:

Access to fundraising materials and IHF merchandise.

An online sponsorship account so friends, family and colleagues can sponsor you online through your own personalised webpage on www.idonate.ie/event/caminochallenge2024ihf
We will happily help you set this up.

A direct phone number and email address for an IHF fundraiser.

TRAINING SUPPORT

CaminoByTheWay are on hand to offer advice and support on training requirements. We also plan to host a pre-trip briefing and training walk open to all participants in August (date and time TBC).

It is important that you consider the varied terrain of the Camino, the lengths of the walks and the challenges these present. It has to be recognised that strong legs and a good cardiovascular fitness are essential.

We can provide you with the following support to help you train:

- A professionally prepared training guide
- An information session that includes a question and answer session with event staff.

Self-motivation is essential

SUPPORT TEAM

You will be supported by trained and professional guides who will accompany the group through out the trip. An IHF staff member will also be present to provide support and back-up. You can be assured of receiving the following support:

- Transferring your luggage from hotel to hotel.
- First Aid support.
- Guiding the route.



FOOD & ACCOMMODATION

Accommodation is provided for every night of the trip. It is shared twin rooms. Please indicate anyone with whom you would like to share a room, on your registration form. Single rooms are available for an additional fee of €235. If you choose to stay on in Spain after the trip, you will be responsible for organising your own accommodation and flights once IHF's Camino Walk has ended.

WATER/SNACK STOPS

We will aim to stop for water and snacks along the route and you should carry some money to purchase these. We recommend that you carry water/snacks/fruit/energy bars each day of the route.

Breakfast is not provided on the day of outward travel. It is provided from day 2 onwards. Lunch is not provided on Day 1 or Day 7. Lunch will be provided on each day of walking. Dinner is provided each day from day 1-7 (inclusive).

Special dietary requirements. We are only able to accommodate food allergies, specific diets i.e. vegetarian, vegan, and/or religious or medical dietary requirements. Personal preferences cannot be accommodated. Please remember to fill them in on the medical questionnaire which you will receive once you have registered. If any individual has particular snack preferences they should consider bringing a quantity with them on the trip.

TRANSPORT

Our flight details are below:

Outbound: Friday 27th September 2024

Dublin to Bilbao
13:00 arrive 16:15
EI 748

Return: Friday 4th October 2024

Bilbao to Dublin
16:10 arrive 17:15
EI 749

WEATHER

The weather at this time of year is usually pleasant and sunny with temperature not often exceeding 25°C, but you should come prepared for all weathers. Ensure you have packed waterproofs, sun hat and sun screen.

WHAT IS NOT INCLUDED?

- Travel insurance is not included and is mandatory. We can put you in touch with a company that can offer you insurance for the trip. Note: You will not be allowed participate in the trip without Travel Insurance
- Personal spending money
- Breakfast/lunch on 27th September
- Lunch on 3rd and 4th October



Terms and Conditions

Irish Hospice Foundation Camino Challenge 27th September - 4th October 2024 (the "Event")

1. Each person taking part in the Event (a "Participant" or "you" or "your") is acting as a volunteer for Irish Hospice Foundation and is responsible for and obtaining all necessary permits and permissions in respect of public collections.

GENERAL

2. Irish Hospice Foundation has appointed Camino By The Way/ J Barter Travel ("The Company") to organise accommodation, logistics, transportation, first aid and guides for the Event and accepts no liability for any loss or damages howsoever arising or for cancellation of the Event for any reason.
3. Irish Hospice Foundation has no control over the organisation and running of the Event and all participants take part at their own risk.
4. Irish Hospice Foundation can arrange flights to and from the Event for the convenience of Participants. All flights booked by Irish Hospice Foundation are booked through a third-party transport provider, with no affiliation to Irish Hospice Foundation, and Irish Hospice Foundation has no control over the price, chartering or scheduling of the flights. Irish Hospice Foundation

cannot accept liability for any delay in a Participant's travel arrangements from or to Ireland whether the cancellation or delay is caused by adverse weather conditions, rescheduling by a transport provider, port authority, mechanical breakdown or industrial action.

5. Irish Hospice Foundation has no control over what happens on the Event and is, therefore, under no liability in contract, negligence, or otherwise for any matter occurring during the Event or for any loss or damage sustained by any Participant during those dates. Any complaint must be notified directly to Camino by the Way/ J Barter Travel within 14 days of the end of the Event, in accordance with Camino by the Way/ J Barter Travel Terms and Conditions: <https://www.travelnet.ie/info/terms-and-conditions.aspx> (option 3)
6. The total liability of Irish Hospice Foundation to a Participant under or in connection with these terms and conditions (the "Participant Terms and Conditions") or the Event, whether arising from breach of contract, tort (including negligence) or otherwise, shall be limited to a total aggregate amount of €75. Irish

Hospice Foundation shall not be liable to a Participant for any indirect or consequential loss or damage.

7. These Participant Terms and Conditions should be read in conjunction with Irish Hospice Foundation's Privacy Notice which is available on our website, <https://hospicefoundation.ie/privacy-policy/>
8. These Participant Terms and Conditions, and all matters arising from them, will be subject to Irish law and the exclusive jurisdiction of the Irish Courts.

REGISTRATION FEES AND DONATIONS

9. To secure your place you will need to: Fill in and return the enclosed registration form by 1st August 2024 along with your €300 non-refundable deposit payment. On or before 15th July 2024 the balance of costs, €1,185 must be paid to secure your place on the trip. Fundraising must be lodged to Irish Hospice Foundation prior to departure on 27th September 2024.
10. If you are unable to obtain the minimum target amount of sponsorship (€1,400) you are liable to forfeit your place on the Event and your non-refundable registration fee of €300; donations will only be refunded directly to the donor, upon written request by the donor.
11. You must make it clear to all your prospective sponsors that €1,485 of the €2,885 comprises the cost of registration and participation in the Event.
12. Should Irish Hospice Foundation cancel the Event, the registration fee of €300 will be refundable to you; donations will only be refunded directly to the donor, upon written request by the donor.
13. Should you not be able to take up your place on the Event, donations and registration fees will not be refundable to you; donations will only be refunded directly to the donor, upon written request by the donor.
14. All funds raised in the name of Irish Hospice Foundation in connection with the Event must be paid as soon as practicable to Irish Hospice Foundation.



SAFETY AND INSURANCE

15. You may not deviate from the official route.
16. You are to obey the local traffic regulations, traffic officers and authorised marshals at all times.
17. Travel insurance is mandatory for all Participants during the Event organised by the Company. Participants participate in the Event solely at their own risk and bring the Participant's personal property, including baggage, on the Event at their own risk. Participants are wholly responsible for arranging their own insurance. Participants are responsible for ensuring that they are in possession of private travel insurance with protection for the full duration of the Event in respect of at least medical expenses, injury, death, repatriation, cancellation and curtailment, with adequate cover ("Travel Insurance"). Participants should ensure that there are no exclusion clauses limiting protection for the type of activities included in the Event. Participants should satisfy themselves that any Travel Insurance arranged through the Company is what they require and should arrange supplementary insurance if need be. Participants will be deemed to have read the insurance cover.

PASSPORT, VISAS, VACCINATIONS

18. Each Participant is responsible for arranging and must be in possession of a valid passport and any visa required for the whole of their journey. Information about these matters or related items (climate, clothing, baggage, personal gear etc.) is given in good faith but without responsibility on the Company. It is the responsibility of each Participant to check if visas or vaccinations are required to travel.

ITINERARY

19. While we endeavour to follow our itinerary there may be exceptional circumstances when this is not possible. We reserve the right to cancel or modify the itinerary as necessary. Due to the nature of the trip arrangements have to be planned well in advance, so changes may have to be made and the Company reserves the right to do this. Should a material change be necessary the Company will inform you as soon as reasonably possible. A material change includes, for example, a significant change of destination or route time by more than 12 hours.

MEDICAL FORM AND EHIC CARD

20. Prior to the Event you will be asked to complete a medical questionnaire. If you are over 60 years of age or if you have any medical condition that could be adversely affected by exercise, particularly a heart condition or asthma, you must provide the Company with a medical certificate from your doctor. By signing this form, you are confirming that, to the best of your knowledge, your general state of health is good and that you take full responsibility for your health and personal wellbeing.
21. European Health Insurance Card: All participants are required to carry a valid EHIC card for the duration of the trip. They can be obtained free of charge from your Local Health Office.

MINIMUM AGE

22. Participants must be over the age of 18 on the day of departure.

CHALLENGE PARTICIPATION

23. We accept your booking on the understanding that you realise the hazards involved in this type of event, including injury or death, disease, loss or damage to property, and that you come on the Event at your own risk. We accept no liability for any injury resulting from the event or any other activity included in the itinerary, or for any other mishaps to you or your property, and in particular as a consequence of strikes, wars, riots, sickness or other such happenings. Any independent travel arrangements that you make are also at your own risk. While on the Event, illegal behaviour or conduct considered unsuitable will not be tolerated and could result in the Participant being asked to leave the Event with no refund. The decision to participate in the Event or parts therein lies with each Participant. You must adhere to current public health guidance at the time of the Event. Masks, if required, are your responsibility and the Company cannot be responsible for ensuring all others around you are wearing them.

EQUIPMENT

24. Participants taking their own equipment on the Event are responsible for any charges for transportation levied by the transport provider, including excess baggage.

DELAYS

25. The timings of road or flight departures are estimates only. We cannot accept liability for any delay in your travel in your travel arrangements from or to Ireland whether the cancellation or delay is caused by adverse weather conditions rescheduling by transport provider, port authority, mechanical breakdown or industrial action. Where long delays result in lost challenge time, no refunds are given by hotels or suppliers. Similarly, transport providers do not offer compensation for delays.

WAIVER

26. Participants hereby acknowledge that they take part in the Event and all functions and events related thereto at their own risk. Participants hereby agree for themselves, their executors, administrators, heirs, next of kin, successors and assigns to waive release and discharge and to neither have nor institute any claims whatsoever against Irish Hospice Foundation or the Company. This waiver covers death, disability, personal injury, damage to and loss of property of a participant and is effective whether or not such death, injury, damage or loss may have been caused directly or indirectly or wholly or partly by any act or omission including negligence, of Irish Hospice Foundation or the Company or their respective servants, agents and contractors and will bind the heirs, executors and/or trustees of the estate of a participant.

CAMINOBYTHEWAY/ J. BARTER TRAVEL TERMS AND CONDITIONS

1. For CaminoByTheWay/ J. Barter Travel Terms and Conditions please refer to: <http://www.travelnet.ie/info/terms-and-conditions.aspx> (Option 3)
2. It is your responsibility to read through and accept these terms and conditions
3. If you do not have access to the internet please call J. Barter Travel on (021) 485 1700 and request that the terms and conditions are posted to you.

Registration form

PLEASE COMPLETE THIS FORM IN BLOCK CAPITALS AS CLARITY IS ESSENTIAL WHEN MAKING FLIGHT BOOKINGS

PERSONAL DETAILS

Title _____
Name(s) _____
Surname _____
Address _____

Date of Birth (must be over 18) _____
Sex (M/F) _____
Phone (day) _____
Phone (mob) _____
Email address _____

NEXT OF KIN

Title _____
Name(s) _____
Surname _____
Relationship _____
Phone (day) _____
Phone (mob) _____

PASSPORT DETAILS

NB: Passport must be valid for 6 months after date of travel

Name (as on passport) _____
Passport Number _____
Expiry Date _____
Place of Issue _____
Date of Issue _____
Nationality _____
Country of Residence _____

INSURANCE

Do You have travel insurance* Yes No

*Travel insurance is Mandatory. Clients are responsible for ensuring that they are in possession of private Travel Insurance with protection for the full duration of the event in respect of at least medical expenses, injury, death, repatriation, cancellation and curtailment (inc. flights), with adequate cover.

Participation in this event is at the sole discretion of Irish Hospice Foundation. Please return your completed application form plus deposit to:

Emma Rock, Irish Hospice Foundation,
32 Nassau St, Dublin. Emma is contactable at
01 679 3188 or fundraising@hospicefoundation.ie

Do you have any special dietary requirements? Yes No

If yes, please give details. Please note we can only cater for allergies

IHF Official Camino Walk T-Shirt

Please see size chart and tick size req.

Size S M L XL XXL 3XL 4XL

T-SHIRT SIZE CHART

	S	M	L	XL	XXL	3XL	4XL
HEIGHT cm	172 – 176	175 – 179	178 – 182	181 – 185	184 – 188	187 – 191	190 – 193
CHEST cm	92 – 96	96 – 100	100 – 104	104 – 108	108 – 112	112 – 116	116 – 120

Will you be travelling out with the group on 27th September 2024? Yes No

Will you be returning with the group on 4th October 2024? Yes No

If you are not returning with the group you must inform IHF before the 1st August 2024. If you are travelling separately from the group you are responsible for your own accommodation for the extra nights and your return flight home. We will be happy to provide you with the name and details of the relevant hotel.

PLEASE NOTE: All accommodation will be shared

Do you have a preference for who you wish to share with?

Yes No Please specify name _____

There are a limited number of rooms available at a supplementary cost of €235. If you wish to have a single room and are happy to pay this supplement please tick the following box.

Yes I am happy to pay a single supplement of €235

I have read and agree to abide by the Terms and Conditions in the accompanying event brochure which I understand may change from time to time and be posted on the web site www.hospicefoundation.ie. In particular, I have read and agree to the terms of the Waiver. I have also read terms and condition on the CaminoByTheWay company website.

Signed: _____ Date: _____

PAYMENT DETAILS

I enclose a cheque for the amount of €300 made payable to Irish Hospice Foundation

Please charge €300 to my VISA MASTERCARD Debit card
(Tick as appropriate)

Card Number _____

Exp Date _____ CVV No _____

Name on Card _____

Address Of Cardholder _____

How would you like to hear from us?

Please keep me up to date with all future mailings, events and updates

Only keep me up to date with events

All information on this challenge is correct at time of going to press.



**Irish
Hospice
Foundation**

Registered Charity Number 20013554



**Camino
Challenge**

hospicefoundation.ie

