

CAMINO DE SANTIAGO



El Camino Frances

July 22 to August 2, 2015

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Tour Overview

This tour should be on the must-do list of every serious cyclist. The classic pilgrimage route of the Camino combine many elements that make it a truly unique experience: history, culture, art, and nature come together on this magnificent route. Thousands of people around the world arrive in the north of Spain every year to walk and live this unforgettable adventure – we will do it by bike.

We will ride on what is known as the "Camino Frances", which starts in the north of Spain in Roncesvalles and continues 760 kilometres, ending in Santiago de Compostela.

There are ten riding stages that vary in distance from 60 to 106 kilometres.

The riding is not technical and we will be fully-supported on each stage. We have planned a quiet ride, stopping to explore the amazing sites and hidden corners along the way.

Stage Descriptions and Itinerary

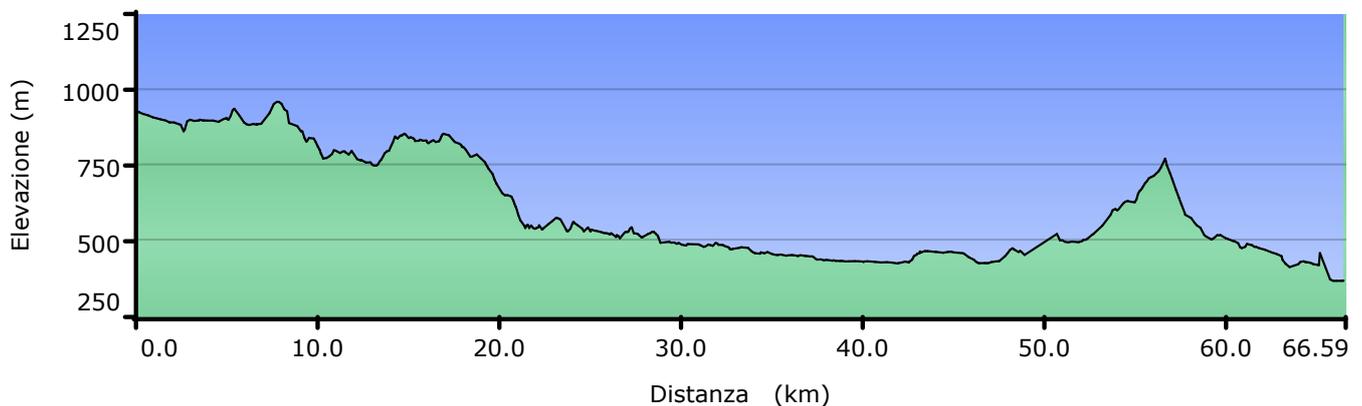
July 22, 2015 - Roncesvalles

Riders should arrive at Pamplona Noain Airport (PNA) by 6:00 p.m. or arrive directly in Roncesvalles.

Accommodation is in a hostel in Roncesvalles. This evening we will put the bikes together and have a welcome dinner.

July 23, 2015: Roncesvalles – Puente la Reina

1st Stage - Kilometers 68 - Elevation 1,000 metres

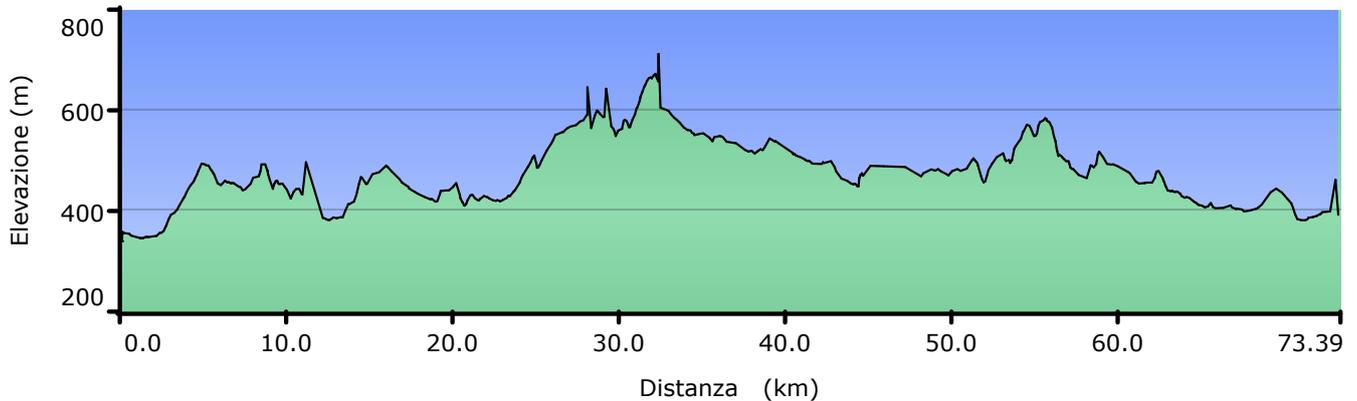


We begin our tour in Roncesvalles where a granite cross at the side of the road shows us the beginning of the Camino de Santiago. The road takes us through small rural villages typical of Navarra: Espinal, High Mesquiriz and Vizcarret between tree-lined roads, through forests and down fast descents. El Camino then leads us to Villava (the birthplace of the legendary cyclist Miguel Indurain) and across the Ulzama Rover, and over an ancient medieval bridge in Arre. Near the river we can see the Romanesque Church of the Trinity built in the XIII century as well as an old hospital.

We arrive in Pamplona after passing through the neighborhood of La Maddalena and after visiting the gothic Cathedral (XIV-XV century) of Santa Maria la Real. We continue to Cizur Menor and his small church. After, the route continues to climb up to Alto del Perdon at 1037 metres. On its ridge we can see modern wind power turbines and from here we descend to Obanos on a steep descent. After the last downhill of the day we will reach Puente la Reina.

July 24, 2015: Puente la Reina – Logroño

2nd Stage - Kilometers 74 - Elevation 1,400 metres



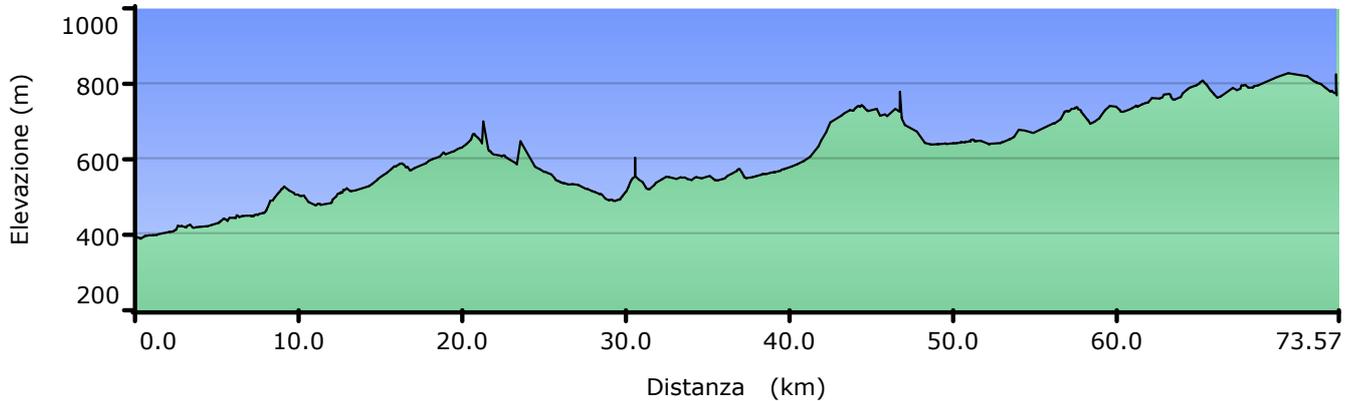
We leave Puente de la Reina on the medieval bridge which gives the town its name. We pass the village of Cirauqui and its cobbled main street which leads to the square and a church from the thirteenth century. We cross the Gothic bridge of Lorca to get to Villatuerta, known for its church and numerous chapels. We visit Estella which was founded at the end of the eleventh century. We then ride from Estella to the Monastery of Irache where we encounter the famous Fountain of the Wine. After a sip of wine we continue through the vineyards.

We continue on dirt tracks with ups and downs until the fortified town of Viana, the last town of Navarre, with its astonishingly large church. We enter the region of La Rioja, spotting Logroño at the horizon.

We enter Logroño the bridge of San Juan de Ortega over the Ebro River. After a short rest at the hotel and a good local dinner and wine tasting, we will stroll around the city to visit the Cathedral of Santa Maria la Redonda.

July 25, 2015: Logroño – Belorado

3rd Stage - Kilometers 75 - Elevation 1,200 metres



We leave Logroño for Navarte, a beautiful town with narrow streets. We climb to the Alto de San Anton and then go down to Nájera to visit the monastery of Santa Maria la Real, with a sculpture of the Virgin on an eleventh century altar.

We arrive in Azofra where we see a vast plain and the track that runs along the river Oja leading us to Cirueña .

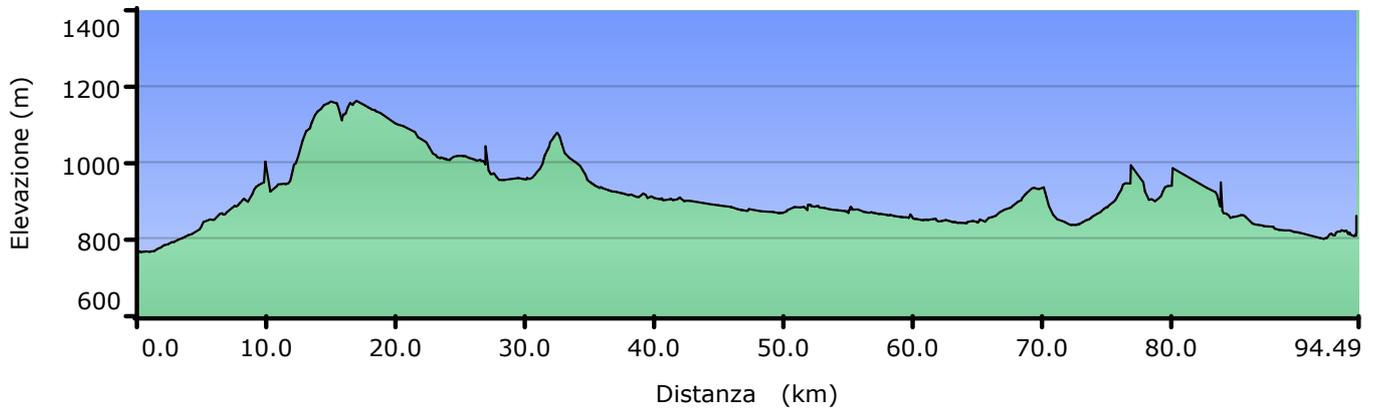
We arrive in Santo Domingo de la Calzada after a gentle descent where we visit a Cathedral built in different styles. The facade of the square was completed in neoclassical style but it has a curious renaissance style chicken coop in memory of the legend of a rooster who sang even after being killed and cooked. At the exit of the village, opposite the Monastery of St. Francis, there is a modern monument dedicated to the pilgrims. We leave the town crossing the twenty-four archers bridge on the Oja river, built by the St. Francis himself .

We are now in Grañon, the last town of La Rioja and we enter the region of Castilla via Cedecilla del Camino. After passing Castildelgado we arrive in Vitoria de la Rioja, the birthplace of Santo Domingo de la Calzada. Here we arrive at Belorado and the end of today's stage.

After resting at the hotel we can visit the Church of San Pedro and Santa Maria.

July 26, 2015: Belorado – Castrojeriz

4th Stage - Kilometers 95 - Elevation 1,100 metres



We leave Belorado and ride through typical villages of the Way as Tosantos, Villabistia, Espinosa del Camino and Villafranca Montes de Oca.

We begin the ascent to Monte de Oca, populated by pine woods, it will be the last shade the Camino offers us until the mountains of León. Further on, we visit the fountainhead of Mojàpán and reach the Puerto de la Pedraia.

After a quick descent we arrive in San Juan de Ortega, an area with a strong medieval spirit. We can visit the Monastery de los Jerónimos, the chapel of St. Nicolas and the old hospital.

Next, we arrive in Atapuerca, known for its caves and prehistoric sites. Leaving the town we tackle a big uphill, passing through Villabal and then, Burgos.

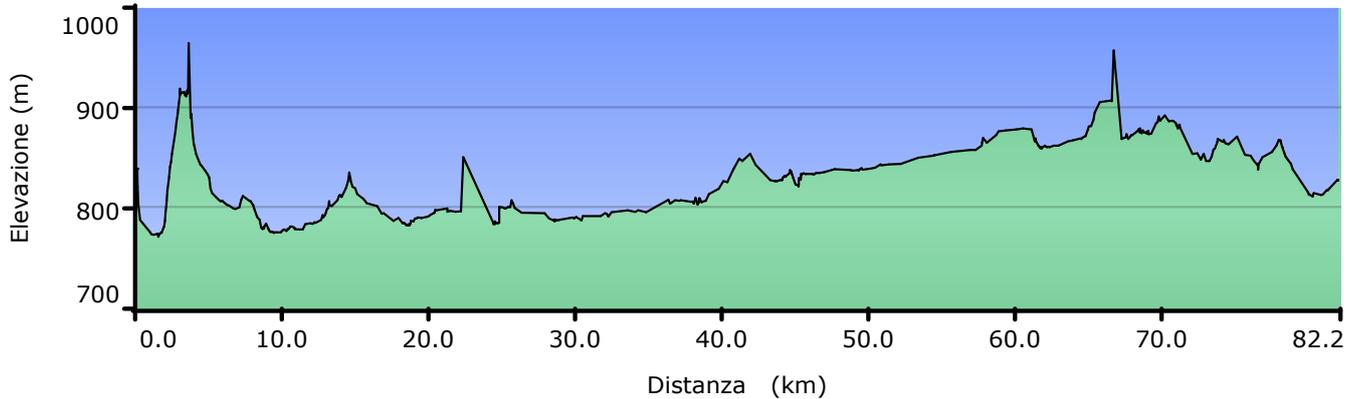
After we have rested and eaten in Burgos, we visit the monumental Cathedral of the fifteenth century.

We leave Burgos to discover the big plateau known as the "meseta", passing through Villalbilla, Tardajos Rabe de la Calzadas y Hornillos del Camino.

We arrive in Castrojeriz where we spend the night.

July 27, 2015: Castrojeriz - Sahagún

5th Stage - Kilometers 83 - Elevation 700 metres



Before continuing our trip we visit the pilgrim route that goes around the Castle Hill. We see the Gothic church of Santa Maria del Manzano, the church of San Juan and its beautiful cloisters.

We face an uphill to get to Alto de Mosterales and follow the wide, flat land of Pisuerga which divides the provinces of Burgos and Palencia.

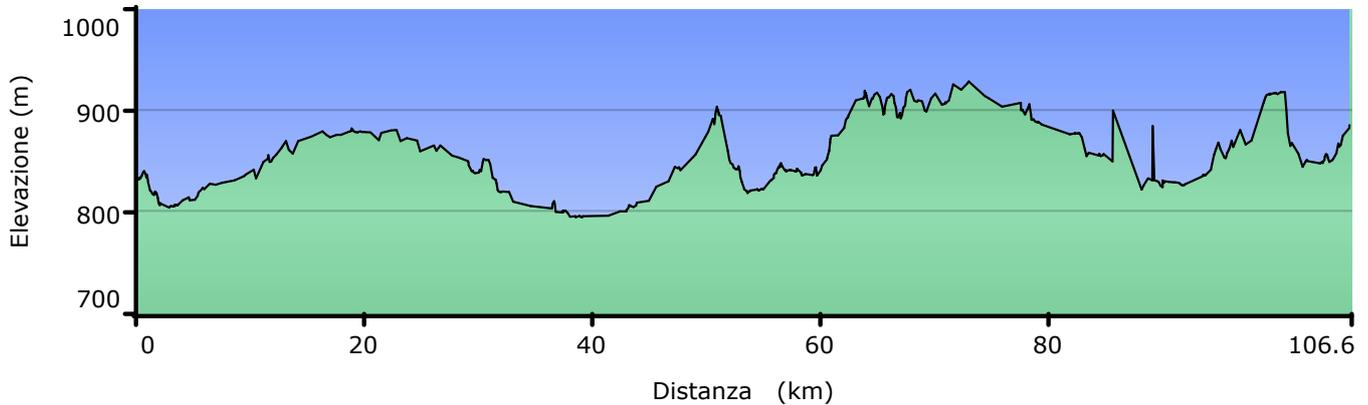
The Way leads us to Itero de la Vega and Bodilla with its huge church.

We travel in parallel to the Canal de Castilla and arrive at one of its weir, an impressive work of hydraulic engineering from the eighteenth century.

We get to Mista and visit the church of San Martín, one of the 'pearls' of the Way. The Gothic churches of San Pedro and Santa María del Castillo also deserve our admiration. At Carrión de los Condes we can visit the Templo de Santa María la Blanca. We continue on dirt roads to get to Sahagún, where we spend the night.

July 28, 2015: Sahagún – Astorga

6th Stage - Kilometers 107 - Elevation 750 metres



Before leaving Sahagún we can visit the ruins of the monastery of San Benito.

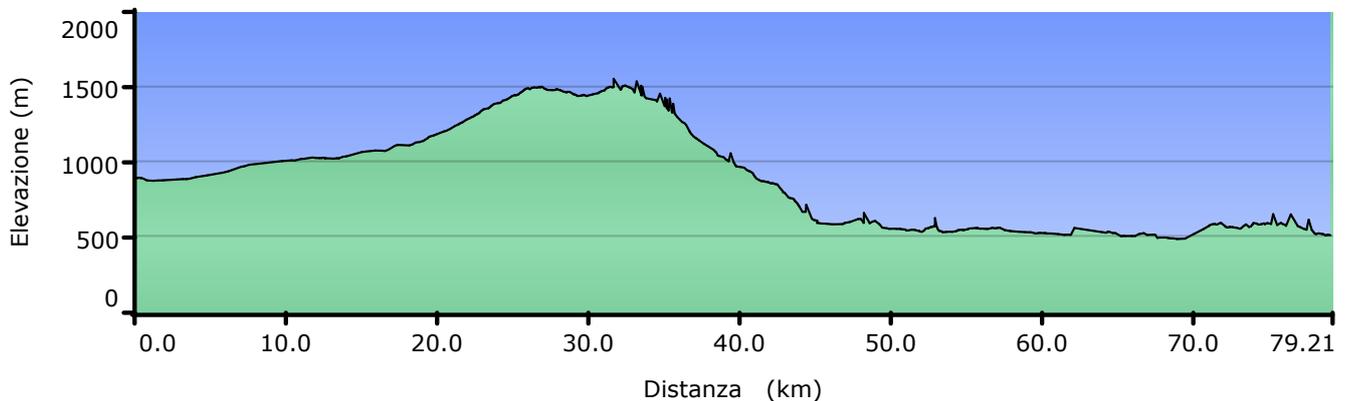
We arrive in Mansilla de la Mulas and continue on a dirt track, shadowed by thousands of trees, that brings us to the towns of Villamoros, Villarente, Arcahueja and Valdelafuente where we will be able to spot the beautiful, historic city of León.

We enter Leon and visit the Cathedral and its magnificent stained glass windows. As we leave the city we pass by the Hospital of San Marcos and San Isidoro.

Later, we arrive in Villadangos del Páramo from a road that crosses dry lagoons populated by birds as well as rich ponds and streams. This route leads us to Hospital de Obrigo and shortly after to Astorga, where we will see a cathedral from the fifteenth century. Near the cathedral is the church of San Esteban and Santa Marta and the old Bishop's Palace. Finally we arrive at the hotel where we will taste the famous 'cocido maragato'.

July 29, 2015: Astorga – Villafranca

7th Stage - Kilometers 80 - Elevation 1,600 metres



We leave behind Astorga and pass through the cobbled streets of Castrillo de Polvazares to get to Rabanal del Camino where we begin the legendary climb to the Cruz de Ferro at 1,525 metres. A huge mountain of stones left by pilgrims supports the cross at the top of the pass. We then continue our on the Way and pass through an abandoned village called Manjarín in the Bierzo region.

We begin a steep downhill that leads us to Acebo, Riego de Ambro, Molinaseca, finally arriving in Ponferrada 500 meters above sea level .

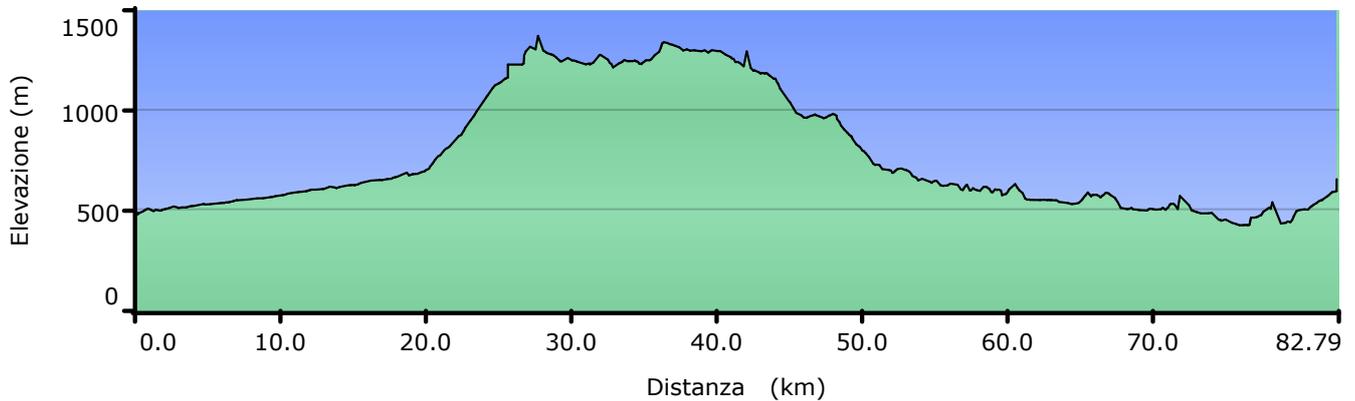
This village has grown around an iron bridge built by the pilgrims. Its control was entrusted to the Templars, who built the Castle of the Temple in the twelfth century. We enter the plaza Major for the Torre del Reloj, a remnant of the medieval walls, and take a look at the Baroque Town Hall .

We continue to other towns: Fuente Nuevas , Camponaraya and Cacabelos that had five churches and three hospitals - testimony to its importance in the past as a station along the Way .

The last effort of the day leads us to Villafranca del Bierzo. It is dominated by a hill topped with the castle of the Marquis of Villafranca in front of which we find the Sanctuary of Santiago. On another hill, above the Plaza Major, there is the church of San Francisco, founded by the saint himself.

July 30, 2015: Villafranca – Sarria

8th Stage - Kilometers 83 - Elevation 1,900 metres



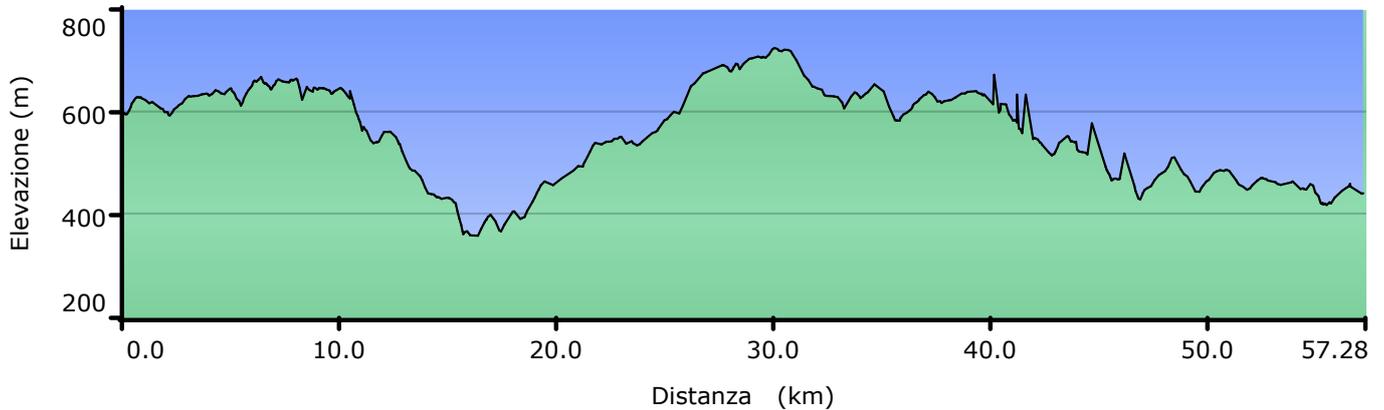
We leave Villafranca and start the climb to Ambasmestas, Herrerías and La Faba. From here we begin a steep uphill of 5 km with 525 meters of elevation gain. Riding through the Laguna de Castilla we enter O Cebreiro. We are now in Lugo, with the Galicia and its distinctive landscape in front of us. We continue on the Way to Liñares and Hospital de la Condesa, with continuous up and down we go through Padornelo and a final climb brings us to Alto del Poio at 1,350 metres.

Countless villages adorn the Galician Way. Among them, Triacastela stands out for the length of its main street and its Church of Santiago with its Baroque tower. Riding on minor roads and forests we cross San Xil, Fontearcuda, Furela, Pitín y Calvor to finally arrive at Sarria.

There are ruins of a castle from the fourteenth century, the Romanesque church of El Salvador, the old Hospital of San Antonio and the convent of Los Mercedarios, and the Gothic church, all part of its heritage. We spend the night in a cozy hostel.

July 31, 2015: Sarria - Melide

9th Stage - Kilometers 58 - Elevation 1,300 metres



We leave Sarria and enter into a magical part of the Camino which crosses mystical forests that pass through charming villages like Puerto Leiman, Cortinas, Erea, Morgade, and finally, Portomarín .

The ancient village lies near an artificial lake, with its medieval bridge. The new Puertomarín was rebuilt stone by stone, the church of San Nicolás. The facade of San Pedro and part of two Renaissance palaces have also been preserved.

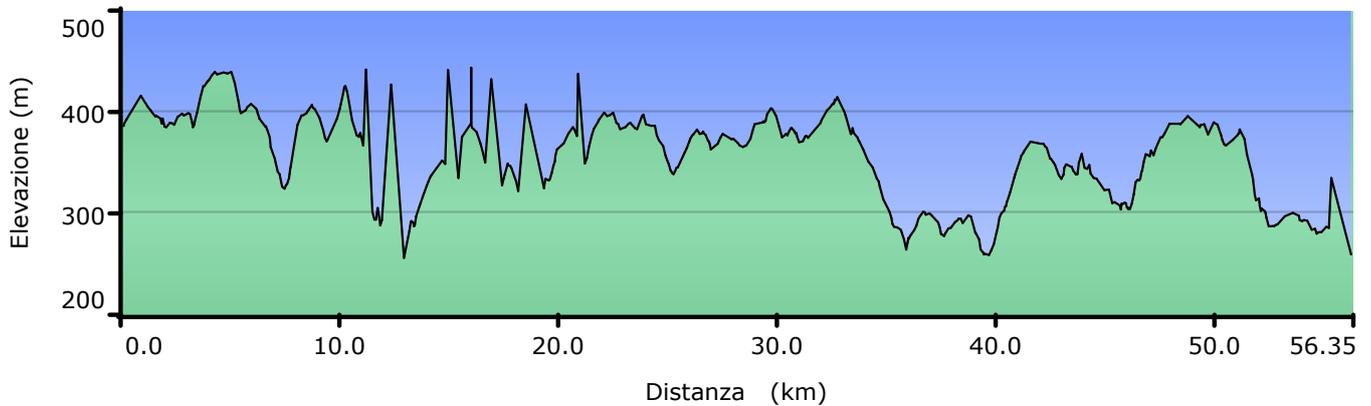
We exit town through a narrow metal bridge to follow our trail, which runs through an array of small villages, chapels, crosses, fountains and shelters for pilgrims and continues to climb up to Alto del Rosario, where the pilgrims use to recite a rosary before arriving in Palas do Rei .

Along a stretch of ancient pilgrim road, we cross authentic villages that bring us back to the middle ages.

After arriving at our hotel in Melide, we will have the opportunity to taste the famous "pulpo a la Gallega".

August 1, 2015: Melide - Santiago

10th Stage - Kilometers 57 - Elevation 1,500 metres



Today is the last stage of our pilgrimage. We will follow different types of terrain today, including field roads, forest tracks, trails and quiet roads.

After passing Bonete and Castañeda we arrive in Arduous, the last town of the Camino, with its typical elongated shape. We cross the main street and see the church of Santa María Magdalena and Santiago. We leave the town across the fuente de los Franceses to continue until Pereiriña, Tavernabella, Calzada, Salceda, Xen, and Sirere Amenal. We come to Labacolla on a beautiful trail through the woods.

We continue through Villamayor, San Marcos and El Monte de Gozo, with one last climb of the Camino up to Santiago de Compostela.

We enter the city on bike in the old town heading to the Plaza del Obradoiro, where we will find the Cathedral, our final destination.

August 2, 2015

Transfer to Santiago Airport . **End of services**

Arrival and departure times:

Arrival in Pamplona Airport (PNA) before 6.00 pm - July 22, 2015

Fly back from Santiago de Compostela Airport (SCQ) the morning August 2, 2015

PRICES

The individual cost of participation is:

Price for a group of: **10** or more people **€ 1.390** each

Price for a group of: **7/9** People **€ 1.490** each

Price for a group of: **6** People **€ 1.590** each

Minimum number: **6** people

Maximum number: **18** people

The price includes

- Transfer Pamplona Airport - Roncesvalles on July 22, 2015
- Transfer Santiago - to Santiago Airport on August 2, 2015
- 11 overnight in hotels and farmhouses.
- Full board during the 10 bike stages.
- Logistic team with bike guides and drivers
- Vehicle for luggage transportations.

The price does not include

- Flight ticket and overbaggage, bicycle
- Extra night in Madrid or Santiago de Compostela
- Optional Transfer Madrid-Roncesvalles with organization vehicles*
- Lunches on the arrival and departures days
- Entrance in museum or monument
- Extras and alcoholic drinks in hotels and farmhouse
- Everything not included in "The price include"

**Contact us for timing and prices*

HOW TO BOOK AND PAY

1. Pay now with your [credit card](#) the total amount of the tour
2. Pay with bank transfer the total amount of the tour
3. Split the payment:
 - Make a down payment of **50% of th total cost** to reserve your spot
 - Send the balance 30 days before departure*

This option can be done both with credit card or bank transfer. A surcharge of € 60 will be applied.

****30 days before departure you will receive an e-mail with the balance to be send.***

METHODS OF PAYMENT

Credit Card: <http://pa-cyclism.com/en/tpv/>

Credit Card Companies will often flag transactions for larger amounts that are completed online and out of country as fraud suspicion. If high-value (€) online transactions are outside of your normal spending habits, please ensure that you contact your credit card company BEFORE registration to approve the transaction

Bank Transfer

Beneficiary: Banco "La Caixa" - Account nº: 2100-3897-89-0200079853

IBAN: ES88-2100-3897-89-0200079853

BIC/ SWIFT: CAIXESBBXXX

payable to: PROJECTING ADVENTURE CYCLISM - Paseo de la Castellana 121, Esc. Dcha 4ªA - Madrid - Spain

We will not consider a person subscribed until we receive at least the down payment.

Refund and cancellation

Where, for whatever reason, one person is obliged to withdraw, the person must give written notice to Projecting Adventure Cyclism.

Refund will be calculated with this penalty:

- Within 45 days from date of departure the penalty fare is 10% of the total cost of the trip.*
- Within 30 days from departure the penalty fare is 30% of the total cost of the trip.*
- Within 21 days from departure the penalty fare is 50% of the total cost of the trip.*
- Within 14 days from departure the penalty fare is 75 % of the total cost of the trip.*
- After this date no refund will be given.*

No refunds for those who will not show at the start or withdraw during the course of the tour.

No refunds for those who could not make the tour due to lack or inaccuracy of the personal travel documents (i.e Visa or Passport).

Traveler understands that some destinations pose more risk than other destinations due to weather conditions, political conditions and the geography of the region. Traveler acknowledges that factors such as, but not limited to, weather conditions, landslides, floods, flight cancelations or delays, strikes, labor troubles, failure of power, restrictive governmental laws or regulations, riots, insurrection, war or other reason of a like nature not the fault of Projecting Adventure Cyclism (hereinafter "Force Majeure Event") can hinder, delay or even prevent the Traveler's ability to make or complete the trip. Traveler acknowledges that the Projecting Adventure Cyclism shall not be liable to Traveler for any delay or cancelation of the trip due to a Force Majeure Event. Traveler shall not be entitled to a refund or any other payment for damages from the Projecting Adventure Cyclism in the event that the trip is cancelled or delayed due to a Force Majeure Event. Please note that we are never responsible for any airfare ticket expenses.

INFORMATIONS

Information about a stage: We will wake up early and after breakfast and the personal preparation the organization will start the daily stage. The departure is scheduled between approximately 8:00 am and 9.00 am, depending on the mileage on the program. It is recommended to take the ride everyday with calm and try to enjoy the wonderful scenery surrounding us. The excursions are not a competition but will require good preparation. At about 15:00-17:00, depending on the pace, the stage will end: it is time to rest and regenerate.

After dinner, the Organization holds a briefing on the next stage. End the day chatting about the day's ride.

Support: There will be one support vehicle that will carry all your luggage and support us for the lunches. It can also carry you and your bike if you feel like taking a break or in case of emergency. Due to the nature of the route, there may be extended times throughout the day where vehicle access is not possible. The organizers reserve the right to change the route during the tour to safeguard the safety of all participants

Travel Documents Each participant must have a passport and a valid visa for Spain (in the event that passport holders from your country need one). Passports must be valid for six months from the date of departure. Projecting Adventure Cyclism will not be held responsible for invalid passports, visas or other necessary documents as required by the Spanish Government. Please contact the Spanish Consulate in your country for more details on required documentation.

Level of the trip: This is a middle level bike tour. People who want to do it need to be used to riding long stages without technical difficulties. Most of the days we will not accumulate great gradient, but the distance will test our body day after day.

Wheater: Due to the great distance between Roncesvalles and Santiago, we will meet different kinds of weather. The first days near the Pyrenees, the mornings may be quite cool. On the big plateau near Burgos it is usually pretty hot. In the last section in Galizia it is possible to encounter rainstorms.

Medical assistance: Throughout the trip a first-aid kit will be available in the support wagon. However, due to the nature of the route, there may be extended times throughout the day where vehicle access is not possible. If the nature of assistance needed is greater than can be treated by first aid, local medical assistance will be sought out. If you have allergies or other medical conditions you must notify us at least one week prior to the start of the tour. Riders who have specific medicinal needs should bring enough medicine for the duration of their time abroad. In the event that a local doctor deems you unfit to ride after an accident or for whatever reason, Projecting Adventure Cyclism reserves the right to not allow you to continue the ride and you will not be compensated for lost riding time or additional travel expenses incurred if you need to leave the tour. Any activities engaged prior to or after the specific dates of the trip are your own responsibility.

Mechanical Assistance: Everyone is responsible for their own repair of flat tires, cleaning of the chain or other mechanical problems. So it's essential that everyone brings with him a kit for repairs. Each participant can bring spare parts from home, that the organization will carry on the vehicle and give to the rider at the end of the stages. In any case the organization will help anytime it will be possible.

The organizer will not be held liable for bike damage as a result of improper packing, maintenance or transportation, accidents, or whatever other reason. While local parts are available, they may not match those of your specific bike or equipment. In the event that your bike is unrideable, we will make every reasonable effort to find a suitable replacement bicycle. The rider will take responsibility for incurred rental costs and you will not be compensated for possible lost riding time.

Which Kind of Mountain Bike: This is of course a very subjective and difficult topic. First of all, you don't need the latest mountain bike. Full suspension bikes are really useful, especially in the downhill sections. Front suspension are lighter but require a higher level of handling and concentration. Suggested tires: 2.0/2.2. The brakes: it's not important which kind of system you use, they must be fully operational. If you do not want to carry a backpack, we recommend a little rear carrier. In any case the bike needs to be in perfect condition and recently checked by your mechanic. We are big fan of 29ers.

How to pack the bike: Your bike must be packed in soft bike bags or boxes. Remove the wheels. Deflate the tires. Disassemble the rear derailleur and wrap it in something soft. Remove the pedals

Bike Bags: We will have a reduced space for carrying the luggage so we will not bring with us bulky plastics baggage for bike. Please use soft bags or carton box
Any bulky baggage will be shipped at the hotel in Santiago de Compostela at the owner expenses.

BASIC RULES

In order to achieve the greatest effectiveness we believed convenient to adopt some basic rules

a. Equipment needed

We will have a limited space for the transport of the equipment of the expedition, so each person must carry strictly what you list below:

- ❖ An identifiable travel bags
- ❖ Clothing cycle (short and one long)
- ❖ Leggings and sleeves
- ❖ Light and heavy gloves
- ❖ Light and wool cap
- ❖ Anti Wind Jacket
- ❖ Waterproof Jacket and pants
- ❖ Socks and shoes suitable for riding
- ❖ Shoes for after the bike
- ❖ A fleece or wool sweater
- ❖ Small bike bag or Backpack
- ❖ Moisturizers and sun protection
- ❖ **Helmet (compulsory)**
- ❖ Two water bottle
- ❖ Puncture repair kit and two spare tubes
- ❖ Spare tire and spare brake pad
- ❖ Chain tool and Chain oil
- ❖ Allen keys/Multitool and pump
- ❖ A small pharmacy set.
- ❖ Sunglasses

b. Lunch bag

Before departure of each stages, the organization will deliver to each participant a bag of food supplies that they bring with them in a backpack.

c. Environment

Each participant is responsible for helping protect the local environment. Hold on to any garbage until you meet up with the support vehicle or find a wastebasket / recycling bin. Stay on the main trails as much as possible.

d. Safety

Without trying to limit your riding enjoyment, we ask all participants to ride responsibly in order to reduce the likelihood of injuries to themselves and others. Ride conservatively on technical sections and reduce speed when appropriate. Be aware of pedestrians and other vehicles. Helmets are mandatory at all times. Alert the staff if you notice any problems with your bicycle.

e. Right of the organization

The organization reserves the right to change the route for the safety and security of participants. We also reserve the right to terminate the tour of any participant who refuses to ride responsibly or repeatedly puts other at risk. No compensation will be provided for tours cancelled as a result of non-compliance.

f. Waiver of Liability

All participants will be asked to sign a waiver before the start of the tour. If you have any questions, please contact us in advance.

ORGANIZATION

The technical and logistic organization of this tour is the responsibility of:
Projecting Adventure Cyclism.

The Organization has solid experience in creation of events such as:

- ❖ ATLAS BIKE MAROC & BIKING SAHARA (Morocco)
- ❖ ATACAMA BIKE MARATHON (Chile)
- ❖ ATTRAVERS-ANDE PATAGONIA BIKE (Argentina e Chile)
- ❖ AROUND ANNAPURNA BIKE (Nepal)
- ❖ MONGOLIA BIKE CHALLENGE & BIKING MONGOLIA (Mongolia)
- ❖ TRANS CANADA BIKE (British Columbia-Canada)
- ❖ BIKING CHINA (Sichuan Province & Tibetan Plateau)
- ❖ ROME to FLORENCE & SICILY OFF ROAD (Italy)
- ❖ ETHIOPIA WILD BIKE (Etiopia)
- ❖ TENACE SARDEGNA EXPERIENCE (Italy)
- ❖ LA VIA DEI CAROVANIERI (Italy)

CONTACT

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www.pa-cyclism.com

info@pa-cyclism.com

Waiver of Liability

Undersigned:

SURNAME

NAME

Born in the/...../..... ..

Document Type

No.

- ✓ I declare to know the program of travel and accept it.
- ✓ I declare that I have made a satisfying workout in order to participate the **CAMINO DE SANTIAGO**, to be in very good physically and psychologically conditions, which allows me to participate in the above test cycle, and not suffer any illness or injury.
- ✓ I declare to be voluntarily present and accept the risk and situations of psycho-physical discomfort, any kind of accident with mechanical vehicle or not, accidents with animals and / or persons and any other situation could occur, declining so any liability of PROJECTING ADVENTURE CYCLISM.
- ✓ I declare to know the intensity of the **CAMINO DE SANTIAGO** and the high risk that the practice of mountain biking involves and that it will respect all the indication that the organization will give with the intent to protect my and others' safety.
- ✓ I will correctly use the helmet during the entire stages in mountain bike.
- ✓ I understand that the Organization may change the dates, mileage and the program if it considers necessary to protect the safety of all participants.

With this declaration I confirm that I voluntarily and freely subjected myself to the video-cameras shootings made by PROJECTING ADVENTURE CYCLISM during the **CAMINO DE SANTIAGO**.

I allow the use of my image with the times and the way that PROJECTING ADVENTURE CYCLISM deems appropriate.

Sign to accept all of the above.

In witness

..... the