

Follow  
the  
Camino

Walking/Cycling Holidays on the Camino de Santiago

[www.followthecamino.com](http://www.followthecamino.com) / Call us at +353 1 6872144

## CONTACT US

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## OUR COMPANY



**One Foot Abroad** organise (easy to challenging) walking and cycling holidays in Europe for adventure seekers. We offer a great range of manageable walks and cycles for all age groups, in particular on the famous Camino de Santiago (or Way of St James) via our specialised brand **Follow the Camino**. We were the first ever tour operator to operate the Camino de Santiago by creating manageable sections along the main routes to Santiago de Compostela. We are often copied but never equalled!

Each of our specific trips or sections are divided into 6 or 7 days, where you can walk or cycle a reasonable and manageable distance each day. You will spend each night in carefully selected and regularly assessed, authentic accommodation (family owned hotels, quaint guest houses or great pensiones), while enjoying the social and cultural scene with the freshest local food and drinks. Since 2007, we've organised tours for thousands of pilgrims and holiday makers on the Camino from all over the world - walking, cycling and even horse riding!

## TRIP STYLE



**Self guided tours** are the most popular. We will organise everything and give you all the material you need to complete your pilgrimage in comfort.



**Guided tours** where you can make friends for life. Our guides are bilingual in Spanish and English. They will lead the way and explain to you all there is to know about the Camino and look after all your needs.



**Walking** the Camino can be highly adventurous. Our team of Camino Planners will guide you through choosing the right route and will help to ensure your Camino experience is unforgettable.



**Cycling** - on a Follow the Camino bike trail, you can bring your own bike or a bike and accessories can be included in your package.

## DIFFICULTY RATING

### EASY



Walk of less than 5 hours a day on average, on a path or a trail, accessible to everybody. Gentle terrain without steep climbs or high mountains. This grade is suitable for older people or for families with children aged 6 or older.

### MODERATE



Walk of up to 7 hours a day on average, on a path or a trail, and up to 1000m ascent per day. Possibility of high altitude and/or steep climb but with no technical difficulties. Distance is less than 20km a day on average.

### MODERATE +



Same as Moderate above with 1 - 2 challenging days.

### CHALLENGING



Stages can be more than 7 hours a day and more than 1000m ascent or 20km long. Paths can be technical at times and/or steep. Fitness levels must be adequate and previous walking experience is desirable.

## THE CAMINO





## TESTIMONIALS



### Georgia Meckes – USA

I just wanted to write you a note to thank you for helping us plan our journey in Spain. What a wonderful time we had trekking through the countryside. Everything was just what we had hoped it would be.

### Jamie and Flo McIvor – UK

The trip was well planned, baggage transfers seamless, and booked hotels contacted if there were any problems. The places to stay on our pilgrimage were excellent. Having meals included was a good idea. So, thanks again and Buen Camino. A transformative 2 weeks for both of us.

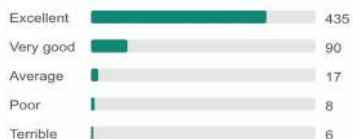


### Cheryl McInnes of Well Ways Mental Health Charity – Australia.

Thank you Umberto and crew. It was an absolute pleasure to have you make our arrangements, and support us so magnificently along the way in our efforts to raise awareness for Well Ways and the need to de-stigmatise mental illness. You are all fabulous!!!! Love from “down Under”!!



#### Traveller rating



## WHAT IS THE CAMINO DE SANTIAGO?



Santiago de Compostela Cathedral

The Camino de Santiago or The Way of St. James is an ancient pilgrimage that dates back to the 9th century, when a young shepherd in Spain was led by the stars of the Milky Way to buried remains in a field.

The local bishop of the time declared the remains those of St. James The Greater, Apostle to Jesus Christ, and with this the Camino de Santiago was born.

Once it was confirmed by King Alphonso II of Asturias that the remains were those of the Apostle, many pilgrims began walking the Camino to the resting place of St. James, taking different routes from their homes to reach Santiago de Compostela.

The bishop ordered a church to be built on the site to house the remains of St. James (or Sant Iago) . As word spread, pilgrims started walking from all across Europe and even further afield to visit the sacred burial site of one of the Apostles of Jesus Christ.

Over the years, that small church grew in to the epic Catedral de Santiago de Compostela that it is today.

In modern times the Camino has seen a massive resurgence in popularity with people walking for a variety of reasons - some walk for spiritual reasons, others for a personal challenge or to raise money for charity.

## UNIQUELY CAMINO



**The scallop shell** is the most iconic symbol associated with the Camino de Santiago. It is seen everywhere, from churches and distance markers to pavements and backpacks. In the Middle Ages the Scallop Shell, which is indigenous to the Galician coast, was brought back by pilgrims as proof they completed their pilgrimage.

**The Compostela is a certificate** of accomplishment given to pilgrims upon reaching Santiago de Compostela. To qualify you need to walk the last 100kms of the Camino de Santiago (or cycle the last 200kms) and get at least 2 stamps each day in your Pilgrim Passport. In Medieval Catholicism, the Compostela counted as an act of indulgence.



**St James was one of the apostles of Jesus**, who was beheaded in 44AD. His remains were transported by his followers to the Iberian Peninsula as this is where he had been spreading the word of Jesus. His body was buried on a hill which today has become the city of Santiago de Compostela.



## THE FAMOUS LAST 100KM

The Camino de Santiago is extremely popular as you get closer to the UNESCO protected city of Santiago de Compostela and its cathedral where the remains of St James are kept. People going for the first time would usually walk the last 100km so they get to arrive in the City of Santiago de Compostela to claim their pilgrim certificate. The best route options for this are the **Camino Frances - Section 8/8 from Sarria to Santiago** or the **Camino Portugues - Section 5/5**. The **Portuguese Coastal Way** is becoming more popular each year. It stretches from Porto to Santiago along magnificent coastline and also qualifies you for your pilgrim certificate.



Palas de Rei - Arzua



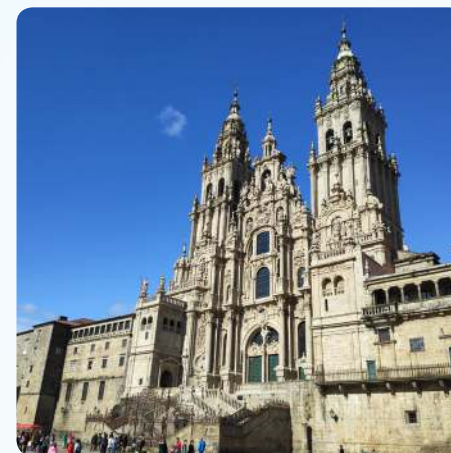
Monte do Gozo Statue



Way marker

The **Camino Ingles or English Way** from Ferrol to Santiago is over 100km long. It is the way we would recommend for anyone looking to walk a scenically rewarding route that is peaceful yet has enough amenities to keep you comfortable.

Alternatively, the **Original Way or Camino Primitivo** also covers over 100kms from Lugo to Santiago and enables you to receive your Compostela. Last, but by no means least, is the last 100km of the **Via de la Plata**, from Ourense to Santiago.



Santiago de Compostela Cathedral



## CAMINO FRANCES

The French Way



### 1/8 - 67km - 5 Days

St. Jean Pied de Port - Pamplona

A taste of Pyrenees & Basque Country



### 2/8 - 95km - 6 Days

Pamplona - Logroño

La Rioja Wine Region



### 3/8 - 120km - 7 Days

Logroño - Burgos

Vineyards, Sunflowers and Authentic Villages



### 4/8 - 124km - 8 Days

Burgos - Sahagun

Castilla y Leon's Valleys, Rivers & Plateaux



### 5/8 - 55km - 5 Days

Sahagun - Leon

Meseta Plateau: A place for meditation



### 6/8 - 103km - 6 Days

Leon - Ponferrada

Medieval & Roman Heritage of Leon



### 7/8 - 92km - 6 Days

Ponferrada - Sarria

Mountainous & Traditional Galicia



## OVERVIEW

The Camino Frances or French Way is the most traditional of all the pilgrims' ways to Santiago de Compostela. Today, its popularity is greater than ever due to the easy-to-follow sign-posted route with plenty of amenities and rest stops. Dating from the 12th Century, it is by far the most celebrated and best known internationally of the Ways to reach the tomb of the Apostle St. James the Greater, in Santiago de Compostela.



## THE JOURNEY

This Camino crosses some of the most beautiful parts of Spain, passing through great cities like Pamplona, Leon and Burgos. It includes many very important pilgrimage towns, such as Saint Jean Pied de Port, Logroño and Sarria. This breath-taking journey begins in the Pyrenees Mountains before passing through the vineyards of Rioja, the Castilian Plateau and the rugged Leon mountains to the gentle hills of rural Galicia before reaching Santiago de Compostela.

### Most Popular



### 8/8 - 113km - 7 Days

Sarria - Santiago de Compostela

The Last 100kms to Santiago



# CAMINO PORTUGUÉS

The Portuguese Way



## 1/5 - 93km - 6 Days

Lisbon - Santarem

From the Capital City to the Fertile River Valleys



## 2/5 - 157km - 8 Days

Santarem - Coimbra

A Path through Cultural Traditions



## 3/5 - 127km - 8 Days

Coimbra - Porto

Countryside & History: the perfect combo



## 4/5 - 127km - 8 Days

Porto - Tui

Crossing the Border into Spain



### Most Popular



## 5/5 - 118km - 8 Days

Tui - Santiago de Compostela

The Last 100kms to Santiago



## OVERVIEW

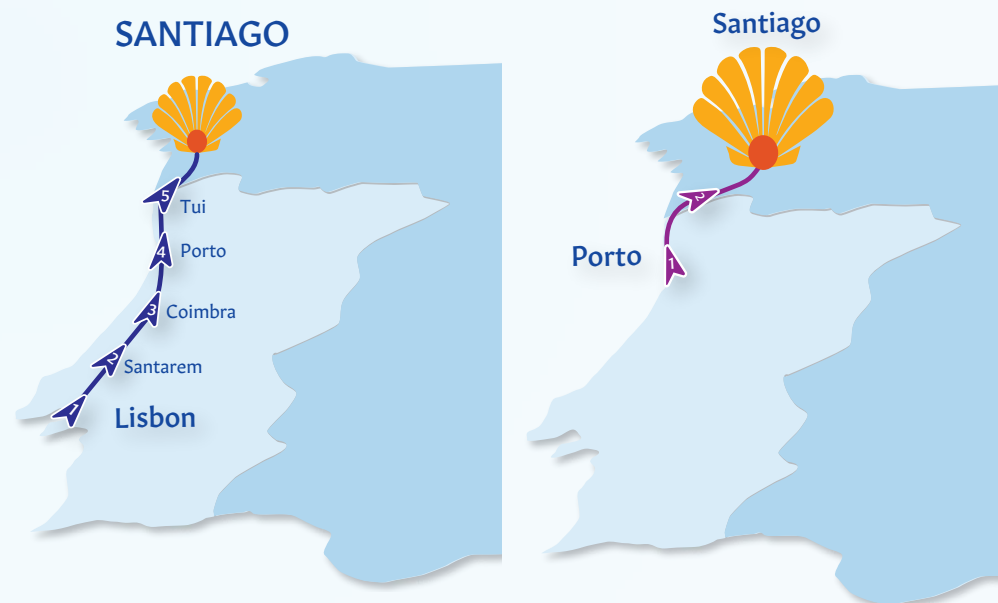
The Camino Portugués or Portuguese Way is favoured by Paulo Coelho, author of The Alchemist. This traditional Camino route is an excellent alternative to the more popular Camino Frances. It crosses some of the most beautiful parts of northern Portugal and southern Galicia with great cities like Lisbon and Porto along the way. It reaches very important pilgrimage towns such as Tui and winds gently northwards, along ancient tracks and paths that traverse woodland, farmland, villages, towns and historic cities. **It is also one of the routes which allows you to obtain your pilgrim certificate when you walk from Tui to Santiago (or longer)!**

## The Portuguese Way - Surf & Turf

Camino Portuguese Coastal Route

Surf and Turf combines history with some of the best sandy beaches in the world. It is the road less travelled but with some notable visitors including Christopher Columbus after his return from America. It's perfect for those who love the coast and may want something a little different to the French or classic Portuguese Way. The walk is gentle and flat mainly following cobble stone, tarmac or wooden paths.

This route offers a really high standard of accommodation as you pass through Porto, Baiona, Oia and Vigo before you merge for the last four days on the classic Portuguese Way. Get ready for sand, sea and spectacular scenery.



Camino Portuguese

Camino Portuguese Coastal

### Coastal Route



## Surf & Turf 2/2 - 124km - 8 Days

Oia - Santiago de Compostela

The Last 100kms to Santiago



## CAMINO DEL NORTE

The Northern Way



**1/4 - 118km - 8 Days**

San Sebastian - Bilbao

Coastal & Hilly Basque country



**2/4 - 114km - 7 Days**

Bilbao - Santander

Sandy Beaches & Cliff Walks



**3/4 - 152km - 8 Days**

Santander - Ribadesella

Seaside and Green Hills



**4/4 - 83km - 6 Days**

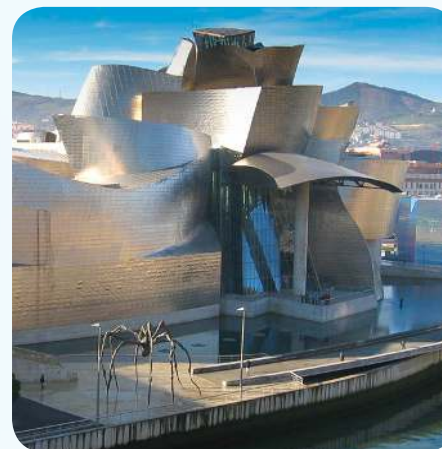
Ribadesella - Oviedo

Rural Charm of Asturia



## OVERVIEW

The Camino del Norte or Northern Way could be called the "Ruta de la Costa" as this Camino was used for centuries by Spanish pilgrims, making their way along the magnificent coasts of the Basque region and Asturias to Santiago de Compostela. The Camino doesn't finish in Santiago de Compostela but joins the Original Way in Oviedo. The route boasts a wealth of beautiful cities so it's definitely worth stopping for extra days to enjoy. The Basque region also has more Michelin stars per capita than any other region in the world so this is a great route for foodies.



Guggenheim Museum, Bilbao



View of the Pyrenees

## THE JOURNEY

This route takes you across the coast of northern Spain which means dramatic scenery and landscapes, refreshing sea breezes and adorable little fishing towns. Less crowded than the Camino Frances yet home to big cities and an autonomous community, the Camino del Norte is perfect for culture vultures.

**The Camino del Norte is a quieter route than the French Way but also an epic journey dotted with many highlights. This Camino crosses some of the most lush lands of Spain with great green forests and world famous cities such as San Sebastian, Bilbao, Santander and Oviedo.**



## Le Puy Route VIA PODIENSIS



### 1/6 - 92km - 6 Days

Le Puy en Velay - Aumont-Aubrac

An Historical Start in Auvergne



### 2/6 - 113km - 7 Days

Aumont-Aubrac - Conques

The Legendary Stretch in Aubrac



### 3/6 - 153km - 8 Days

Conques - Cahors

Black Wine of Quercy



### 4/6 - 129km - 7 Days

Cahors - Lectoure

The Most Beautiful Villages of France



### 5/6 - 116km - 7 Days

Lectoure - Aire-Sur-l'Adour

A Gastronomic Walk: Foie Gras & Armagnac Brandy



### 6/6 - 164km - 8 Days

Aire-Sur-l'Adour - St Jean Pied de Port

Traditional Basque Country



## OVERVIEW

The Via Podiensis begins in Le-Puy-en-Velay, a city set in a striking volcanic landscape, 130 kilometres south west of Lyon, in France. It traverses southwestern France to the foothills of the Pyrenees, where this Camino joins up with the French Way.

Crossing the Tarn and the Adour rivers, the track enters the rich rolling expanses of Gascony and arrives at the Basque village of Saint Jean Pied de Port in the Pyrenees, the end of the French half of the pilgrimage and the beginning of the famous French Way which travels through northern Spain to Santiago de Compostela.

The old Via Podiensis, or Le Puy Camino, is one of the main pilgrimage routes through France, used by French pilgrims and others coming from other parts of Europe.

**If cheese and wine are the loves of your life, the Via Podiensis will delight you.**

## VIA DE LA PLATA

The Silver Way



### 1/10 - 107km - 7 Days

Sevilla - Monesterio

The Heart of Andalucia to the Gateway of Extremadura



### 2/10 - 107km - 7 Days

Monesterio - Merida

From Dry Lands to Vineyards



### 3/10 - 75km - 6 Days

Merida - Caceres

Extremadura: Wild Heart of Spain



### 4/10 - 84km - 6 Days

Caceres - Plasencia

Open Landscapes to Hilly Woodlands



### 5/10 - 132km - 8 Days

Plasencia - Salamanca

History & Hilly Landscapes



### 6/10 - 69km - 5 Days

Salamanca - Zamora

Towns of the Renaissance



### 7/10 - 159km - 9 Days

Zamora - Puebla de Sanabria

Castilla y Leon: Red Earthy to Green Hills



## OVERVIEW

The Via de la Plata is the longest of all the Camino's to Santiago. It starts in Seville and travels through the regions of Andalucia, Extremadura, Castilla, Leon and Galicia, crossing nature reserves of great cultural and ecological heritage. Due to its length, this itinerary offers many alternative routes and a number of notable entry points into Galicia from Northeast Portugal.

## Santiago



## THE JOURNEY

The Via de la Plata or Silver Way is actually an extension of a Roman road, which connected Emerita Augusta (Merida) with Asturica Augusta (Astorga), and crosses the western part of the Iberian Peninsula from south to north, travelling over the basins of the Tajo and Duero Rivers. This Way is for those who are more adventurous, want to see less pilgrims and seek more solitude.

**It is also one of the routes which allows you to obtain the Compostela (pilgrim certificate) when you walk at least the last 100km from Ourense to Santiago (or more)!**



### 8/10 - 54km - 5 Days

Puebla de Sanabria- A Gudiña

Quietness of the Mountains



### 9/10 - 89km - 7 Days

A Gudiña - Ourense

Crossing the edge of Cordillera Cantabrica in Galicia



### 10/10 - 111km - 7 Days

Ourense - Santiago de Compostela

The Last 100kms to Santiago



## CAMINO INGLES

The English Way

In medieval times, the Camino enjoyed widespread fame throughout Europe. Traditionally, English and Irish pilgrims arrived by sea at Ferrol or A Coruña on the northern coast of Spain, giving the English Way its name. The route starts by following the rugged hilly coastline before moving inland to the lush, wooded countryside. Passing through the medieval village of Betanzos, with its hill-perched market place, is like travelling back in time. The English Way presents a great alternative to reach Santiago and get your pilgrim certificate within a week.



**1/1 - 115km - 7 Days**

Ferrol - Santiago de Compostela

On the Footsteps of British & Irish Pilgrims



## CAMINO FINISTERRE

Finisterre & Muxia Way

For those who crave more after finishing their Camino trip in Santiago, the Finisterre Way extends the journey to the "End of the World". This Camino route passes through remote hilly villages and finishes at the steep cliffs of Spain's westernmost point. This section is quieter and holds something mystical that can't be explained, only experienced.

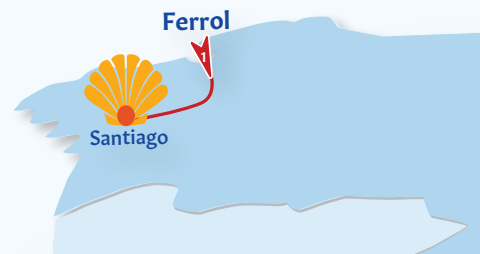
The accommodation level is typically not as high as on other parts of the Camino as it is less travelled, but standards are well maintained in terms of comfort and gastronomy. The trail is clearly marked with the "scallop shell" showing you the Way.



**1/1 - 90km - 6 Days**

Santiago de Compostela - Finisterre

Walk to the End of the World



## CAMINO PRIMITIVO

The Original Way



**1/2 - 213km - 11 Days**

Oviedo - Lugo

Scenic Asturias & Cantabria Mountains



**2/2 - 104km - 7 Days**

Lugo - Santiago de Compostela

Last 100kms to Santiago



The Camino Primitivo or Original Way was followed by the first devout pilgrims in the 9th century who travelled from the kingdom of Asturias to Santiago de Compostela. It covers some of the most impressive landscape of the Camino. Every day during the walk you will be guaranteed a good level of comfort and fine food. This route requires a reasonable level of fitness as it traverses mountainous terrain. It is a highly rewarding walk that includes numerous cultural highlights, including the medieval city Oviedo and Lugo's 3rd century Roman fortified walls. The 2nd section of the Original Way starts in Lugo and rejoins the French Way after two days. It has a good mix of quiet and busy trails.



## EDUCAMINO

Walking the Camino is a wonderful experience and our EduCamino School Tours are particularly enjoyable. Just walk it with your students and we take care of your airport transfers, luggage transfers, accommodation and food to make it fun and hassle-free. For groups of students, we usually book hostels or “albergues municipales” where the students sleep in dorms, keeping it authentic and affordable. This is the perfect school tour to experience great adventure in safety. The yellow arrow signposts make it simple to navigate.

### Sense of Achievement and Inner Journey

As an educational tool, EduCamino is healthy, fun and a great adventure where your students can learn about history, religion, language and culture, while experiencing some great natural landscapes in Europe. Tasting fresh and natural local food and breathing in the fresh air, are added benefits to this unique trip. Walking along a historical trail, in the footsteps of millions of pilgrims who have done this walk for centuries, makes this trip an amazing spiritual journey. Equally important is the sense of achievement as you reach your goal and arrive at your destination after days of walking. The Camino offers a great boost of confidence at a time in their life when students may need it most and an opportunity to create bonds and friendships.



## GROUPS AND FAMILIES

If you find it a challenge to gather your friends or family because everyone is busy or scattered in different locations, a walking holiday is the perfect opportunity to get your nearest and dearest together. A walking holiday offers the ideal mix of activity for young and old alike. While each day will be a new adventure, at night be safe in the knowledge that Follow The Camino have taken care of all logistical concerns. We can help you make all this happen by contacting the members of your group directly, answering questions, managing individual payments and handling various requests. This means you can have all the benefits of a group holiday without the organisational hassle.

## CHARITY CAMINO

Walking the Camino is a wonderful experience and Follow the Camino's experts make it even more enjoyable. Just walk the route with your volunteers and we take care of the rest.

We can organise your airport transfers, daily luggage transfers, accommodation, food and every other little detail to make it fun and hassle free. For groups, we book 2-3\* hotels and rustic-charm guesthouses keeping it authentic and comfortable. With our bilingual guides you can experience more of the Camino's history and culture.

As a fundraising tool, the Camino is healthy, fun and a great adventure, allowing your volunteers to experience Spain in a unique way: seeing some of the greatest natural landscapes in Europe, tasting fresh local food and breathing the fresh air. Walking along such an historical trail, in the footsteps of millions of pilgrims who have done this walk for centuries, helps contribute to making this trip an amazing spiritual journey. Your Fundraisers love you for what you do to help others, so help them love the Camino and raise those essential funds to continue doing what you do best.



### Some of our Partners





Week	MON	TUE	WED	THU	SAT	SUN	Recommended Terrain	Check List
1					1 hour x 1		Flat	<input type="checkbox"/>
2					2 hours x 1		Flat	<input type="checkbox"/>
3		Walk as much as you can			3-4 hours x 1		Flat	<input type="checkbox"/>
4		Walk as much as you can			4-5 hours x 1		Flat	<input type="checkbox"/>
5		1 hour x 1			3-4 hours x 1		Gentle hills	<input type="checkbox"/>
6		1 hour x 1			4-5 hours x 1		Gentle hills	<input type="checkbox"/>
7		1 hour x 1			5-6 hours x 1		Gentle hills	<input type="checkbox"/>
8		1 hour x 1			5-6 hours x 1		Gentle hills	<input type="checkbox"/>
9		1-2 hours x 1			3-4 hours x 2		Gentle hills	<input type="checkbox"/>
10		1-2 hours x 1			5-6 hours x 1		Hilly	<input type="checkbox"/>
11		1-2 hours x 1			3-4 hours x 2		Gentle hills	<input type="checkbox"/>
12		1-2 hours x 1			5-6 hours x 1		Gentle hills	<input type="checkbox"/>
13		5-6 hours x 1			5-6 hours x 2		Hilly	<input type="checkbox"/>
14		1-2 hours x 2			3-4 hours x 2		Hilly	<input type="checkbox"/>
15		1-2 hours x 2			5-6 hours x 2		Hilly	<input type="checkbox"/>
16		1-2 hours x 2						<input type="checkbox"/>

Well Done  
Buen Camino!

followthecamino.com

## Ultimate Packing List for Walkers



	Luggage Transferred	Self Carry	Tips	<input checked="" type="checkbox"/>
Hiking Boots			Break in before Camino	<input type="checkbox"/>
Runners				<input type="checkbox"/>
Sandals/Flip Flops				<input type="checkbox"/>
Socks			Hiking Socks / 2 layers / Foot Vaseline/Ideally Wool or Synthetic	<input type="checkbox"/>
Hiking Trousers			Convertible Trousers to Shorts	<input type="checkbox"/>
Shorts				<input type="checkbox"/>
Leggings/Cycling Shorts			To Avoid Friction	<input type="checkbox"/>
Tops			Selection of Light, Long & Short Sleeved Tops	<input type="checkbox"/>
Waterproof Jacket			Jacket weight depends on season	<input type="checkbox"/>
Evening Outfit			Large Poncho to cover Backbags	<input type="checkbox"/>
Luggage/Backpack	10L +  15kg	35L ≤ 10kg	Dress/Jeans/Casual Outfits	<input type="checkbox"/>
Water Container			Keep below 10% of Body Weight. Waterproof Backpack / Bag Cover	<input type="checkbox"/>
Underwear			Ideally Synthetic	<input type="checkbox"/>
Toiletries				<input type="checkbox"/>
Underlayer			Body Skin Warmers depends on the season	<input type="checkbox"/>
Polar Fleece				<input type="checkbox"/>
Sun Lotion				<input type="checkbox"/>
Sunglasses				<input type="checkbox"/>
Hat			Sun Hat - cover your ears	<input type="checkbox"/>
Pilgrim Passport			Warm Hat - keep ears warm	<input type="checkbox"/>
Scallop Shell			Must have for Pilgrim Certificate and to stay in hostels	<input type="checkbox"/>
Other			Can be bought on the Camino	<input type="checkbox"/>
Walking Poles			Books/Playing Cards/Phone	<input type="checkbox"/>
Guide Book			OPINION: Try walking with them during preparation	<input type="checkbox"/>

Download the full list on [followthecamino.com/packing-list](https://www.followthecamino.com/packing-list)

Tel +353 1 687 21 44

Email [info@followthecamino.com](mailto:info@followthecamino.com)



## CYCLING THE CAMINO

### Overview

Cycling the Camino de Santiago is perfect for those who have a need for speed or simply love to cycle. Aside from the obvious health benefits of cycling, you will actually be seeing double! As cycling the Camino is considerably faster than walking, you'll be able to see twice as much of the glorious Camino in roughly the same amount of time.

As part of your Camino de Santiago cycling trip, all our packages include the rental of an easy-to-assemble bike. We also include a helmet, gel saddle, water bottle holder, pannier rack and bag, and repair kit. For your convenience and reassurance, third-party bike breakdown insurance also comes as standard with our packages.

### Journey

When cycling the Camino de Santiago, you will cycle among some of nature's most beautiful landscapes, passing through villages and towns bursting with character and local culture. So get on your bike and get pedalling! Join us on this well-renowned path, drenched in history and mystique.



## CYCLING THE CAMINO

### Camino Frances



**1/3 - 258km - 6 Days**

Roncesvalles to Burgos

From the Pyrenees, through the La Rioja Region



**2/3 - 283km - 7 days**

Burgos to Ponferrada

Castilla y Leon: Meseta Plateau to the Mountains of Leon



**3/3 - 205km - 7 days**

Ponferrada to Santiago

Hills of Galicia to Santiago



### Camino Portuguese Coastal Route



**1/1 - 270km - 7 days**

Porto to Santiago

Coastline of Northern Portugal into Galicia



### Camino Challenge



**1/1 - 714km - 8 days**

Roncesvalles to Santiago

Experience the Camino Frances





## WHO IS ONE FOOT ABROAD?

One Foot Abroad organise (easy to challenging) walking and cycling holidays in Europe for adventure seekers. We literally take you on the most beautiful walks in Europe, selecting only the best walking itineraries in each region and country of Europe: France, Italy, Ireland, Spain, Switzerland and so on. We like to mix walking holidays with what Europe has best to offer: gastronomy, culture, scenery.

One Foot Abroad offers authentic holidays, giving you a genuine opportunity to feel closer to nature. Explore the essence of a region, the flavours and aromas of traditional food, discover more about yourself, spend time with your family, bond with your friends, broaden your cultural awareness and get out in the fresh air. With a combination of self-guided tours, guided tours and even cycling itineraries we are bound to have something of interest for you.



## WHY TRAVEL WITH US?

### Self-Guided and Guided Walks

With One Foot Abroad most of our itineraries are self-guided as this gives you, the customer, much greater flexibility to decide when you go and for how long. For some routes we also have guided options as we feel these options will give you the best experience of the region.



### Accommodation and Luggage Transfer

Comfortable hotels, traditional local food and having your luggage transferred between accommodations elevates your walking holiday to one of ease and relaxation. On most routes we have options of accommodation ranging from 2\* to luxury hotels and will always work to get the best accommodation in regard to comfort, facilities and location to the route.



### Unspoilt Nature & Inspiring Paths

When choosing options for our clients, we select routes with some of the most beautiful landscapes and panoramic viewpoints of the region. We also take into consideration the accessibility and ease of route finding as well as special interests such as cultural features along the way.

Walking is an amazing (if not the best) way to discover an area, getting up close to its flora and fauna, with all your senses awakened in the fresh air. You'll feel healthier from the very first day!





## PORTUGAL

**116**  
KM

### Via Algarviana - 1/3

8 days / 7 nights



The Via Algarviana stretches from the Spanish border to Cape St Vincent and is a nature lovers paradise. Starting in Alcoutim on the bank of the Guadiana River, the route crosses the serene countryside of the East Algarve. This section is all about local food, local people and local culture.

**101**  
KM

### Via Algarviana - 3/3

8 days / 7 nights



This section of the walk will see you reach the highest point of the Algarve, Monchique, before descending down to the coast through arable landscape to then wind your way along cliff tops to the most westerly point of the European continent, Cape St Vincent.

**160**  
KM

### Rota Vicentina - Fishermen's Trail & Historical Way

12 days / 11 nights



The Rota Vicentina is a series of walking trails in the Alentejo and Vicentina Coast Natural Parks. Combining the Fishermen's Trail and Historical Way, this trail combines both the rural charm of Portugal with the rugged coastline that has been shaped by the Atlantic Ocean.

## SPAIN

**68**  
KM

### La Gomera - 'A small jewel'

8 days / 7 nights



Discover the second smallest Canary Island, La Gomera on foot. Wonderful spots can be reached by following old donkey paths or steep hills, narrow tracks and pleasant forest paths. Explore the Garajonay National Park and enjoy the breathtaking views.

**74**  
KM

### Catalonia - 'The wild coast'

8 days / 7 nights



From the coast to the mountains, from sandy beach to shady Mediterranean forest – the diverse and changing natural landscapes of Catalonia exert a powerful attraction for walkers. This walking trail holiday has been specifically designed to reveal many aspects of this beautiful part of Catalonia.

**71**  
KM

### Menorca - 'Discover the idyllic island'

7 days / 6 nights



This route allows you to discover the idyllic island of Menorca along the Camí de Cavalls trail. The trail takes you through parts of the lovely coast and inland beauty spots. The Camí de Cavalls is also a path that was once used to defend the coast of Menorca and goes around the entire island.

## ITALY

Italy's strengths extend beyond galleries, food and fashion. The country is one of mother nature's masterpieces, its geography offering extraordinary natural diversity with miles of coastline and vineyards galore. Think rolling hills, romance and living La Dolce Vita.



99  
KM

### Saint Francis Way - 4/4

8 days / 7 nights



This final section of the St Francis Way takes you from the Appennine mountain range down into the Tiber Valley plain leaving behind the Italian countryside as you arrive into the outer suburbs of Rome and then onto the final destination, the Basilica of St Peter in the Vatican City.

107  
KM

### Via Francigena - Viterbo to Rome - 16/16

7 days / 6 nights



Stretching from Canterbury, England to Rome, Italy this is easily the longest route we operate. The final section of the Via Francigena takes you from the charming city of Viterbo through the Italian countryside to Rome. Standing in the Vatican City is truly the pinnacle of this adventure.

62  
KM

### Tuscany - 'La dolce vita'

6 days / 5 nights



Tuscany is steeped in natural beauty, history and culture. Chains of slender cypress trees rise and fall among the green-brown contours of the Tuscan hills. Here you will discover peace and calm, strolling through farmland and charming towns with ample time to relax and enjoy the local food and wine.

62  
KM

### Amalfi Coast - 'The Italian paradise'

8 days / 7 nights



The Amalfi Coast is definitely one of the most beautiful coastlines in Europe. On this walking trip, you will follow a web of ancient pathways winding along shoreline cliffs, leading from charming coastal towns, through rustic woodlands up to beautiful villages perched atop craggy peaks.

74  
KM

### Cinque Terre - Coastal walk

4 days / 3 nights



The Cinque Terre coastal walk takes you through a National Park and UNESCO World Heritage Site where you will discover the coastline as well as the backcountry: villages that cling to cliffs, tiny sandy beaches and coves, as well as terraced fields and extensive woodlands.



## FRANCE

Indulge yourself in French medieval cities, alpine villages and Mediterranean beaches. The country is renowned for its wines and sophisticated cuisine. Decadent Châteaux and the Palace of Versailles authenticate France's rich history.



VARIES  
KM

### Escapade to Carcassonne

3 days / 2 nights



Carcassonne is perfect for a short break. Discover different walking paths through the famous Canal du Midi, the Medieval city, the vineyards, the riverbanks and locks. All whilst having time to enjoy some fine French cuisine and wine. With many walking route options, you will want to go back for more.

89  
KM

### Dordogne - 'A delicate taste of France'

8 days / 7 nights



The Dordogne is a celebration of colour and diversity of landscape. Also known as the "Land of the 1001 Castles", to walk here is to travel through time. Discover unspoilt nature, world-renowned gastronomy, grandiose landscapes and a plethora of magical villages teeming with history.

92  
KM

### Luberon - 'Hilly heart of Provence'

7 days / 6 nights



The Luberon is a vast area with exceptionally varied flora and fauna, outstanding architectural heritage (five of the villages ranked as "Most beautiful villages in France") and beautiful landscapes. Explore rustic villages, fragrant lavender fields whilst walking in this chilled out area of Provence.

50  
KM

### Provence - 'The Verdon Gorge'

5 days / 4 nights



Discover the largest canyon in Europe: the Verdon Gorge, and walk down to the Verdon River below for a well deserved picnic. This walking holiday will bring you through the heart of an incredible area to enjoy the wide variety of landscapes in a wonderful atmosphere.

78  
KM

### Alsace – Traditions, Culture and Vineyards

8 days / 7 nights



Parks, gardens, nature reserves, the Ballon d'Alsace, and the renowned Wine Route, the Alsace walking tour is a relaxed holiday. This self-guided tour will allow you to experience Alsatian recipes, fortified foothill castles, a blend of German and French cultures, and stunning mountain views.

## UNITED KINGDOM

**164**  
KM

### The Cotswold Way

11 days / 10 nights



The Cotswold Way is a 164km trail, which crosses areas of outstanding natural beauty, with remarkable panoramic views. For most of its extent, it runs along the Cotswold Edge escarpment of the Cotswold Hills in England, ending in the UNESCO World Heritage Site of Bath.

**130**  
KM

### Hadrian's Wall

8 days / 7 nights



Hadrian's Wall Route, 130 km from sea to sea, tracks the course of what is considered as the best preserved Roman frontier in the world. Built on the orders of the Emperor Hadrian in AD 122 it is now listed as a UNESCO World Heritage Site. The route crosses the stunning England-Scotland border.

**134**  
KM

### Coast to Coast - 1/2

9 days / 8 nights



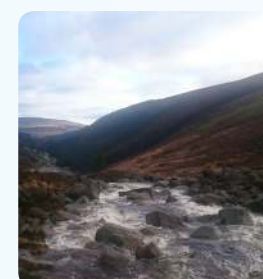
This first section of Wainwright's Coast to Coast walk will take you from St Bee's on the Cumbrian coast through the Lake District to the foot of the Pennine's and the market town of Kirkby Stephen. Traditional hearty English meals and locally brewed ale will greet you at the end of each day.

## IRELAND

**126**  
KM

### Wicklow Way

9 days / 8 nights

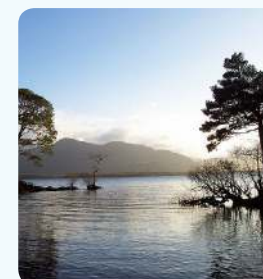


The Wicklow Way stretches 126kms across the Wicklow Mountains from Marlay Park in south Dublin to the village of Clonegal in County Carlow. Traversing parkland, forest tracks, mountain trails and undulating countryside, this is a delightfully varied walk that will test your endurance.

**194**  
KM

### Kerry Way

11 days / 10 nights

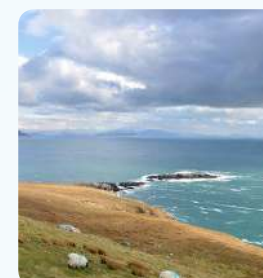


Ireland's longest signposted walk is the Kerry Way at 194kms. This loop walk starts and ends in Killarney, Co. Kerry with some of the highest peaks of Ireland offering excellent views. Passing through isolated countryside, the walker experiences a wide and varied landscape.

**42**  
KM

### Great Western Greenway

5 days / 4 nights



The Great Western Greenway is the longest off-road walking route in Ireland. It follows the path of the closed railway line and takes you through remote and breathtakingly beautiful areas. Visit the villages of Mulranny and Newport and get a real feel for the West of Ireland.



## EASTERN EUROPE

Covering a vast geological area, there is no shortage of sights to enjoy in Eastern Europe. The region is known for its mountains, ski resorts and lakes. Its opulently fortified churches and castles boast a rich heritage. Explore unspoiled walking trails off the beaten track.



VARIES  
KM

### Bulgaria - Rila & Pirin Mountains

8 days / 7 nights



During the trek, you will visit the highest peak of the Balkans in the Rila mountains (Musula, 2925m) and the giant of Pirin Mountains (Vihren, 2914m). You will explore enormous national parks, housing vast alpine meadows, rivers, glacial lakes, rare vegetation and rich animal life.

75  
KM

### Romania - Transylvania

8 days / 7 nights



Explore the unexplored Transylvanian Alps. Mountain walks, woodland trails and lush meadows at the foot of Bucegi Mountain await. This walk is not for the faint-hearted due to the climbs and descents and the fact you can visit Bran Castle, home of Dracula!

98  
KM

### Slovenia - Lakes & Valleys

8 days / 7 nights



A self-guided walking holiday for those who like alpine scenery and sweeping vistas. The start point of this walk is about 5 minutes drive from the Italian and Austrian border. The famous Lake Bled and Lake Bohinj, as well as Mt. Triglav National Park, are the highlights of this walk.

65  
KM

### Slovenia - Julian Alps Peaks

8 days / 7 nights



Characterised by high mountain lakes, peaceful alpine valleys and rugged limestone peaks, the Julian Alps retain their distinctive identity and originality. The walk ascends natural paths and passes by beautiful turquoise lakes to complete a memorable journey.

VARIES  
KM

### Slovenia - Multi-activities

8 days / 7 nights



This multi-sport holiday comprises a mix of hiking, cycling, white-water rafting and kayaking in the Julian Alps. An ideal mixture of land and water-based activities will assure that you experience this remarkable part of Slovenia's stunning landscape



## CYCLING HOLIDAYS

For those who love to cycle or have a need for speed, a cycling holiday may be for you. From an elevated viewpoint you get the opportunity to see twice as much as when on foot. Feel the wind on your face as you cycle through some of the most beautiful landscapes, charming towns and quaint villages.



VARIES  
KM

### Salzkammergut - E-bike cycling tour

8 days / 7 nights



Take a relaxed e-cycle around Austria's largest inland lake. Cycle on shady forest paths, along the shoreline of lakes and through lively villages. Witness first-hand the superb scenery of beautiful mountains, lush valleys and crystal-clear lakes.

400  
KM

### Via Francigena - Lucca to Rome

10 days / 9 nights



Cycle through the hilly Tuscan landscape of Lucca and Siena before joining the beautiful cycle path that leads to the heart of Rome. From plains to hills to ancient pathways, you will be spoilt with spectacular scenery and the opportunity to sample local wines and cheese.

## CENTRAL EUROPE

A mountainous region that is home to numerous lakes, villages and the Mont Blanc. You will find medieval cities, mountain villages and baroque architecture. The region also boasts an Imperial history and rugged Alpine terrain, forests and hillside vineyards.



264  
KM

### Tour du Mont Blanc - The classic of the Alps

12 days / 11 nights



This iconic walking trail through the Alps passes through: the Italian slopes with their large rock faces; the Swiss slopes with their soft valleys; and the French glacial slopes. Enjoy exercise and socialising with like-minded people, the extraordinary views and the security of a certified guide.

113  
KM

### Dachstein - A UNESCO mountain

12 days / 11 nights



Amazingly diverse – just like the endless views of the Austrian Alps – there are plenty of opportunities for enjoying leisure and freedom here on the Zwiesselalm in Gosau. There is something for everyone here – with long walks, climbing tours or casual strolls.

## DESTINATIONS



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THE WALKING HOLIDAY EXPERTS

### Walking Holiday Tracks

- France
- Spain
- Portugal
- Italy
- Ireland
- UK
- Eastern Europe
- Central Europe
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