



Green Lotus Yoga and Healing Center

SPAIN: A PILGRIMAGE OF MINDFULNESS

September 22 – October 4, 2017 13 Days

Hosted by Merry Beth Freienmuth and Marcia Appel



DAY-BY-DAY ITINERARY

FRI 22 SEP

Depart U.S.

Depart Minneapolis/St. Paul for the overnight, transatlantic flight to Europe. (Meals in-flight)

SAT 23 SEP

Arrive Bilbao

Connect in Europe with the continuing flight to the Basque city of Bilbao. Meet your guide and transfer to the hotel. Enjoy some time to relax, freshen up, or explore on your own, then join the group for a welcome dinner this evening. Hotel Melia Bilbao (Meals in-flight, D)

SUN 24 SEP

Bilbao/Las Herrerias

This morning tour the Guggenheim Museum, Frank O. Gehry's masterpiece, which houses some of the finest pieces of modern art. After lunch on your own, depart for Las Herrerias, where your adventure begins. You will be walking through beautiful oak woodlands, fragrant eucalyptus forests and traditional Galician villages. This region of Spain is famous for its seafood, cheeses and wines, and you will taste them all on this trip! Hotel Rural El Paraiso del Bierzo/El Capricho de Josana (B, D)

MON 25 SEP

Las Herrerias/Linares/Las Herrerias

Begin your journey today with a 7.4-mile walk from Las Herrerias to Linares. You will pass through the narrow valley of the river Valcace before tackling the ascent of O Cebreiro. Situated between the ranges of "Los Ancares" and "La Sierra do Courel", this stage involves a steep climb over the course of about a mile. The payoff is O Cebreiro, a hilltop Celtic hamlet with fabulous views, some beautiful examples of thatched roofed pallozas (huts), and a church famous for a Camino miracle. Those not walking will enjoy time on own in O Cebreiro. Return to Las Herrerias for overnight. Hotel Rural El Paraiso del Bierzo/El Capricho de Josana (B, picnic lunch, D)

TUE 26 SEP

Linares/Sarria

Shuttle back to Linares to begin the second leg that takes you 10.6 miles to Triacastela. Most of the villages you will pass along the way are small hamlets with a few dozen inhabitants. From Triacastela shuttle to Sarria for hotel check-in, dinner and overnight. Sarria is a small city with a rich artistic heritage characterized primarily by churches, which are an essential feature of the Camino. Hotel Alfonso IX (B)

WED 27 SEP

Triacastela/Sarria

Return to yesterday's ending point at Triacastela for a 13-mile walk to Sarria passing through the narrow Ouribio River Valley. You walk through tiny villages before arriving in Samos. Its population barely passes the 200 mark, but it is an important stop of the Camino because of its abbey. There has been a monastery in Samos since the 6th century, although the current building dates back to only the 18th century. Later today shuttle ahead to Portomarin. Hotel Ferramenteiro (B)

THU 28 SEP

Sarria/Portomarin

Return to Sarria for today's peaceful walk in shady oak woods, pretty villages and on quiet country roads to Portomarin (13.3 miles). The village of Barbado has a beautiful Romanesque church that is worth a visit. Arrive back in Portomarin, which was originally constructed and built next to a Roman bridge over the Miño River and rebuilt in the Middle Ages. In the 1960s the Miño River was dammed, putting the old village of Portomarin under water. The most historic buildings of the town were moved brick by brick and reconstructed in the new town, including its castle-style main church. When the reservoir is at a low level, the re-

The Camino de Santiago (the Way of St. James) is a large network of ancient pilgrim routes stretching across Europe and coming together at the tomb of the Apostle James (Santiago in Spanish), who brought Christianity to the Iberian Peninsula. The network is similar to a river system – small brooks join together to make streams, and the streams join together

to make rivers, most of which join together to make the Camino Francés. On this journey you will join the many pilgrims from around the world walking the last section of the Camino Francés to Santiago de Compostela. You will be following in the footsteps of hundreds of thousands of pilgrims who have made the journey on foot since the 8th cen-



The Camino is for many a life-changing experience and always an unforgettable adventure! This trip includes walking the last 63 miles of the Camino, which means that you can request your Compostela, or certificate of completion of the pilgrimage. Throughout the trip, those not walking will ride in the group's private shuttle and meet up with the walkers at "checkpoints" along the way. There will be opportunities to visit small villages and hamlets

along the route, and enjoy time at leisure to explore. The driver will provide some information and direction so that you can make the most of your visits. Along the paths, we will practice mindful walking, mindfulness meditation, and yoga from time to time, as well as having gentle classes in some of our hotels or in village plazas.

mains of ancient buildings, the waterfront and the old bridge are still visible. Hotel Ferramenteiro (B, Picnic Lunch)

FRI 29 SEP

Portomarin/Palas de Rei/Monterosso

Embark on today's 15-mile walk after crossing the Miño River and starting a steadily uphill climb (the second half of the day will be on more level ground). Gonzar is the first village you enter, then a series of small hamlets having "Castro" in their names: Castromaior where a small Romanesque church is found, Castro Lardeiros and Castro Simone. Discover the calm of the Galician Cemetery in Ligonde and in Eirexe look upon the beauty of the Romanesque portal of the church. Arrive in Palas de Rei, a sizable town, but only a shadow of its former glory when the Visigothic King Witiza had his palace here in the 8th century. Shuttle to nearby Monterosso for hotel check-in, dinner and overnight. Casa Roan/Pazo de Ludeio (B, Picnic Lunch, D)

SAT 30 SEP Palas de Rei/Ribadiso/Arzua

Today's 15.5-mile walk is slightly downhill from Palas de Rei to the medieval village of Ribadiso. Pass through the charming village of Lobreiro with its Romanesque church. Cross the Roman bridge over the river Seco and enter Furelos. Further on is Melide, a bigger town where you can see the Church of San Pedro with murals dating back to the 15th century. Follow a forest track and cross several streams to the village of Boente with its church of Santiago. Arrive Ribadiso and shuttle to your hotel in Arzua for check-in, dinner and overnight. Pazo Santa Maria (B, D)

SUN 01 OCT Ribadiso/Arca do Pino/Arzua

Return to Ribadiso to resume your walk. Today you will cover 13.6 miles en route to Arca do Pino. This shaded section of the Camino will pass through woods, along streams and through sleepy villages. Stop to visit the chapel of Santa Irena with its unique statues of Santiago. The rest of the way is on a good and quiet country road before arriving at Arca do Pino. Shuttle back to Arzua, which is the last large town before arriving in Santiago. Pazo Santa Maria (B)

MON 02 OCT

Arca do Pino/Santiago de Compostela

Pick up where you left off at Arca do Pino for the last day of your walk along the final 11.8 miles to

Santiago de Compostela. Pass through Lavacolla where pilgrims traditionally washed in the river before reaching the culmination of their pilgrimage. Tall eucalyptus trees line your way to the summit of Monte del Gozo (Mount of Joy) where you have your first glimpse of the Santiago Cathedral. From here it's a short walk downhill and you have reached your goal: the magnificent UNESCO World Heritage site that houses the relics of the Apostle Saint James. You may request your Compostela, or certificate of completion of the pilgrimage. There will be a VIP tour of the Cathedral at 6:00P followed by Mass at 7:30P. Proceed to your hotel for check-in and celebration of your achievement. Hotel Monumento San Francisco (B, picnic lunch, D)

TUE 03 OCT

Santiago/Madrid

Today's destination is Madrid, the queen of Spain, the capital city, the commercial center, the largest and most populous city, a multi-faceted gem at the heart of the country. Travel overland by motorcoach – the trip will take about 7.5 hours with stops. Upon arrival check in at your hotel and this evening enjoy a farewell to Spain dinner. Hotel TBA (B, D)

WED 04 OCT

Return to U.S.

Transfer this morning for flight-check-in and departure. Arrive home this same day enriched by your remarkable journey along the Camino de Santiago. (B, Meals in-flight)

Code: **Breakfast, Lunch, Dinner**
Itinerary subject to change.

LEVEL OF DIFFICULTY

This part of the Camino is well-marked and follows mainly forest trails, paths between villages and some secondary



roads. While it is not a mountainous region, Galicia is never flat! You will be walking up and down and down and up, so a reasonable level of fitness is necessary. The distances covered are the typical stages of the Camino. The support vehicle is available if you need a break and everybody is encouraged to walk at his or her own pace.

TOUR CONDITIONS

PAYMENT SCHEDULE: Your reservation and deposit of \$500 per person are requested immediately to fulfill the group deadline requirements. Note that space is limited and reservations are taken on a first come, first served basis. A second payment of \$1000 is due March 30, 2017. Final payment is due July 19, 2017. For credit card payment Group Travel Directors accepts Visa, MasterCard, or Discover.

REFUND POLICY: All cancellations must be in writing. There is no refund for partial or unused land arrangements. Airline tickets will be issued well in advance of departure and may be non-refundable. The following penalties will apply: Up to March 29, 2017 - \$100 per person administrative fee plus any unrecoverable deposits; March 30 - July 18, 2017 - \$500 plus any unrecoverable payments to hotels, tour operators or airlines; July 19 - August 18, 2017 - \$2000 plus any unrecoverable payments to hotels, tour operators or airlines; August 19, 2017 or after - No refund.

CHANGES TO GROUP FLIGHTS: The group airfare contract for this tour may not allow travelers to make any date or itinerary changes. If you are considering other dates or cities, please submit your request in writing well in advance to secure the best rates and schedule, but no later than May 19, 2017. A minimum fee of \$175 per person will apply for changes to group flights in addition to a possible airfare increase.

LATE BOOKINGS: Passengers registering within thirty days of tour departure will be charged a \$50 per person fee. Tour payment in full is required before we can request and confirm space. This fee does not cover any additional airline or ground service charges.

WHAT'S INCLUDED?

- AIRFARE:** Round-trip economy class airfare from Minneapolis/St. Paul via Delta Air Lines or other ARC/IATA approved scheduled carrier.
- ACCOMMODATION:** Eleven nights accommodation in good quality hotels, casas rurales and traditional pazos (similar to manor houses or farmhouse B&Bs), double occupancy. Hotels as listed or similar.
- MEALS:** Breakfast daily, four lunches and seven dinners as outlined in the itinerary.
- GROUND TRANSPORT:** Transfers and transportation by deluxe motorcoach and support vehicles while walking.
- SIGHTSEEING:** Guided tours of the Guggenheim Museum and Santiago de Compostela.
- PORTERAGE:** Luggage handling of one piece per person where available.
- EXPERT GUIDES:** Experienced English-speaking tour guides from arrival in Bilbao through departure from Madrid.
- GRATUITIES:** Gratuities to drivers and guides (for your convenience, \$138 per person has been included).
- TAXES:** Airport/foreign departure taxes (currently \$637 per person).
- WALKING THE CAMINO MEMENTOS:** Scallop shell and exclusive Camino Guide Book.
- ALL THE INFO YOU NEED:** Comprehensive documentation including travel accessory, bag tags, name badges, flight and land itineraries, destination literature, customs information, travel tips and more.

COST SUMMARY

\$ 5795

From Minneapolis/St. Paul
 Tour Gratuities (\$138).....Included
 Airport /Departures Taxes (\$637).....Included
 *Costs per person based on double occupancy in USD

Optional Individual Supplement

Single Room*.....\$795
 *In addition to base tour cost. Limited availability.

Costs: The tour cost is per person based on current airfare from Minneapolis/St. Paul (other cities available), double occupancy, tariffs and currency valuations as of May 2016, a minimum of 15 travelers, and subject to confirmation. While we will do everything possible to maintain the listed price and/or itinerary, they are subject to change due to circumstances beyond our control. Single room supplements may have limited availability and are on a request basis only. *Bookings have not been made and all space/rates are subject to availability at time of booking.*

Items Not Included

- Fuel surcharges and/or tax increases levied since the pricing of this tour.
- Beverages other than coffee/tea at breakfast.
- Any meal or sightseeing item not listed in the itinerary.
- Items of a personal nature.
- Optional travel protection: trip cancellation/interruption, baggage delay/loss, emergency accident and sickness medical expense, and emergency evacuation/repatriation. Please refer to the Travel Protection section.
- Passport fees. A passport valid six months beyond date of reentry to the U.S. is required.
- No entry visa is required for U.S. citizens; non-U.S. citizens may require an entry visa.

PRE-EXISTING medical conditions and other circumstances are covered when travel protection is purchased within 14 days of registration. Contact Travel Insured for more info. 800-243-3174

RESERVATION APPLICATION • APPLY ONLINE AT: WWW.GTD.ORG G#170903 • OR CLIP AND MAIL

Green Lotus: Spain • September 22 - October 4, 2017 • (G#170903) • Group Travel Directors • 2000 W 98th Street, Minneapolis, MN 55431

Name as it appears (or will appear) on passport:

1. _____ Male Female Date of Birth _____
First Name Middle Name Last Name Month/Day/Year

2. _____ Male Female Date of Birth _____
First Name Middle Name Last Name Month/Day/Year

Address (no P.O. boxes) _____ Tel. (Day) _____ (Eve.) _____

City _____ State _____ Zip Code _____ Email _____

Roommate _____ I will pay the supplement for a single room.

Advise if we can assign you a roommate or single supplement. GTD can assist in finding roommates; however, this cannot be guaranteed and the supplement may apply.

FLIGHT ARRANGEMENTS (please check one)

- I/We will take the group flights from Mpls/St. Paul.
- I/We will need assistance with flight arrangements from _____ airport to join the group.
- I/We will make all of my own flight arrangements.
Please contact GTD for land-only rates.

DEPOSIT/TRAVEL PROTECTION (please check one)

Please reserve _____ space(s) for me/us; we choose the following deposit option:

\$ _____ \$820 per person **inclusive of travel protection.**

\$ _____ \$500 per person **without travel protection.**

I/We decline now, but understand it can be purchased later without the pre-existing waiver.

Form of Payment

Check

Charge my deposit(s) to

Credit Card # _____

Exp _____

Security Code _____

Name as it appears on credit card: _____

Please make checks payable to Group Travel Directors G#170903

I/We have read and understand the conditions of this brochure. Parent or guardian signature is required for travelers under age 18.

Signature _____ Date _____

Signature _____ Date _____



GTD TRAVEL PROTECTION

Travel protection is optional, but we encourage all travelers to purchase a plan. GTD offers an extensive and competitively priced plan from Travel Insured International. Travel protection can help provide coverage for trip cancellation/interruption, baggage delay/loss, emergency accident and sickness medical expense, and emergency evacuation/repatriation. If you decline coverage at the time of reservation, you may purchase it later, but the Pre-existing Conditions Waiver is available only if the plan is purchased within 14 days of the initial trip deposit. You may contact Travel Insured International for further information before making your decision: 800-243-3174. Review your Plan Document for Schedule of Benefits and Plan Details.

GTD TRAVEL PROTECTION INCLUSIONS

Trip Cancellation.....	up to Tour Cost*
Trip Interruption.....	up to 150% of Tour Cost**
Travel Delay.....	\$750
Missed Connection.....	\$300
Baggage.....	\$1,000
Baggage Delay.....	\$200
Medical Expense.....	\$50,000
Evacuation/Repatriation.....	\$500,000
Accidental Death.....	\$10,000
Political Emergency Evacuation.....	\$100,000
ID Theft Resolution Services.....	included
Assistance Service.....	included

* a maximum of \$6000 per person
 ** a maximum of \$9000 per person

Cost of this optional GTD Travel Protection is \$320 per person. Additional coverage provided as needed; the full cost of your tour must be covered. Travel protection is non-refundable fourteen days after you purchase a plan.

This document contains highlights of the plan. The Plan contains insurance benefits underwritten by the United States Fire Insurance Company, Fairmont Specialty and Crum & Forster are registered trademarks of United States Fire Insurance Company. The Crum & Forster group of companies is rated A (Excellent) by AM Best Company 2015. The Plan also contains non insurance Travel Assistance Services that are provided by an independent organization, OnCall International, and not by United States Fire Insurance Company or Travel Insured International. Review the Plan Document for complete terms, including benefits, conditions, limitations and exclusions that apply. The Plan Document will be provided to you upon purchase of the plan. Coverages may vary and not all coverage is available in all jurisdictions.

EXCLUSIONS & LIMITATIONS

Insurance benefits are not payable for any loss due to, arising or resulting from: suicide, attempted suicide or any intentionally self-inflicted injury of You, a Traveling Companion, Family Member or Business Partner booked to travel with You, while sane or insane; an act of declared or undeclared war; participating in maneuvers or training exercises of an armed service, except while participating in weekend or summer training for the reserve forces of the United States, including the National Guard; riding or driving in races, or speed or endurance competitions or events; mountaineering



(engaging in the sport of scaling mountains generally requiring the use of picks, ropes, or other special equipment); participating as a member of a team in an organized sporting competition or participating as a professional in a stunt, athletic or sporting event or competition; participating in bodily contact sports, skydiving or parachuting, hang gliding, or bungee cord jumping; piloting or learning to pilot or acting as a member of the crew of any aircraft; being Intoxicated as defined herein, or under the influence of any controlled substance unless as administered or prescribed by a Legally Qualified Physician; the commission of or attempt to commit a felony or being engaged in an illegal occupation; normal childbirth or pregnancy (except Complications of Pregnancy) or voluntarily induced abortion; dental treatment (except as coverage is otherwise specifically provided herein); amounts which exceed the Maximum Benefit Amount for each coverage as shown in the Schedule of Benefits; due to a Pre-Existing Condition, as defined in the Certificate. The Pre-Existing Condition Limitation does not apply to the Emergency Medical Evacuation or Return of Remains coverage; medical treatment during or arising from a Trip undertaken for the purpose or intent of securing medical treatment; due to loss or damage (including death or injury) and any associated cost or expense resulting directly from the discharge, explosion or use of any device, weapon or material employing or involving chemical, biological, radiological or similar agents, whether in time of peace or war, and regardless of who commits the act and regardless of any other sequence thereto.

CONDITIONS AND RESPONSIBILITY

Group Travel Directors (GTD) provides customized travel planning throughout the world for group travelers who have a variety of reasons and goals for travel. The goals and/or opinions of these groups do not reflect or imply the position of GTD in any matter. Brochure contents may not be duplicated without permission from GTD. In offering these travel arrangements, Group Travel Directors, Inc. (GTD) acts solely as an agent for the sale of air transportation and other travel related services. GTD maintains no control over the personnel, equipment or operations of any entity furnishing services, products or accommodations. GTD assumes no responsibility or liability for, and shall not be expected, asked or required to pay for any injury, damage, expense, personal injury, property damage, inconvenience or any other loss experienced by reason of: (1) any intentional, wrongful, negligent or unauthorized act or omission on the part of any supplier, its agents or employees; (2) any defect, breakdown or other failure of any vehicle, equipment, service, product or other instrumentality which is owned, operated or otherwise used by a supplier; (3) any intentional, wrongful, negligent, or unauthorized act or omission on the part of any other party not under the direct control of GTD; (4) financial problems causing nonperformance by any supplier; or (5) any other cause, condition or event whatsoever beyond the direct control of GTD. GTD cannot guarantee any rates, bookings or reservations of any supplier. Your retention of tickets, reservations or bookings after issuance shall constitute a consent to the foregoing provisions. All prices quoted are subject to change if airlines or ground operators increase their prices, the U.S. dollar is devalued significantly against foreign currencies, the group falls below minimum numbers, or a fuel surcharge, government tax or user's fee is imposed. Baggage and personal effects are the sole responsibility of the owners at all times. GTD reserves the right to withdraw from any tour any tour member whose conduct is incompatible with the interests of the group as a whole. The above Conditions and Responsibility also covers the group leader(s) and their respective organizations.



NOTE TO OUR TRAVELERS:

Please be assured that GTD continually monitors industry events, such as airline strikes and bankruptcies, etc. If any such events affect your tour, you will be notified. At the time this tour was developed there was not a U.S. State Department Travel Warning in effect for this destination; please refer to the following website for current information or call Group Travel Directors. <http://travel.state.gov/content/passports/en/alertswarnings.html>

For more information, contact:

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 Green Lotus Yoga and Healing Center
 18480 Kenyon Ave.
 Lakeville, MN 55044
 tel: 952-373-0055
 email: info@greenlotusyogactr.com

or

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