



YOUTH FOR UNDERSTANDING  
Internationaler Jugendaustausch

## Study Tour “Camino de YFU”

### An FAQ for participants

- 1. How long are the distances we need to hike per day?*

The daily hiking distances as mentioned in the brochure range between 20 km (12.4 mi.) and 29 km (18 mi.).
- 2. Do we need to climb steep passages or is the terrain mostly flat?*

The terrain is hilly, but not too steep. However, we will cover up to 500 m (1640 ft.) of difference in altitude per day.
- 3. Do we need to carry our own luggage?*

Yes! For a true Camino experience, participants are expected to carry their own luggage in a backpack. For this reason, we strongly suggest to limit the personal luggage to 8 kg (17.6 lb.). For participants from overseas, who might have heavier luggage, we will advise on ways to store the excess luggage for the duration of the hike.
- 4. Can I have my backpack transferred to the next accommodation by car so I do not have to carry it?*

This is generally possible and can be arranged at additional costs. However, we strongly suggest to open yourself to the true Camino experience with all it entails! This trip is about overcoming personal limits and accepting the challenge!
- 5. Do I need to be in good shape?*

As we need to walk up to 29 km in one day, participants need to be at least in regular physical shape and fit for walking. Previous hiking experience is strongly advised, as is some preparatory training before going on the trip. Training hikes are the best way to prevent blisters and sore feet!
- 6. What kind of accommodation can I expect?*

We will be staying in traditional and simple pilgrims’ hostels along the Camino. This includes accommodation in shared dormitory-style rooms (communal bathrooms) with 4 to up to 20 beds. Again, this part of the true experience, as hikers and pilgrims of all ages stay in these hostels. Walking the Camino is about going simple and leaving your comfort zone – an experience we share with everyone else on the way, which makes for interesting personal encounters along the way!

For our last night in Santiago de Compostela, we will be staying in a middle class hotel in shared double rooms.
- 7. Which meals are included in the participation fee?*

Half board (breakfast and dinner) is included. Not included are lunches and personal items like snacks and water.
- 8. What kind of further equipment do I need?*

Good, worn-in **hiking boots** are essential! Also, many people prefer to use **walking poles** for longer hikes. You should bring a comfortable, **mid-size backpack** to carry your own belongings. To stay hydrated, a **water reservoir** (ideally integrated in the backpack) is very useful. And please do not forget to bring a good, breathable **waterproof jacket**!

We will provide you with a detailed packing list closer to the trip.



**YOUTH FOR UNDERSTANDING**  
**Internationaler Jugendaustausch**

9. *What kind of weather can I expect?*

In the province of Galicia, October usually sees fair weather, temperatures around 18-20 degrees Celsius and the occasional rain shower. Ideal hiking conditions!

10. *What about flight connections to Santiago de Compostela?*

Santiago de Compostela airport (SCQ - ATTENTION: Not to be confused with the airport of Santiago de Chile!) is served by direct flights from several European countries and by various national flights mostly from Madrid and Barcelona. Participants from overseas will most likely travel to Madrid Barajas (MAD) airport and then transfer to a national flight to Santiago.

Ideally, your arrival at SCQ airport should not be later than 6pm on September 30<sup>th</sup>. Please get in touch with us in case of any questions regarding flight logistics.