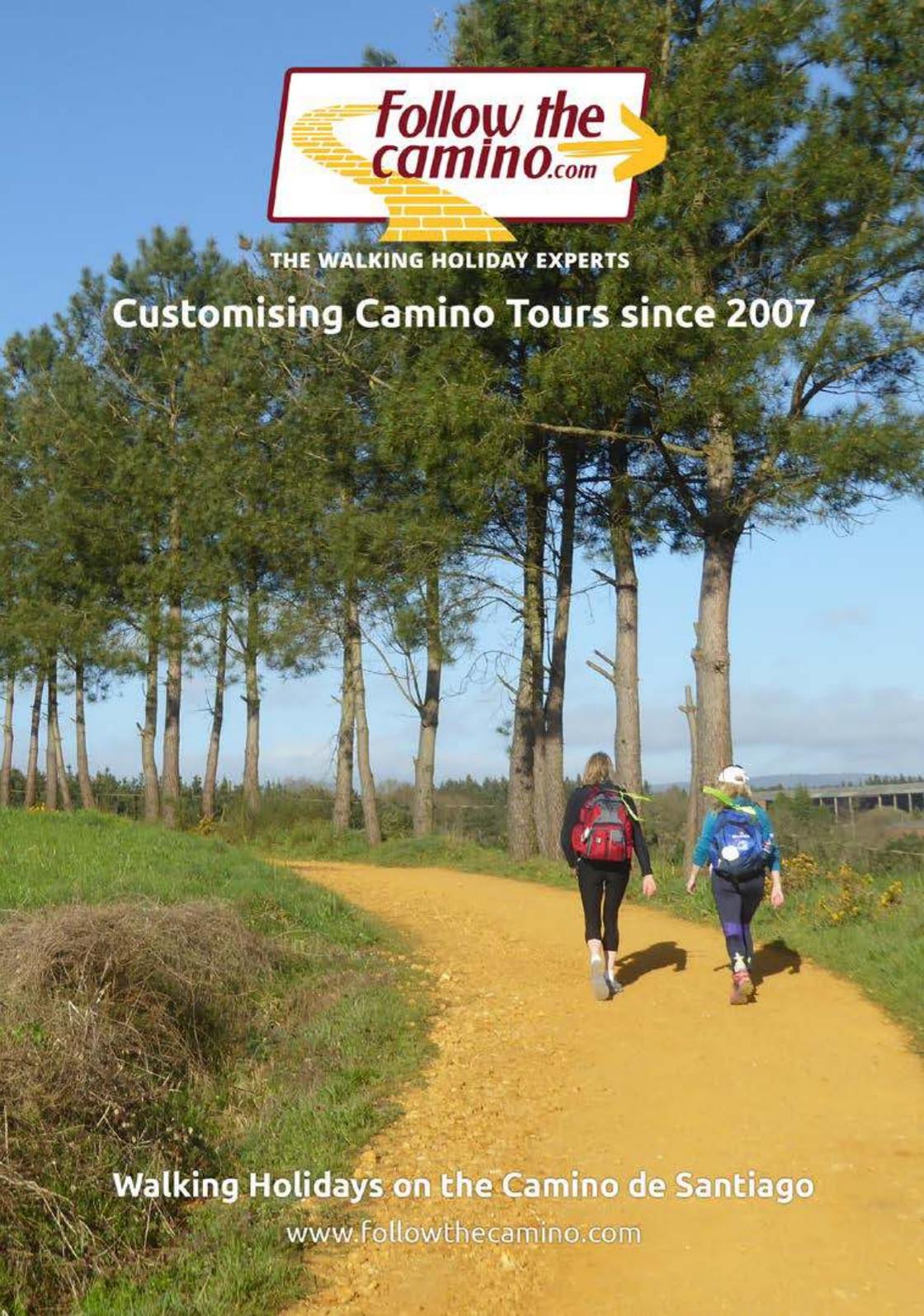




THE WALKING HOLIDAY EXPERTS

Customising Camino Tours since 2007



Walking Holidays on the Camino de Santiago

www.followthecamino.com



- Camino trip sections**
- Camino Frances
 - Camino Portugues
 - Coastal Route
 - Camino Finisterre
 - Camino Ingles
 - Via de la Plata
 - Camino Primitivo
 - Camino del Norte
 - Via Podiensis



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!

CONTACT US

Phone

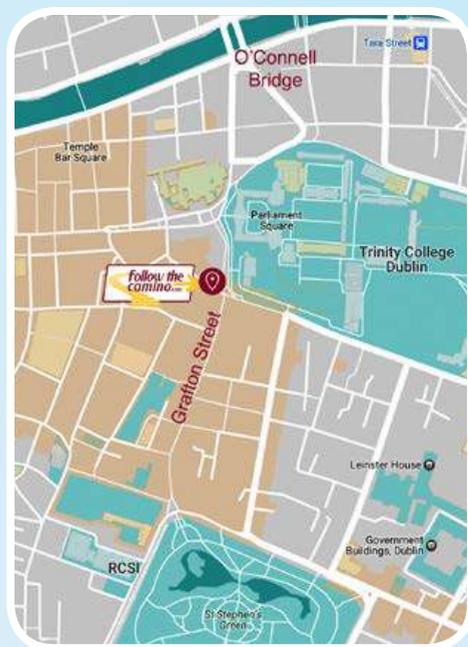
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Email

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info@onefootabroad.com

Head Office Address

16/17 Suffolk Street,
Dublin D02 AT85, Ireland



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.



Horse riding - Travelling on horseback allows you to cover a lot of ground and provides you with an elevated viewpoint from which you can admire the scenery. Previous experience is required for this option.

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.

SYMBOLS



Highlight. If you were to pick one and only one place to visit, this is the one!



Cultural. Experience local customs and way of life.



Spiritual/Religious. Location has a strong Religious or Spiritual background although can be enjoyed for more touristic aspects.



Nature. Much of the trip is in rural or non-urban environment.



History. Includes great historical monuments and places.



Gourmet. Possibility to enjoy a greater variety and quality of food and beverages.



UNESCO. Opportunity to visit UNESCO Heritage sites.

TESTIMONIALS



Frances Black - Senator, Ireland

I would like to recommend 'Follow the Camino'. They did a fantastic job organising our fund raising trip to the Camino de Santiago. The organisation was of excellent quality and all of our 28 travellers had a great time. The Camino trip was an amazing experience that connected us all.



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 - 69km - 5 Days

St. Jean Pied de Port - Pamplona



2/8 - 95km - 6 Days

Pamplona - Logroño



3/8 - 123km - 7 Days

Logroño - Burgos



4/8 - 123km - 8 Days

Burgos - Sahagun



5/8 - 55km - 5 Days

Sahagun - Leon



6/8 - 101km - 6 Days

Leon - Ponferrada



7/8 - 96km - 6 Days

Ponferrada - Sarria



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 - 115km - 7 Days

Sarria - Santiago de Compostela



CAMINO PORTUGUÉS

The Portuguese Way



1/5 - 91km - 6 Days

Lisbon - Santarem



2/5 - 152km - 8 Days

Santarem - Coimbra



3/5 - 127km - 8 Days

Coimbra - Porto



4/5 - 113km - 8 Days

Porto - Tui



Most Popular



5/5 - 115km - 8 Days

Tui - Santiago de Compostela



OVERVIEW

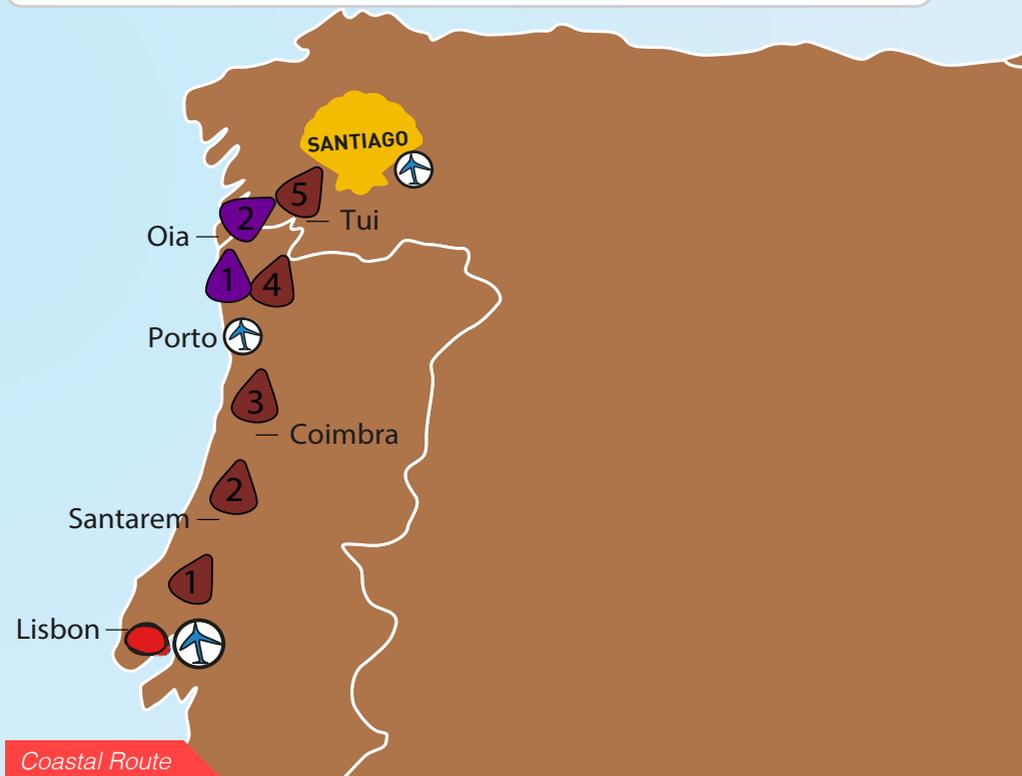
The Camino Portugués or Portuguese Way is favoured by Paulo Coelho, author of *The Alchemist*. This traditional Camino route is an excellent alternative to the more popular Camino Frances. It crosses some of the most beautiful parts of northern Portugal and southern Galicia with great cities like Lisbon 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.



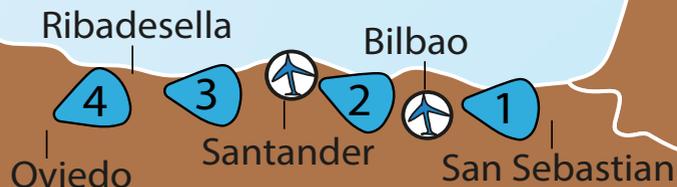
Surf & Turf 2/2 - 124km - 8 Days

Oia - Santiago de Compostela



CAMINO DEL NORTE

The Northern Way



1/4 - 120km - 8 Days

San Sebastian - Bilbao



2/4 - 113km - 7 Days

Bilbao - Santander



3/4 - 151km - 8 Days

Santander - Ribadesella



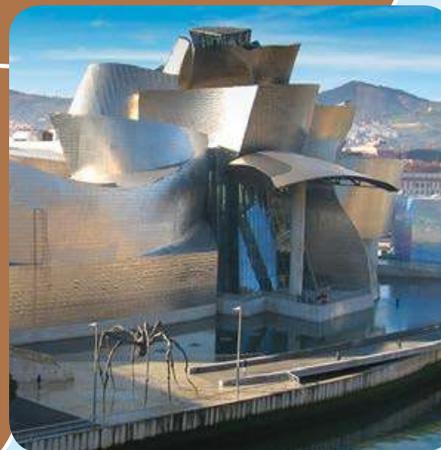
4/4 - 82km - 6 Days

Ribadesella - Oviedo



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 Muesum, 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 forrests and world famous cities such as San Sebastian, Bilbao, Santander and Oviedo.

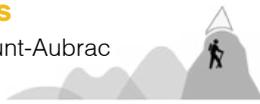
VIA PODIENSIS

Le Puy Route



1/6 - 89km - 6 Days

Le Puy en Velay - Aumont-Aubrac



2/6 - 113km - 7 Days

Aumont-Aubrac - Conques



3/6 - 144km - 8 Days

Conques - Cahors



4/6 - 129km - 7 Days

Cahors - Lectoure



5/6 - 115km - 7 Days

Lectoure - Aire-Sur-l'Adour



6/6 - 162km - 8 Days

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



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 Route, 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



2/10 - 111km - 7 Days

Monesterio - Merida



3/10 - 75km - 6 Days

Merida - Caceres



4/10 - 84km - 6 Days

Caceres - Plasencia



5/10 - 132km - 8 Days

Plasencia - Salamanca



6/10 - 69km - 5 Days

Salamanca - Zamora



7/10 - 159km - 9 Days

Zamora - Puebla de Sanabria



OVERVIEW

The Via de la Plata is the longest of all the Caminos 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.



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



9/10 - 89km - 7 Days

A Gudiña - Ourense



10/10 - 111km - 7 Days

Ourense - Santiago de Compostela



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 - 119km - 7 Days

Ferrol - Santiago de Compostela



CAMINO 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



CAMINO PRIMITIVO

The Original Way



1/2 - 215km - 11 Days

Oviedo - Lugo



2/2 - 100km - 7 Days

Lugo - Santiago de Compostela



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 is 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 One Foot Abroad / 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

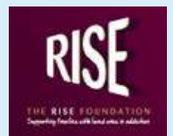
Walking the Camino is a wonderful experience and Follow the Camino's experts make it even more enjoyable. Just walk the route with your volunteers and we take care of the rest.

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 a 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





CAMINO TRAINING PLAN



WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN	Recommended Terrain
1						1 HOUR X 1		FLAT
2	WALK AS MUCH AS YOU CAN	→				2 HOURS X 1		FLAT
3	WALK AS MUCH AS YOU CAN	→				3 - 4 HOURS X 1		FLAT
4	WALK AS MUCH AS YOU CAN	→				4 - 5 HOURS X 1		FLAT
5			1 HOUR X 1			3 - 4 HOURS X 1		GENTLE HILLS
6			1 HOUR X 1			4 - 5 HOURS X 1		GENTLE HILLS
7			1 HOUR X 1			5 - 6 HOURS X 1		GENTLE HILLS
8			1 HOUR X 1			5 - 6 HOURS X 1		GENTLE HILLS
9			1 - 2 HOURS X 1			3 - 4 HOURS X 2		GENTLE HILLS
10			1 - 2 HOURS X 1			5 - 6 HOURS X 1		HILLY
11			1 - 2 HOURS X 1			3 - 4 HOURS X 2		GENTLE HILLS
12			1 - 2 HOURS X 1			5 - 6 HOURS X 1		GENTLE HILLS
13			5 - 6 HOURS X 1			5 - 6 HOURS X 2		HILLY
14			1 - 2 HOURS X 2			3 - 4 HOURS X 2		HILLY
15			1 - 2 HOURS X 2			5 - 6 HOURS X 2		HILLY
16			1 - 2 HOURS X 2					HILLY



Follow the Camino.com Ultimate Packing List for Walkers



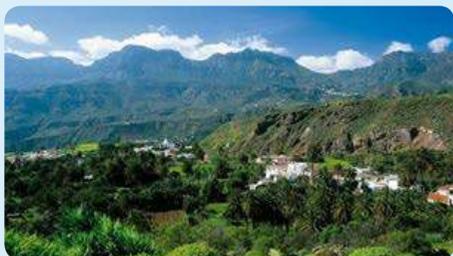
Recommended Items

Item	Luggage Transferred	Self Carry	Tips	Check
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 Large Poncho to cover Backbags	<input type="checkbox"/>
EVENING OUTFIT			Dress/Jeans/Casual Outfits	<input type="checkbox"/>
LUGGAGE/BACKPACK			Keep below 10% of Body Weight. Waterproof Backpack / Bag Cover	<input type="checkbox"/>
WATER CONTAINER				<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 Warm Hat - keep ears warm	<input type="checkbox"/>
PILGRIM PASSPORT			Must have for Pilgrim Certificate and to stay in hostels	<input type="checkbox"/>
SCALLOP SHELL			Can be bought on the Camino	<input type="checkbox"/>
OTHER			Books/Playing Cards/Phone	<input type="checkbox"/>

Download the full list on followthecamino.com/packing-list

SPAIN

Flamenco, fiesta and tapas are all part of the thread that sews Spain together. Home to cutting edge architecture, world class dining and pulsating nightlife, this is one of the most passionate countries on earth. Viva España!



54 KM Gran Canaria Coastal Walk

8 days / 7 nights



Get ready to discover volcanoes, cascading clouds on peaks, weird rock formations, an extraordinary wealth of flora and fauna, waterfalls, viewpoints and springs. Take your camera to capture some of the most beautiful spots you could imagine, on the magical island that is Gran Canaria.

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.

54 KM

Tenerife - 'Hikers paradise' – GUIDED

8 days / 7 nights



Walking in Tenerife allows you to get to know the rich variety of nature. The smell of pure mountain air and the incredibly beautiful aspects of the island. With qualified and trained guides you walk on forest trails, narrow paths, into deep canyons or on long ascents such as the Teide summit.

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.

98
KM

Alpes - Haute Route 2/2 - The Alpine legend

8 days / 7 nights



The Haute Route is a cross-country route running between France and Switzerland. First charted by English adventurers at the end of the 19th Century, the route follows the 100km glacier walk or ski from the Chamonix Valley of Mont Blanc, right to Zermatt, home of the Matterhorn.

PORTUGAL

Rugged cliffs rising above Portugal's Atlantic coastline which boasts soaring, golden rock formations that are a feast for the eyes. Charming fishing villages and feasts of seafood and Port wine all make Portugal too easy to fall in love with.



178 KM Surf and Turf

12 days / 11 nights



The Camino Portugues Coastal Surf and Turf Route will appeal to modern pilgrims looking for solitude and with a more pioneering spirit. Stretching from Viana do Castelo in the Minho province it hugs the coast before turning inland and joining the traditional Camino Portuguese.

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.

89 KM

Via Algarviana - 2/3

8 days / 7 nights



Walk through a local protected area where you will encounter friendly people and have ample opportunities to try traditional food. Starting off on the official Via Algarviana track in Loulé you will then re-join the official track in Salir. Panoramic views are ample with each as outstanding as the last.

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.

UK & IRELAND

These two luscious island nations in north-western Europe are brimming with cosy country pubs serving craft beers and home made dishes. Discover the wilderness of the UK, mystical Celtic cultures and rugged Atlantic carved coastlines of Ireland.



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.

126 KM Wicklow Way

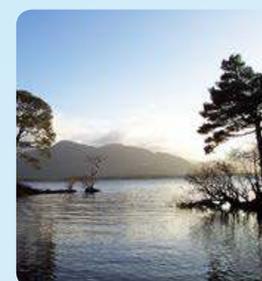
9 days / 8 nights



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.

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 (Musala, 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. Its cities contain medieval quarters, 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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