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Efficiency Retreat on the Camino
El Kinder Portugués Tour
June 2019



Efficiency Retreat on the Camino El Kinder Camino Portugués Tour

Pre-Camino: Virtual Seminar
Camino: 11 days & 10 nights, The Last 118 KMs to Santiago

If you want to learn how to operate more efficiently at work *and* escape from work in order to enjoy a get-away, the Efficiency Retreat on the Camino is just for you! Following our pre-Camino tutorials, come join us on Fresco Tours' kinder version of the Camino Portugués! We'll enjoy the same charming scenery of the Iberian Peninsula, but at a lighter, gentler pace. Our good friend, the yellow arrow, will keep us company as we cross over the River Miño and enter into Spain. Our Camino also takes us through the town of Padrón, where Santiago's stone boat brought him back to Spain.

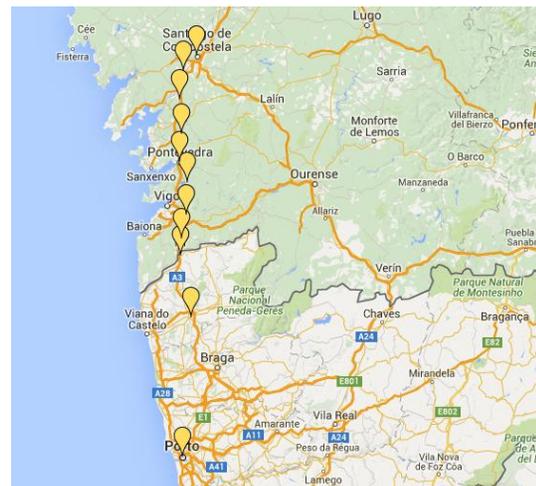
2019 Efficiency Retreat on the Camino El Kinder Camino Portugués Tour

June 17 – 27, 2019

Price (11 days / 10 nights):
3,100€ per person, double occupancy

Single Supplement:
500€

For complete details, visit
www.HeleneSegura.com/camino



Pre-Camino

You'll receive a combination of videos, articles and checklists that will help you prepare in both your work life and personal life for this journey of a lifetime. Time Management Fixer Helene Segura of LivingOrder San Antonio will give you the guidance to become more efficient with your time, prepare you to leave work behind for a few weeks, and share tips for planning for an overseas trip. Your Pre-Camino virtual seminar will include:

- *43 time management webinars, available 24/7 in your digital library
- *copy of *The Inefficiency Assassin: Time Management Tactics for Working Smarter, Not Longer*
- *weekly nudges to guide you through the webinars and book
- *monthly conditioning tips from personal trainer Carol Frazey of The Fit School
- *live webinar with Helene and Carol to check-in with you on your progress
- *2 hours of private phone coaching with Helene to give you extra assistance with any time- or organization-related challenges you're experiencing
- *monthly guidance for preparing to leave behind work and home for a few weeks
- *checklists for trip planning and packing

With all of these resources, you'll be ready to meet us on June 17, 2019, in Porto, Portugal to start walking The Camino!

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While on the Camino with Fresco Tours, each day typically ends with everyone heading to their rooms to shower and then meeting up in the lounge before dinner to prep for the next day. (Since wine will likely be involved at dinner, it's important that we do this *before* our meal!) For our efficiency retreat, we're going to combine the "prep talk" with a no-more-than-30-minute facilitated conversation about time management on Days 2 – 8. Since my guiding principle is that time management is all about mind management, I've created a time management curriculum that ties in to what many people seek on The Camino - peace.

You won't have to bring any materials or devices. The handout will be minimal and thin enough to store in your roller board before loading it on the vehicle in the morning. Since time management truly is all about mind management, we'll be working on, well, our minds! Your mind will wander as you journey the Camino, so why not spend a few minutes each day making that thinking count – and becoming a better manager of your time so that you can enjoy peace like this well beyond your time on The Camino.

Day 1, June 17: Porto to Guimarães

Fresco tours will pick up the group in the afternoon in Porto and head for the countryside to the birthplace of Portugal as an independent country, Guimarães. In 1100, Portugal's first King, Afonso Henriques, was born inside the thick walls of the medieval castle that overlooks the town. Before dinner we'll have a stroll and then sit down for our Orientation Meeting to discuss our journey along the Camino de Santiago.

(D) Accommodations: Guimarães

Day 2, June 18: Vitorino de Piaes to Ponte de Lima

After breakfast, we hop in the van and shuttle to Vitorino, where we hit the trail and have a warm up of our week to follow. We lace up our shoes to take our first steps on the Camino, getting our first stamp in the parish town of Vitorino de Piaes! We finish in the lovely river valley town of Ponte de Lima. What are all those Roman soldiers doing here?

(B, L, D) Accommodations: Ponte de Lima / Walking: 12 KMs or 7 miles

Day 3, June 19: Valença to Orbenlle

From the fortress town of Valença, we cross over the River Miño and enter into Spain. As both Portugal and Spain are European Union members, the only passport you'll need is your Pilgrim's Passport, but remember that the word for stamp will change from *carimbo* to *sello*. Once across the border, we admire the 12th century Santa Maria Cathedral in Tui.

(B, L, D) Accommodations: Tui / Walking 12KMs or 7 miles

Day 4, June 20: Orbenlle to Mos

In the morning, we pass through O Porriño, a town known for its unique city hall architecture and its prized granite cutting mills. We continue on to Mos, where the Louro River and the quiet Galician countryside keep us company before returning for another lovely evening in Tui.

(B, L, D) Accommodations: Tui / Walking: 15 KMs or 9 miles

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Day 5, June 21: Mos to Arcade

Today we get the blood pumping with a good climb up to the Monte de Santiago de Antas, where we find another Roman mile marker to remind us that we are getting closer. The Camino then takes us to Redondela. Here we get our first glimpse of the Estuary of Vigo, where mussels and scallops are farmed on floating barges!

(B, L, D) Accommodations: Pontevedra / Walking:
17 KMs or 10 miles

Day 6, June 22: Arcade to Pontevedra

Our walk takes us by the beautiful stone arches of the old Ponte Sampaio, the scene of an important town battle against Napoleonic troops in 1809. Back in Pontevedra for the evening, we must stop in and get a stamp at La Peregrina, the 18th century chapel whose floor is in the shape of a scallop shell!

(B, L, D) Accommodations: Pontevedra / Walking:
13KM or 8 miles



Day 7, June 23: Pontevedra to El Parque Natural de Ria Barosa

Leaving the city of Pontevedra, we quickly return to nature, crossing through quiet, wooded paths where we come to the granite Cross of Amonisa with the carved figure of Santiago facing our destination. We finish our day in Caldas de Reis, where for thousands of years its natural thermal springs have made this a place to soak your weary feet.

(B, L, D) Accommodations: Caldas de Rei / Walking: 18KMs or 11 miles

Day 8, June 24: El Parque Natural de Ria Barosa to San Miguel

Wander along the Camino through one of Galicia's best treasures today: the pleasant vineyards that produce the Rias Baixas region's most popular white wine, Albariño. A favorite story, but with little truth, is that the Albariño grape was brought to the region by German pilgrims on their way to Santiago. While its true origin remains a mystery, its flavor continues to captivate many.

(B, L, D) Accommodations: Caldas de Rei / Walking: 18KMS or 11 miles

Day 9, June 25: San Miguel to Rua de Francos

Padrón (or *pedrón* – Galician for big stone) pays homage to the famous rock where the boat that contained Saint James was moored to upon its arrival from Jerusalem after he had been martyred. Padrón is also famous in culinary circles for its little green peppers, some which are hot and others that are not.

(B, L, D) Accommodations: Padrón / Walking: 18KMS or 11 miles

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Day 10, June 26: Rua de Francos to Santiago de Compostela

8 days, 118 kilometers, and we have arrived in Santiago de Compostela. Congratulations! You are going to love this magical city filled with fantastic monuments and a lively buzz from the international pilgrims and university students that fill its medieval streets. After requesting our Compostela certificates at the Pilgrims' Office, we head to our hotel and get ready for our evening celebratory dinner!

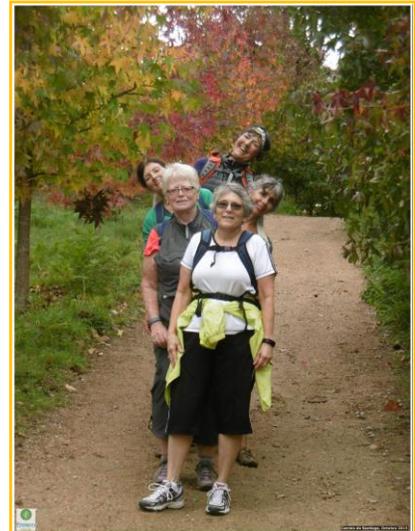
(B, L, D) Accommodations: Santiago de Compostela /
Walking: 12 KMs or 7 miles

Day 11, June 27: Santiago de Compostela

After a buffet breakfast, our local historian gives us a closer look at the amazing Cathedral that has seen so many transformations since the original chapel built in the 9th century. After the tour, we sadly say our last "buen camino" as we leave you at the Cathedral in time for the Pilgrims' Mass at noon. (B)

The Compostela & the Camino de Santiago Tour

This Fresco Tours itinerary gives you the opportunity to walk the last 100KM into Santiago. This is a requirement needed to request the compostela, the certificate granted by the church of Santiago upon the completion of the pilgrimage. It is not mandatory, however, to walk 100km (60 miles) to participate in this Fresco Tour. As with all our trips, your walk is accompanied by a support van and shorter walk options are available on a daily basis.



What to Expect:

Expect to have a wonderful time! Fresco Tours has designed each trip to enjoy the stunning beauty of the Portuguese and Spanish landscape, while giving you a true sense of these mysterious people and their culture. We love to share these magnificent countries and want you to feel a part of it.

Please note: this itinerary is subject to slight modifications due to hotel availability, weather, festivals & other occurrences.

Our deposit, cancellation fee, and payment schedule will differ from what's posted on the Fresco Tours website since this is a custom tour. See www.HeleneSegura.com/camino for complete details.

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WHAT'S INCLUDED:

1 Bilingual Guide: Fresco Tours' greatest resource! Fresco Tours knows Spain, because it is their home. Your guide is an experienced professional who is either Spanish or lives in Spain year round – no hired out summer help! In Santiago, we will be joined by a local historian, who will bring the monuments and city to life!

Meals: Food speaks volumes about a culture, and we love to eat! During our walk days, when possible, Fresco Tours will prepare gourmet picnics using the freshest of local ingredients and selecting the tastiest recipes of the region. All breakfasts, lunches and dinners are included. Fresco Tours is proud to cater to vegetarians and those with food allergies – milk, egg, wheat, etc.

Accommodation: Fresco Tours selects a combination of 3-4 star hotels and restored country manors that offer the best in hospitality, comfort and location. In this area, these are known as *Pazos* and *Pousadas* and are very unique and special - some date back to the 15th century! All rooms have in-suite baths. Tour prices are based on double occupancy.

Limited Group Sizes: Fresco Tours are in small groups to ensure that you receive the individual attention that you deserve. We want to be able to treat each of our clients with a personal touch and we limit the groups to a *maximum of 15* participants. We also recognize that each person's Camino is their own personal experience and if you wish, we encourage you to walk on your own – with the assurance that we will be there for you!

Support Vehicle: Your walks will be accompanied by a support vehicle that is there to provide assistance when needed. You will have access to the bus every couple of hours, so you won't need to carry a heavy backpack. In addition, the possibility of shorter routes and pick-up options will be offered and explained on a daily basis.

Ground transportation: All ground transportation between our meeting point in Porto, Portugal, and the Cathedral in Santiago de Compostela is provided on your Fresco Tour.

Luggage transfers: Your luggage will be transported between hotels. You do the walking, Fresco Tours will do the lifting!

Pre-Tour Assistance: Fresco Tours will help with your travel arrangements prior to and after the tour start and finish of your Fresco Tour, including assistance with hotel reservations and train tickets.

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TIMELINE:

September 1, 2017	Fresco Tours begins accepting your 500€ deposit to hold your spot
June 1, 2018	Pre-Camino Virtual Seminar begins
	Deposits are non-refundable after this date
January 2019	Check-in webinar hosted by Helene Segura and Carol Frazey
April 18, 2019	Balance on <i>Efficiency Retreat on the Camino</i> fee due to Fresco Tours
	All required paperwork due to Fresco Tours
January – June 2019	Individual phone coaching sessions with Helene

IMPORTANT DETAILS:

*Only 2 single rooms (single supplement) and 2 rooms with separate beds (“roommate style”) are available. The rest have a shared bed. If you are traveling alone and would like to share a room, Fresco Tours will do their best to match you with a same-gender roommate. Requests for room types will be taken in the order that deposits are received.

*Once the 15 spaces are filled, a waiting list will begin. You will be notified by Fresco Tours if a spot opens up.

*Anyone cancelling after June 1, 2018, will still receive all Virtual Seminar information and resources.

*Anyone securing a spot after the start of the Virtual Seminar will still receive all seminar information and resources.

*Each participant is responsible for arriving in Porto, Portugal by the afternoon of Monday, June 17, 2019, as well as transportation for departing Santiago after our tour ends at the cathedral. Airfare is not included.

*Visit www.HeleneSegura.com/camino for all details as well as the link to the Fresco Tours payment page. *Buen camino!*