

Hidden Trails

Ph. 1-888-9-TRAILS

Outdoor Vacations
- on & with Hidden Trails

About Hidden Trails



Explore the World on & with Hidden Trails

Hidden Trails is owned and operated by nature enthusiasts who love the outdoors and adventure activities. We have been involved with outdoor vacations for over 20 years. We have collected the best outdoor vacation destinations all over the world in some hidden places we would like to share with you.

These vacations are about forging rivers, biking along canals and through forests, hiking along age-old trails, gazing at beautiful vistas and encountering foreign cultures. But most of all, these trips are about getting away from the cycle of too much work and never enough free time.

Escape from the rituals, which long ago froze our nights and days into little more than routine and away from the worries of our new tense times. It is so satisfying when we take the plunge of adventure - it's unfortunate that we invent so many reasons to put aside living our dreams of adventure. It is sometimes a tangled web that we weave through life. Some of the threads reveal a work-a-day world of commitments, duties and obligations. Other threads are of a quiet fabric of hope, responsibility and refreshment.

On our adventures you see the real country, its back country and meet the locals. The love for the outdoors has no boundaries but possesses a common language we all speak and understand.

You will experience new countries and their customs and make new friends.

These trips have been tested by our staff or associates and received our stamp of approval. If you are considering a special outdoor vacation anywhere in the world, call us first and let our experienced consultants match the perfect trip with your dream. We will listen to you and give you objective advice to help you choose the best destination and adventure.

Your vacation is the most precious time of the year and we are committed to making it the most memorable time of your life. Wherever you go, have a great time and bring back some peace of mind.

Thank you for your continued support.

Ryan Schmidt
Hidden Trails

Hidden Trails

Phone: 604-323-1141

Fax: 604-323-1148

Toll Free: 1-888-9-TRAILS

from within the USA or Canada or

E-mail: info@hiddentrails.com

Website: www.hiddentrails.com/outdoor

Address:

659A Moberly Road, Vancouver BC Canada V5Z 4B3

4406 Tennyson Road, Wilmington, DE USA 19802

Toll Free from the U.K.:

Ph: 0- 808 189-0420

Fax: 0-808-280-1860

Toll Free Worldwide:

Skype: hiddentrails

Camino - French Route F7 - Spain, Europe

Tour Code: ZZ-HK-ESCAM07

6 days / 5 nights ~\$770.00

Dates: Available all Year

Trip Rating : ●●●●●

Difficulty : ●●●●●

Lodging: ●●●●●

Tack: --

Horses: --

Pace: 5-7 hours per day, 96km total

Airport: Santiago de Compostella



Camino - French Route



Introduction

Galicia, Spain

This Camino Walking Tour explores the seventh section of the Camino Frances / French Way, the most traditional of all the pilgrims' ways to Santiago de Compostela and the best known internationally.

Starting in the mountain-hugging town of Ponferrada and finishing in Sarria, a bustling market town, this Camino crosses the magnificent O Cebreiro Mountains before winding down to a more gentle terrain.

O'Cebreiro is a megalithic village with round stone houses, with an amazing church, Santa Maria Real, where you can find the most important religious remains of Galicia (the miracle of Santo Milagro with a Chalice and Paten turning into the body and blood of Jesus Christ). The Chalice and Paten are the symbol of Galicia and are on the Galician Flag. The remains of Don Elias Valina Sampredo, the father of the modern Camino and 'inventor' of the yellow arrow, are also in the Church.

Everyday, during the walk, you are guaranteed a high level of comfort and gastronomy. The Camino de Santiago is clearly marked with the Scallop Shell showing you the way. This walk can be physically demanding and requires a reasonable level of fitness. However, it's a highly rewarding walk that includes numerous cultural highlights.

Accommodation

Accommodations

Our accommodation is selected based on a number of criteria, including location, comfort, services, price and character.

Please note, in case of non-availability of the below mentioned Hotels on the requested dates, similar ones will be used.

Accommodation Itinerary - subject to changes based on availability

Night 1: Hotel in Ponferrada

Night 2: Hotel in Villafranca del Bierzo

Night 3: Hotel in O Cebreiro

Night 4: Guesthouse in Triacastela

Night 5: Hotel in Sarria

Ponferrada - Bierzo Plaza

The Aroi Bierzo Plaza opened in 2009 and is in the heart of Ponferrada, by the town hall. Its attractive rooms all offer free Wi-Fi access and air conditioning. The hotel is set in a historic building with elegant arches. Most rooms have a balcony, and all are en suite.

Villafranca del Bierzo - Casa Mendez

Overlooking the River Valcarce, 500 m from the center of Medieval Villafranca del Bierzo, Hostal Restaurante Méndez is on the Santiago Pilgrimage Route. The country-style heated rooms feature a satellite TV and have a private bathroom.

A laundry service is offered and free Wi-Fi is available in public areas.

O Cebreiro - Hotel O'Cebreiro

The hotel is located in a building rehabilitated in 2002 and which had previously been a jail and town hall. It has 5 double rooms with full bathroom. All rooms have exposed stone, abauardillado ceiling and chestnut wood creating a cozy atmosphere for relaxation and rest. Wi-Fi is available at this property.

Triacastela - Casa David

This pension offers comfortable and clean rooms. There are different types of rooms available: single, double and triple. All rooms have bathroom, heating, TV and free WiFi. The house also has a garden and outdoor rest area, as well as a covered terrace with TV. It has a washing machine and dryer available.

Sarria - Alfonso IX

Hotel Alfonso IX is a modern hotel in the center of the town of Sarria, on the popular Camino de Santiago. The hotel has its own fitness center and pool. Surrounded by gardens and close to the river, this well-equipped hotel features a lovely natural setting.

The hotel has a total of 57 rooms, 2 Junior Suites and 1 Luxury Suite, spread over 3 floors. All rooms feature internet access, air conditioning / heating, ensuite bathroom with hairdryer, safety box, TV and a phone.



Meals

Breakfasts and 3 dinners are included. Breakfast are eaten at the hotels and evening meals in the restaurant's hotel or a restaurant nearby. It is usually a set menu.

Special diets and dietary restrictions:

We can only request dietary requirements to our suppliers for the following diets:

- Diabetic - Suitable for reduced sugar, hyperglycemic, hypoglycemic and carbohydrate controlled meal requests.
- Gluten Intolerant/Celiac also known as low gliadin, non-tropical sprue, Celiac disease, low wheat, wheat free, gluten restricted diet. A Gluten Intolerant Meal eliminates all foods prepared with wheat, rye, barley and oats.
- Vegetarian (No meat – no fish). Nuts may be used as a protein substitute.

Itinerary

Sample Itinerary - Subject to changes

On our trips you are guaranteed a high level of comforts and gastronomy. The Camino is clearly marked with the "Scallop Shell" showing you the way. The walking can be physically demanding and will require a reasonable level of fitness. However, it's a highly rewarding venture that includes numerous cultural highlights along the way

French Route 7/8 - Walk From Ponferrada to Sarria - 96km

Day 1: Ponferrada- Start of your journey

You will be pre-booked into a traditional hotel in the heart of the town.

Meals included: none

Overnight in Ponferrada

Day 2: Ponferrada to Villafranca del Bierzo

Today you will cross the region of Bierzo, a sunken plain nestled within a ring of mountains. It is a fertile land, whose agreeable climate allows the cultivation of many types of fruit and vegetables. In Villafranca, don't miss the garden of the "Iglesia de Santiago".

Distance: 23km / approx. 6 hours (ascent: 100 m / descent: 90 m)

Meals included: Breakfast

Overnight in Villafranca del Bierzo

Day 3: Villafranca del Bierzo to O Cebreiro

Prepare for a challenging day with an ascent of 1000m. 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 in the course of only a few kilometers.

Distance: 30km / approx. 7 hours (ascent: 900 m / descent: 30 m)

Meals included: Breakfast

Overnight in O Cebreiro

Day 4: O Cebreiro to Triacastela

From O Cebreiro the trail passes through the "Sierra de Ranadoiro" (Ranadoiro Mountains) and, after crossing the Alto do Poio, it descends into the valley to the village of Triacastela.

Distance: 21km / approx. 5.5 hours (ascent: 100 m / descent: 300 m)

Meals included: Breakfast

Overnight in Triacastela

Day 5: Triacastela to Sarria

Of the two Camino options, the "San Xil" Camino offers scenery that will uplift your spirits and encourage you on your way. It has many "Corredoiras" (narrow forest routes) with paved pathways that cut through typical Galician oak woods. If you wish to visit Samos, you will pass through the narrow valley of the river Ouribio, mostly following the road.

Distance: 19km / approx. 5.5 hours (ascent: 80 m / descent: 830 m)

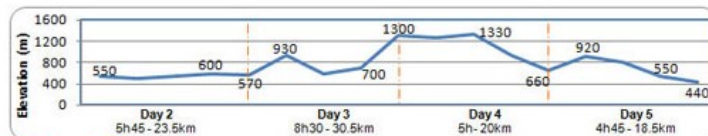
Meals included: Breakfast

Overnight in Sarria

Day 6: Sarria, end of the Camino

After breakfast we bid you farewell.

Meals included: Breakfast



Other Info

Meeting: Ponferrada

Airport: Santiago de Compostella

Train station: Ponferrada bus station

Distance: 3.5 hrs

Because this is a self-guided trip, participants are expected to arrive independently to their accommodation in Ponferrada.

Tack: --

Horses: --

Pace: 5-7 hours per day, 96km total

Level: 🐾🐾🐾 (2 to 3 out of 5) Moderate

Riders: Min 1 riders Max 16 riders

Rates and Dates 2024 - ZZ-HK-ESCAM07

Rates include: Accommodations in standard hotel (2-3*), All breakfasts, Luggage transfer, Detailed walking notes and map, Pilgrim passport & 24/7 customer service

Packages and Options

Season	Description	EUR	~US\$
A 2024	6 day hike	€700	\$770

The US Dollar Rate is based on a EUR Exchange Rate of 1.1 and subject to currency fluctuation

Transfer Option

Description

2024	Single supplement	€210	\$230
2024	Upgrade to 4* accommodation, dbl, pp - please inquire		
2024	Upgrade to 4* accommodation, single - please inquire		
2024	Upgrade to 5* accommodation, dbl, pp - please inquire		
2024	Upgrade to 5* accommodation, single - please inquire		
2024	Extra night, dbl, pp ~ Please inquire		

Tour Dates

Season	Tour Dates		
A 2024	01/01/2024 - 12/31/2024	6d / 5n	6 day hike

Min/Max: 1/16

Rates do not include:Lunches and Dinners, Drinks & Airport transfers



Reservation Form

Hidden Trails Outdoor Reservation Form

Tour : _____ Code #: _____ from: _____ to : _____

The Travelers (Last Name, First Name)	Male Female	Single room/ or tent	Birth Date MM/DD/YY	Height	Weight*	Special diets**	Allergies	Medical Con.	Excellent	Good	Moderate	Poor	Fitness Level	Need to rent equipment
1.		<input type="checkbox"/>	___/___/___			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.		<input type="checkbox"/>	___/___/___			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.		<input type="checkbox"/>	___/___/___			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.		<input type="checkbox"/>	___/___/___			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

* If more than 200 lbs we need to reconfirm with our partners first

** Details on dietary needs on separate sheet, please.

Special Diets: _____

How often do you exercise? _____ Describe your experience: _____

Have you been on other riding tours? No ☐ Yes ☐ last trip when? _____ Trip: _____

If Hidden Trails offers a transfer from the local airport/station: I would like the transfer to be included: YES ☐ NO ☐

In an emergency, name and phone number of contact: _____

Attention: Please, if there is more than one participant, all have to sign the reservation form - make copies if needed

With my signature I confirm my reservation of the listed program(s) under the Hidden Trails Booking Conditions. I'm aware, and I made all participants aware of the risk involved with these outdoor adventure activities. All participants have read and agree with the Hidden Trails *Booking Conditions* and the Hidden Trails *Recreational Activity Release and Indemnity Agreement* in this brochure or as listed on the Internet.

I (we) will sign and forward the *Recreational Activity Release and Indemnity Agreement* at least 8 weeks before trip starting date.

Last Name and First Name (The Traveler) _____

Street _____ e-mail _____

City _____ State _____ Postal/Zip Code _____

Phone (wk) _____ (hm) _____ Fax _____

Date _____

Signature (mandatory) 1.

Please, charge a 25% deposit (minimum \$ 350 per person) now and full payment 10 weeks before starting date to my credit card.

For payments by VISA ☐ or Mastercard ☐ (no debit cards)

Cardholder:

Card #

-----3 digit Security # -----

Exp.Date:

Signature:

Billing Address for Credit Card (if different than mailing address):

I have enclosed a check for the deposit ☐

Additional Signatures:

2. _____

3. _____

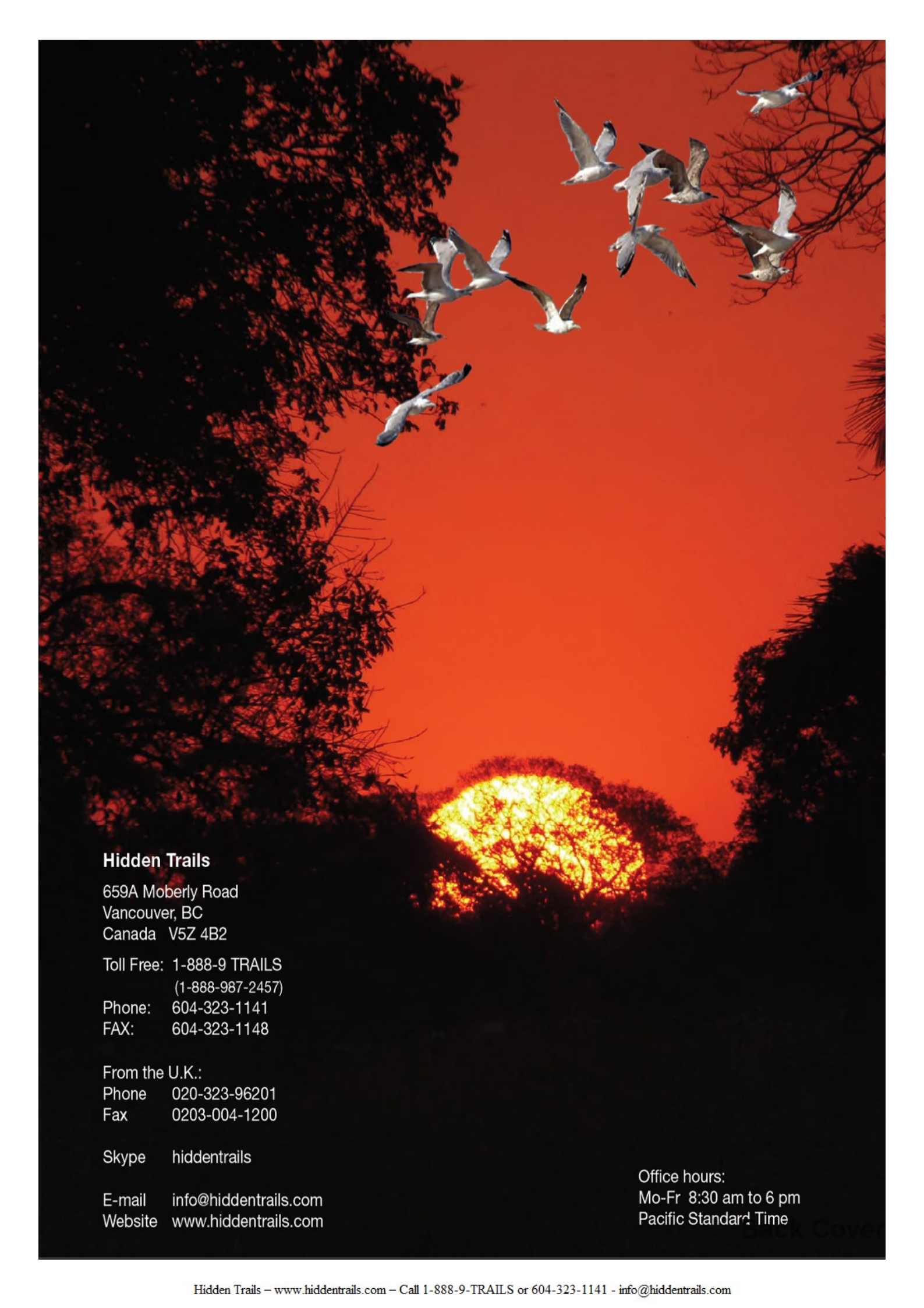
4. _____

Travel Cancellation Insurance Credit Card required

Sign me (us) up ☐ initial _____

No, we will provide our own ☐ initial _____

Hidden Trails Ltd. 659A Moberly Rd. Vancouver, BC V5Z 4B3 FAX: 604-323-1148 Phone: 604-323-1141



Hidden Trails

659A Moberly Road
Vancouver, BC
Canada V5Z 4B2

Toll Free: 1-888-9 TRAILS
(1-888-987-2457)

Phone: 604-323-1141
FAX: 604-323-1148

From the U.K.:

Phone 020-323-96201
Fax 0203-004-1200

Skype hiddentrails

E-mail info@hiddentrails.com
Website www.hiddentrails.com

Office hours:
Mo-Fr 8:30 am to 6 pm
Pacific Standard Time