



CAMINO 4 DSI

23rd – 30th September 2018

This September we are planning, with the help of the Dublin-based Camino experts [Follow the Camino](#), an unforgettable adventure by walking part of the Camino de Santiago in Northern Spain to help raise much-needed funds for Down Syndrome Ireland.

Departing on **Sunday, September 23rd** from Dublin Airport and returning on **Sunday, September 30th**. Our group will spend 6 days walking between 15km to 28km per day to complete the last 120km of the spectacular [Portuguese Coastal Way](#). Walking through the heart of the Rias Baixas of Galicia, famous for its white wine and delicious seafood before arriving in Santiago de Compostella on the Friday afternoon. Here each of the group will receive their official pilgrimage certificate and have all of Saturday to explore the sights and delights that this beautiful city has to offer before flying back to Dublin on Sunday morning (tired, but hopefully very happy too!).

Camino 4 DSI Costs:

The cost for this walking adventure is summarized below and includes transport (flights & airport transfers), overnight in 2*-3* hotel accommodation,

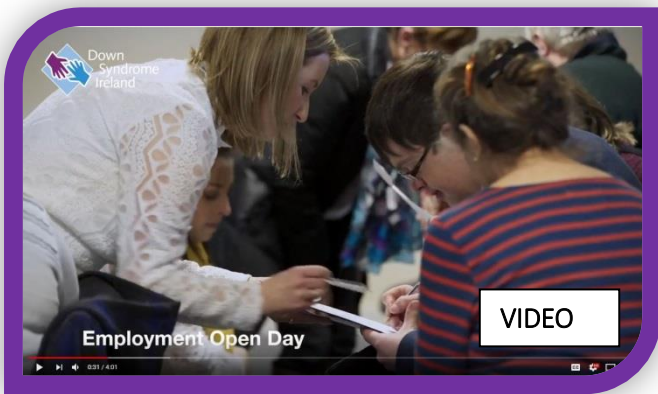
breakfasts and evening meals, daily luggage transfers (so you only have to carry a day pack!), and an experienced Camino guide throughout the week.

| Individual Cost | Per Person Sharing | Per Single Room |
|--------------------------------------|--------------------|-----------------|
| Accommodation, meals etc. | €715 | €880 |
| Flight Estimate* | €250 | €250 |
| Actual Individual Cost | €965 | €1130 |
| Additional Fundraising Target | €1000 | €1000 |

*The actual overall cost of flights will be based on shared costs when bookings are made.

Fundraising Target:

To participate in the **Camino 4 DSI** there is a fundraising target of a minimum €1,000 per person. Money raised from the walk will go directly towards funding **Down Syndrome Ireland's bespoke education and pre-employment training programmes which help adults with Down syndrome around Ireland secure long-term meaningful employment**. For further details about our programmes please view the video linked [here](#).



"I have gone on two Camino walks myself in the last 5 years and I would highly recommend it as a fantastic and very memorable experience. You can either go along by yourself, as a couple or with a group of friends, it's entirely up to you and no matter what I know that you will thoroughly enjoy it!" – Mark O'Doherty (DSI Head of Fundraising)

Our Fundraising Team will be more than happy to support your fundraising efforts with practical advice and guidance. We can also supply you with any necessary fundraising material e.g. sponsorship cards, posters, collection buckets and t-shirts etc.

Payment Schedule:

The 3-stage payment schedule outlined below must be met on time otherwise flight and accommodation bookings will not be secured and may be lost.

| Individual Payment Stages | Per Person Sharing | Per Single Room |
|------------------------------|--------------------|-----------------|
| 1 st May 2018 | €250 | €250 |
| 30 th June 2018 | €360 | €435 |
| 15 th August 2018 | €355 | €430 |



Further Details:

So, if you are interested in joining us on this unforgettable adventure or have any questions at all about our **Camino 4 DSI** in September, please either e-mail Mark in Fundraising at mark@downsyndrome.ie or call him directly on **(01) 426 6500**.

Information Evenings and Preparation:

We plan to hold a number of information evenings in April where a representative from **Follow the Camino** will outline in detail what to expect on the walk and answer any of your questions about our **Camino 4 DSI** in September.



In addition, **Follow the Camino** will be organizing a number of training walks over the Spring and Summer to help people prepare for their Camino adventure and give them the opportunity to meet some of the group who they will be sharing this adventure with.

Buen Camino!



www.downsyndrome.ie



#ShareTheJourney

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