

January 3, 2010.

Your Camino de Santiago de Compostela

Spain - May 8 to May 20, 2010.



Congratulations on your decision to take the incredible journey on the medieval pilgrimage route known as the Camino de Santiago de Compostela as a pilgrim. The year 2010 is a Holy Year because the feast of St. James falls on a Sunday. It's going to be a very exciting time to be on the Camino. You'll join Sue Kenney, your Camino coach, and walk in the footsteps of millions of pilgrims before you. This journey has been designed for individuals who are interested in a spiritual journey of self-discovery and adventure. Although this is set up as a group walk, you are free to walk alone if you choose, with the security of knowing we will meet as a group at the end of each day. One of the unique benefits of this program is the personal support and preparation you receive before leaving, during the walk and after you return home from the Camino from Sue Kenney. She's walked various routes of the Camino 5 times, lead 3 groups and directed a documentary film called *Las Peregrinas* and written 2 books. She is world renowned for her work as a storyteller, speaker, author, coach and workshop facilitator who uses the Camino as a metaphor for a life journey. Her best-selling book *My Camino* is development as a feature film.

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The Camino Coaching Program

This begins with bi-weekly group conference calls with Sue Kenney prior to leaving. You be guided and prepared physically, mentally and spiritually to enhance your Camino experience. This includes information about what to pack, clothing and equipment recommendations, and helpful tips for the journey.

We put an emphasis on developing a personal training program that is tailored to your needs. As part of the spiritual coaching, we'll define intentions, open possibilities, develop skills to manifest desires, creativity and journal writing. You'll also have the chance to address any questions or concerns you may have with Sue and the others. The one hour conference calls will begin on Wednesday March 3, 2010 at 7:00 pm and take place every other week. The dates for the calls are March 3, 17, 31; April 14 and 28th. A follow up conference call will be scheduled on June 2, 2010 to address integrating the journey back home. Details for the number to call will be provided at a later date. You will have unlimited email support provided by Sue Kenney, to address any questions or concerns you have throughout the planning stages and just prior to leaving.

It is expected that pilgrims will carry their own weight (approx 15lbs), walk their own path, and experience their own personal journey on the road to Santiago. If this is a concern, please discuss it with Sue Kenney.

The main elements of the pilgrimage route will be planned covering details such as: itinerary description (the overall journey and projected daily routes); accommodation options will be provided based on availability; practical information; cultural and historical information; and more. This comes with a caution: although we are making plans, the Camino will unfold as it should and one must approach this journey with an open mind. During the pilgrimage, Sue will be available throughout the day, on the path for coaching, guidance and leadership. You will be encouraged to leave your cell phones and electronic equipment at home to align with the simple life of a pilgrim. Sue will carry a cell phone for emergency purposes. Program subject to change.

Travel Plans

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Each person is responsible for booking their own travel arrangements. You should plan to arrive in Madrid, Spain on Sunday May 9, 2009 (Mother's Day) and then travel to Leon. We will stay at a hotel in Leon and each individual will be responsible for all the costs incurred. The next day, Monday May 10, we will travel to Pontferrada by bus and then to a small village of Villa Franca del Bierzo by taxi. We will walk approximately 180 kilometers over 10 days to arrive in Santiago on May 19th. Program subject to change.

Estimated Accommodation Costs – to be paid by individual on site

1 night hotel in Leon	\$100.00 / double occupancy
10 nights in pilgrim Hostels/Refugios	\$180.00 cash
1 night hotel in Santiago	\$100.00 / double occupancy

Estimated Food Costs - costs may vary based on individual eating/drinking requirements

10 days on Camino @ approximately \$30.00/day	\$300.00
2 days travel @ approximately \$40.00/day	\$ 80.00

Estimated Travel Costs - approximate

Airplane ticket (Toronto to Madrid)	\$1200.00
Airplane ticket (Madrid to Leon)	\$ 200.00
Ground transportation (Leon to VillaFranca)	\$ 80.00
Airport taxi Leon	\$ 40.00

Camino Coaching/Travel

Sue Kenney's services as your Camino Coach, includes planning the itinerary for this Camino, sourcing accommodation, providing a Camino map and guide book, a Spanish phrase book, a pilgrims passport, 6 one hour group tele-conference calls and unlimited email support. Sue will walk with the group to provide guidance and coaching along the way. If for reasons out of her control, Sue Kenney cannot join the group, an experienced Camino guide will be substituted. Here are some estimated costs to consider. These do not include buying equipment and clothing for the trip.

Sue Kenney Fees	\$1800.00 plus GST
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Total Estimated Expenses **\$4000.00**

Registration Form

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To book a space with this group, we must receive your signed registration by February 10, 2010 along with a deposit of \$600.00. Spaces are limited.

Name _____

Address _____

Phone number _____ Cell number _____

Email address _____

Passport Number _____

Emergency Contact _____

Payment schedule is as follows:

January 31st, 2010. Registration form and deposit of \$600.00 (not refundable after February 28, 2010*.)

February 28th, 2010 Balance of \$1200.00 plus GST \$54.00 (not refundable see note below*)

*If for any reason you must cancel the trip after February 28, 2010, we cannot provide a cash refund. However you will receive a credit note that can be applied to Sue Kenney's coaching/speaking/workshop services.

Mail cheque in the name of Stone by Stone Inc. to 7150 Beach Road Box 35 Floral Park RR 1 Washago Ontario L0K2B0

**Visa or Mastercard Number _____

Expiry Date _____

Name on Card _____

Signature _____

By providing this information you agree to allow Stone by Stone Inc to charge the above amounts based on the payment schedule listed, to this **credit card.

You will be responsible for paying for and booking your flights, paying for all accommodation expenses, health insurance and flight cancellation insurance, all meals, ground transportation and any other expenses you incur.

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Limitation of Liability Release and Indemnity

All travelers assume responsibility for being in sufficient shape to undertake this trip and accept the risks with this form of travel where medical facilities and services may not be easily accessible as well as theft or loss of/or damage to property. Travelers must assume full responsibility for risks including but not limited to any loss, injury, death or damage to them, their family or their dependants arising in connection with their participation or the participation of their family in the trips, and to ensure they have adequate insurance coverage to cover any loss. All travelers must agree to this limitation of liability release and indemnity.

Name (Printed)_____

Signed_____Date_____Place_____

Let me know if you are interested in joining this group. Also, if you have any questions at all by email or feel free to call me at 705 689 2975. You can mail this form back to me, scan or take a picture of it and email it back to me or call me at 705 689 2975 to arrange to fax it.

I'm looking forward to the journey with you.

Buen Camino, pilgrim.

Love and light,

Sue

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