



# GLOBAL CAMINO CHALLENGE

Together Every Step of the Way

03-11 October 2026

# PLAN YOUR PATH GUIDE

Register today to walk in Spain or from home.

WALK THE CAMINO.  
JOIN THE MOVEMENT.



GLOBAL CAMINO CHALLENGE

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# FIRST OF ALL, THANK YOU



Walking the final stretch of the Portuguese Camino is a shared journey with personal meaning. Each participant brings their own reasons for taking part, but all are connected through a common purpose: raising awareness and support for people living with cancer through Yes to Life.

*This guide is written to accompany you, not just in preparation, but in mindset and experience. It is designed to help you feel ready, supported, and confident as you take on this challenge.*

**This journey is built on consistency, patience, and purpose.**

You do not need to be perfect. You do not need to walk at a certain speed or compare your experience to others. *What matters most is that you continue moving forward, one step at a time, in a way that feels sustainable for you.*

Along the way, you will discover not only the landscape around you, but also your own capacity to adapt, to persist, and to find meaning in the process. Walking for Yes to Life gives this journey a deeper layer of significance.

***Every step contributes to something larger than yourself, and that connection is what transforms the Camino from a walk into a shared act of purpose.***

## NOW LET'S BEGIN . . .



GLOBAL CAMINO  
CHALLENGE

Walk with us



<https://yestolife.org.uk/>  
The UK's integrative cancer care charity



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# SET UP YOUR FUNDRAISING



**STEP 1** Scan this QR code or visit [justgiving.com/campaign/y2lglobalcamino](https://justgiving.com/campaign/y2lglobalcamino) to start your fundraising page!



This will ensure your fundraising page is a part of the Global Camino Challenge team page!

Be a fundraiser

Create your own fundraising page and help support this cause.

Start fundraising

**STEP 2** Answer the questions when creating the page.

Make sure to add photos and a little blurb about why you're joining the Global Camino Challenge. Adding a personal touch makes people more likely to donate!



**STEP 3** Set a goal!

Our overall goal is £100,000 but you can set your own goal. Since your page is linked to the team page, your donations will feed into the total. Challenge yourself and your supporters to meet your goal.

Need help fundraising? [Check out our A - Z Fundraising ideas for inspiration!](#)

**STEP 4**

Publish your page! The fun starts now. Some tips to maximise your fundraising:

- Self-donate to get the ball rolling!
- Sharing is caring! Share your link with friends, family, coworkers, and social media.
- Update to keep your donors engaged!
- Post how your training is going, pictures, and thank yous. [Learn how to connect your Strava app to your page!](#)
- **Have fun!**

**THANK YOU!**



# GLOBAL CAMINO CHALLENGE CHECKLIST ✓



## WHAT TO PACK: CLOTHING

Think in terms of comfort, layering, and simplicity. You will be wearing the same core items repeatedly, so choose pieces that feel good and perform well.

- Lightweight, breathable walking tops
- Comfortable walking trousers or shorts
- A warm layer (such as a fleece or light jumper)
- A waterproof jacket (essential)
- Comfortable underwear suitable for walking
- Sleepwear
- A hat or cap for sun and/or rain
- A buff or scarf for warmth and versatility

Try to keep clothing minimal. Laundry opportunities are not always available along the route, but most items can be worn more than once.

## FOOTWEAR ESSENTIALS

Your footwear can make a significant difference to your experience.

- Well broken-in walking shoes or trail shoes
- Comfortable, moisture-wicking socks
- A spare pair of socks for daytime changes
- Flip-flops or sandals for evenings (optional but often appreciated)

If there is one area not to compromise on, it is comfort for your feet.

## BACKPACK NECESSITIES

Your backpack should feel manageable and well-organised. Aim to carry only what you need.

- Backpack (comfortable and properly fitted)
- Rain cover for your bag
- Reusable water bottles or hydration system
- Snacks for walking days
- Basic first aid kit
- Blister care supplies (plasters, tape, etc.)
- Sunscreen and lip balm
- Phone and charger/power bank
- Small towel and toiletries

Keep frequently used items easy to access. This makes your day smoother and avoids unnecessary unpacking.

## PERSONAL & PRACTICAL ITEMS

These are the smaller details that often make a big difference day to day.

- Travel-sized toiletries
- Any personal medication
- Earplugs and/or eye mask (for shared accommodation)
- Lightweight laundry supplies (optional)
- Reusable bag for laundry or organisation
- Notebook or journal (optional, but meaningful for many walkers)



# GLOBAL CAMINO CHALLENGE

## DAY 1 TO DAY 2



### DAY 1: VIGO → REDONDELA

Your journey begins in Vigo, a lively coastal city. The first part of the walk eases you into the Camino, though it may feel more demanding than expected simply because it's your first day.

Leaving the city, you'll gradually move through urban streets into quieter outskirts. There are some early climbs, which can feel noticeable as your body adjusts to carrying your backpack and finding its rhythm.

This is a day to go gently. There is no need to rush. Focus on settling into your pace, noticing how your body feels, and getting comfortable with the simple act of walking. As you approach Redondela, the surroundings begin to soften, and you may start to feel that you have truly "arrived" on the Camino.

You'll likely finish the day a little tired, perhaps slightly unsure—but also quietly proud. The journey has begun.

### DAY 2: REDONDELA → PONTEVEDRA

This is often the day when things begin to click.

The route becomes more scenic, with forest paths, shaded sections, and a stronger sense of being immersed in nature. You'll likely notice the shift away from urban surroundings into something calmer and more reflective.

Your body may feel a little stiff at the start of the day, but as you warm up, walking often becomes easier. Many people find that their natural pace emerges here—not too fast, not too slow, just steady.

There are gentle climbs and descents, but nothing overwhelming. Take your time, pause when you need to, and allow yourself to enjoy the surroundings.

Arriving in Pontevedra, a beautiful historic town, often feels like a reward. You may begin to feel more confident, more settled, and more connected to the experience.



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## DAY 3 TO DAY 4



### DAY 3: PONTEVEDRA → CALDAS DE REIS

By now, the Camino begins to feel familiar. You know what it's like to wake up and walk. You understand your pace. You are starting to trust your body more. This day often feels steady and manageable, even though it is one of the longer distances.

The route continues through rural Galicia, with small villages, woodland paths, and open stretches. There is a quiet beauty to this day—nothing dramatic, but deeply calming.

You may find your mind wandering, reflecting, or simply enjoying the rhythm of your footsteps. Conversations with other walkers may come naturally, or you may choose to walk in quiet.

Arriving in Caldas de Reis, known for its thermal waters, there is often a sense of having truly settled into the Camino. You are no longer just starting—you are in the middle of the journey.



### DAY 4: CALDAS DE REIS → PADRÓN

This stage can feel both gentle and quietly demanding.

Your body may carry some fatigue from previous days, and this is where pacing becomes especially important. Walking steadily, rather than pushing too hard, will help you maintain energy throughout the day.

The landscape remains green and peaceful, with a mix of paths, small roads, and shaded sections. There is often a reflective quality to this day, as the awareness of nearing Santiago begins to grow.

Padrón holds historical significance on the Camino and often feels like a meaningful stopping point before the final stage.

You may find yourself thinking about the journey so far—what has been challenging, what has surprised you, and how far you've already come.



# GLOBAL CAMINO CHALLENGE FINAL DAY!



## DAY 5: PADRÓN → SANTIAGO DE COMPOSTELA

The final day brings a mix of anticipation, emotion, and determination.

Setting out from Padrón, there is a quiet awareness that this is your last stage. The distance is manageable, but the meaning behind it can make it feel significant.

As you walk, the surroundings gradually become more populated. You begin to sense the approach to Santiago de Compostela, even before you see it.

The final kilometres can feel different for everyone. Some walk in reflection, others in conversation, and some in quiet focus. However you experience it, allow yourself to take it in.

Arriving at the cathedral is often not a loud or dramatic moment, but a quiet one. A pause. A breath. A recognition of what you have done.

**You have walked the Camino.**

**And you have done so with purpose.**



## A FINAL NOTE ON THE DAYS AHEAD

Each day will feel slightly different. Some may feel easier than expected, others more challenging. This is all part of the journey.

Try not to compare your experience to anyone else's. Walk at your own pace, listen to your body, and allow each day to unfold as it comes.

You are not just moving from one place to another, you are taking part in something meaningful, step by step.



# GLOBAL CAMINO CHALLENGE DAILY REFLECTIONS



## **TAKING A MOMENT AT THE END OF EACH DAY**

Walking the Camino de Santiago is not only about the distance you cover, but about the experience you carry with you. Taking a little time at the end of the day to pause and reflect can deepen your experience of the journey. You don't need to write a lot. A few words, a sentence, or even a single thought is enough. What matters is giving yourself the space to acknowledge the day.

## **YOUR DAILY REFLECTION PAGE**

### **Today's Stage**

(Where did you walk from and to?)

### **How did the day feel?**

(Physically and mentally—easy, challenging, somewhere in between?)

### **What stayed with you today?**

(A moment, a conversation, a place, or even a feeling)

### **What were you thinking about as you walked?**

(Reflections, memories, or simply the rhythm of walking)

### **How is your body feeling?**

(Anything to notice or take care of for tomorrow?)

### **A moment of gratitude**

(Something, however small, that you appreciated today)

### **Your “Why”**

(What reminded you today of the reason you're walking for Yes to Life?)

### **One word for today**

(If you had to sum up the day in a single word, what would it be?)





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## QUESTIONS? CONTACT US

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## Visit Our Website

Learn more about Yes to Life  
[yestolife.org.uk](https://yestolife.org.uk)

Walk with us



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