

A wide-angle photograph of St. Peter's Basilica in Rome, Italy, taken from a low angle looking down the Via della Conciliazione. The massive dome is the central focus, topped with a lantern. The facade features a portico with Corinthian columns. The sky is a pale, hazy blue with light clouds. The overall tone is warm and historical.

THE DYNAMIC CATHOLIC

Pilgrimage Guide

A handbook to help you at every step of
your journey, from deciding what to pack
to preparing for your flight home.



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THE TRIP OF A LIFETIME

Life is a pilgrimage. We are not here on this earth forever. We are just passing through. But all the roles and responsibilities, challenges and opportunities that fill our days make it easy to lose sight of this. From time to time we all need to step back from life and take another look at who we are, what we are here for, what matters most, and what matters least.

A pilgrimage is the perfect way to do this. And at Dynamic Catholic, we offer four powerful pilgrimages that are unlike anything you've ever experienced.

These unique, once-in-a-lifetime adventures are powerful opportunities to grow spiritually, create lasting friendships, and see some of the most beautiful places in the world. Whether you're off to the Holy Land, Spain, France, or Italy, you're embarking on an unforgettable journey that will transform your life.

We're looking forward to journeying with you!

The Dynamic Catholic Team



“Life is a pilgrimage, but sometimes you need a pilgrimage to discover life.”

— MATTHEW KELLY

Holy Land

“This pilgrimage went beyond my expectations. I loved everything and have memories to last a lifetime. I was simply overwhelmed.”

— LINDA
Holy Land 2016

Walk Where Jesus Walked

Galilee | Jerusalem
Bethlehem

There is something phenomenally powerful about actually being in the same places where Jesus lived, taught, died, and rose from the dead. You can't help but be transformed. You can't help but experience your faith on a whole new level.

As you travel to some of the most sacred places mentioned in the Bible—like Calvary, the Upper Room, and the precise spot where Mary laid baby Jesus in the manger—the stories you've read and heard about Jesus will come to life in your mind and in your heart, giving you an extraordinary experience that you'll cherish forever.

This unforgettable pilgrimage will deepen your relationship with Jesus in ways you've never imagined. **View the full itinerary on page 41.**

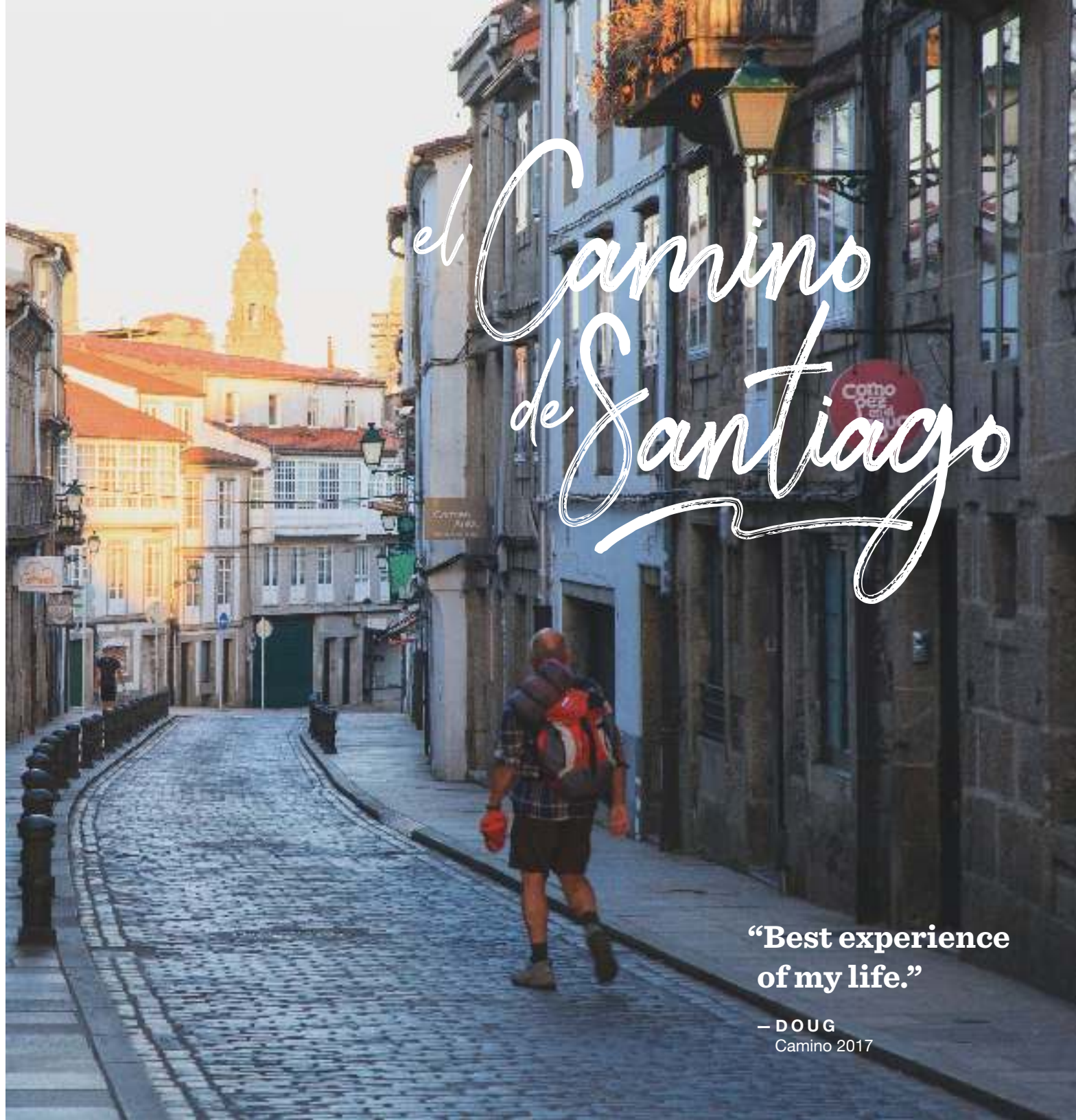
The Way of St. James

Madrid | Santiago de
Compostela

El Camino de Santiago is one of the oldest Christian pilgrimage routes in the world. But it's more than just a road across Spain. It's an opportunity to reflect on life, go on an adventure, exercise, make new friends, listen to the voice of God, and experience nature's beauty. The journey is as important as the destination.


Follow in the footsteps of St. James (one of Jesus' apostles) as you trek over Spain's high plains and hills, through fields and forests, until you reach the Cathedral of Santiago de Compostela (the tomb of St. James). Along the way you'll stop at the Iron Cross; celebrate Mass in historic churches, monasteries, and cathedrals; and explore bustling towns and quaint villages.

This epic 75-mile journey will challenge your body, mind, and soul, and transform your life. **View the full itinerary on page 49.**



“Best experience
of my life.”

— DOUG
Camino 2017



Lourdes

“It was truly a life changing experience . . . I found great inner peace. I loved every day, every tour, every church, every Mass.”

— LORI
Lourdes 2016

One Week in France Could Change Your Life

Lourdes | Paris
Lisieux

Each year thousands of pilgrims flock to Lourdes, Paris, and Lisieux, three of the most beloved pilgrimage destinations in the world. Now it's your turn! Dip your hand into the healing water at the Sanctuary of Our Lady of Lourdes, and visit the Grotto of Massabielle where Mary appeared to St. Bernadette. Marvel at the French Gothic architecture, beautiful sculptures, and stained glass windows of the Notre Dame Cathedral. And explore the charming town of Lisieux, where St. Thérèse spent her years as a nun.

As you journey to these holy sites where saints have dwelt and miracles have happened, your heart will be flooded with inspiration and hope. **View the full itinerary on page 57.**

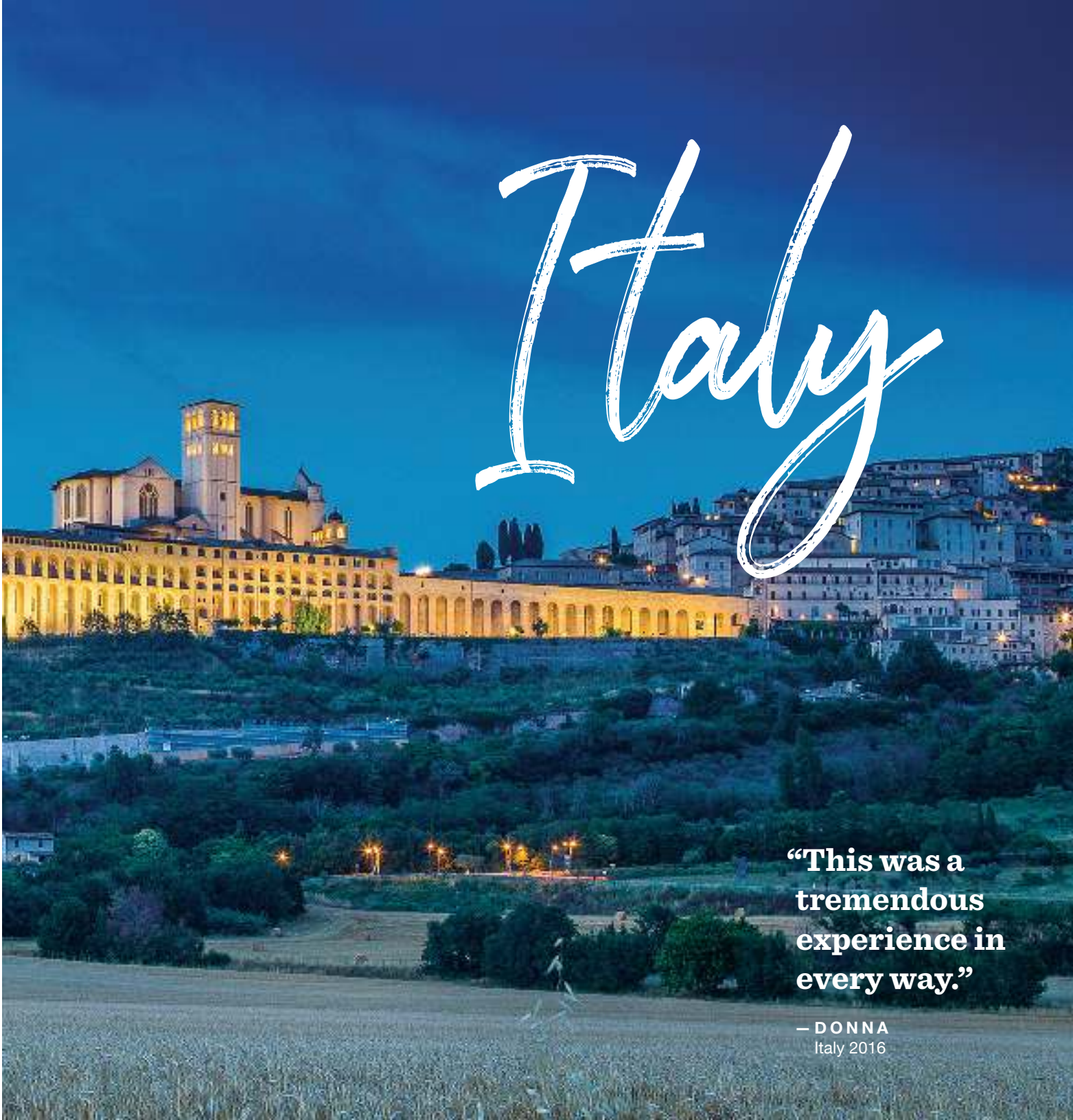
In the Footsteps of Pope Francis & St. Francis

Rome | Assisi
Florence

Rich history. Breathtaking architecture. Exquisite artwork. Incredible inspiration for your faith. These are just a few of the things you'll experience when you travel to Italy on this journey of a lifetime.

In Rome, you'll attend an audience with Pope Francis and see some of the most significant places in the Church. Places like St. Peter's Basilica, the Sistine Chapel, the Vatican Museums, and the tombs of St. Peter and St. John Paul II. You'll explore Assisi, the hillside village where St. Francis once lived. In Florence, you'll immerse yourself in Italian culture and marvel at striking works of art by legends like Michelangelo.

Great saints, martyrs, popes, artists, and thinkers have walked where you're about to walk. This pilgrimage will kindle your faith and captivate your imagination. **View the full itinerary on page 63.**



**“This was a
tremendous
experience in
every way.”**

— DONNA
Italy 2016



THINGS TO KNOW BEFORE YOU GO

**Important Pre-Departure, Post-
Departure & Travel Information**



TRAVEL INSURANCE

CONTACT INFORMATION

Our insurance provider is **Travel Insured International**. The Plan Code is **T-20010**.

To purchase insurance, view coverage restrictions, or learn more about regular and extended protection plans, visit **206tours.com/insurance**

To **file a claim**, call **1-844-228-3679**

EXTENDED CANCELLATION PROTECTION PLAN

Is there an insurance plan that allows me to cancel my trip?

Our extended cancellation protection plan allows you to cancel your trip for any reason up to 24 hours before the time of your first flight. This option must be purchased in conjunction with our regular travel insurance (unless you are a resident of New York State).

For more information, visit **206tours.com/cancellationprotection**

Helpful tip: The extended cancellation protection plan can only be purchased at the time of registration.

REGULAR COVERAGE

What does my travel insurance cover?

- Trip cancellation and trip interruption
- Travel delay
- Missed connection
- Baggage and personal items
- Baggage delay
- Pre-existing condition exclusion waiver

When is it too late to purchase regular travel insurance?

You can add travel insurance to your pilgrimage reservation up to 24 hours before the time of your first flight.



EMERGENCY CONTACT DETAILS

PRE-DEPARTURE CONTACTS

Evelyn Garcia

- ☎ 1-714-591-4316
- ✉ Evelyn.Garcia@DynamicCatholic.com

Dynamic Catholic Headquarters

- ☎ 1-859-980-7900
- ✉ info@DynamicCatholic.com

POST-DEPARTURE EMERGENCY RESPONSE TEAM

☎ If you're calling from . . .

- United States:** 1-631-468-6630
- Israel:** +972-525-610-014
- Europe:** +34-677-442-367
- ✉ **General:** emergency@206tours.com
- Israel:** Gosia@206tours.com
- Europe:** Javier@206tours.com

CURRENCY & MONEY

EXCHANGE RATES

Where can I find current exchange rates?

Visit [xe.com](https://www.xe.com) for the most current exchange rates. This is the “pure” exchange rate, meaning bank exchange fees are not included.

Helpful tip: Check the up-to-date exchange rates before you leave for your pilgrimage and before you exchange currency.

MONEY

Where can I exchange my US dollars for foreign currency?

A currency exchange. You can find one at most airports and along most major boulevards in Europe and Israel. Ask your tour guide to help you find the best options.

Your bank. To get the best rate, exchange US dollars at your local bank before you leave.

Withdraw currency during your trip.

A practical, cost-effective option is to use your ATM card or debit card to withdraw local currency while you're abroad. You can also get cash advances on your credit card at an ATM, but there may be high fees.

Hotels, airports, and local exchange booths charge high fees for currency exchanges.

Helpful tip: Before you leave, let your local bank and credit card companies know you'll be traveling abroad. Otherwise, they may block your account due to international transactions.

How much money should I bring?

It depends. We recommend you bring a minimum of \$30 per person per day, but you may want to bring more if you plan to purchase souvenirs. Remember, you can always spend less, or bring money home!

CREDIT CARDS & ATMS

Should I bring my credit card?

Yes. We highly recommend using your credit card when you travel abroad. Credit cards offer convenience, security (you can cancel them if they are lost), and reasonable exchange rates.

What kind of credit card works best overseas?

Visa and MasterCard are the best options since they can be used in most stores. American Express and Discover are not widely accepted in Europe and Israel.

Will I have access to an ATM?

ATMs are just about everywhere and are accessible 24 hours a day. They are very similar to ATMs in the United States, and most of them offer English as a language option.

Is there a fee for using foreign ATMs?

Yes. Many banks charge a fee every time you use your card at a different bank's ATM, and that fee can be higher for international transactions (up to \$5 or more). On top of this, the bank may charge its own fee. **Ask your bank for international withdrawal fees before you go.**

Helpful tip: Find out your daily withdrawal limit before you go abroad.

US CUSTOMS

Do I have to pay a fee when I bring merchandise home?

It depends. US citizens who have been in a foreign country for more than two days may return to the United States with **up to \$800 worth of merchandise duty-free**. For those who wish to bring home more, a flat rate of 3% duty is levied on the next \$1,000 worth of purchases.

Please keep the receipts from all of your purchases in case they are requested by a customs inspector when you return to the United States.

Visit the US Customs and Border Protection website for details: cbp.gov/travel/us-citizens





VALUE-ADDED TAX (VAT) REFUND

Will I have to pay sales tax when I shop abroad?

You will have to pay Value-Added Tax (VAT) when you purchase goods and services abroad. This is an indirect tax, similar to US sales tax, that is applied to the value added at each stage of production (primary, manufacturing, wholesale, and retail). At retail stores, VAT is included in the cost on the price tag rather than being added when you check out.

What percent of my total is VAT?

In Europe, goods and services have 20–26% VAT.

In Israel, all prices include a 17% VAT.

How do I know if I'm eligible for a VAT refund?

If you pay with local currency, you won't be eligible for a VAT refund. If you pay with US dollars, you may receive a refund if you . . .

Purchase items in Europe worth 400 euros or more (you are entitled to a discount of at least 5% off the purchase price, plus a VAT refund; see “How do I get a VAT refund?”).

Purchase items in Europe for the following prices at a gift store that has an agreement with VAT authorities (you will be eligible for a 20% refund; see “How do I get a VAT refund?”):

- **France:** 175 euros or more
- **Spain:** 90 euros or more
- **Italy:** 155 euros or more

Purchase items in Israel worth 400 shekels or more, including VAT (see “How do I get a VAT refund?”).

Helpful tip: Bethlehem is a free tax zone, where merchandise includes no VAT. If you purchase items in Bethlehem, you will receive no VAT refund.

How do I get a VAT refund?

Getting a VAT refund is easy when you follow these simple steps:

1. When you're shopping, look for the “tax refund” sticker on the item or the door of the shop.
2. Ask for a VAT refund invoice from the sales clerk when you check out.
3. At the end of your pilgrimage, pack your gifts and souvenirs in your carry-on instead of your luggage.
4. At the airport VAT desk, present the original receipt, the VAT form, and the goods you have purchased.

On each purchase exceeding \$200 (including VAT), the VAT will be refunded when you present the invoice at the airport when you leave. At the end of the procedure, you can request a direct refund on your credit card or a check drawn in your favor.

When will I receive my VAT refund?

VAT refunds may sometimes take up to three months to process.

What goods and services are exempt from VAT?

Ask a clerk before you pay to determine whether your purchase is exempt from VAT.



FLIGHTS & FOREIGN TRAVEL

Visit [tsa.gov](https://www.tsa.gov) for the most up-to-date travel restrictions.

ELECTRONIC AIRLINE TICKET

What do I do with my e-ticket at the airport?

Once we schedule a flight for you, you'll receive an email with your e-ticket. When you check in at the airport, simply provide your passport and your e-ticket confirmation to the check-in agent or Kiosk.

PASSPORTS & VISA

Do I need a passport?

Yes. All US citizens must travel with a valid passport to enter Europe or Israel. **Your passport must be valid at least 6 months after your scheduled return date to the United States.**

What if my passport isn't valid?

If you have not yet gotten your passport or just noticed that it will not be valid 6 months after your return, **urgently contact your local passport office** and apply for an expedited passport or passport renewal.

Do I need a visa?

A visa is not required for US citizens to enter Europe or Israel. If you hold a passport from a foreign country, **it is your responsibility to confirm whether a visa is required.**

Call the appropriate embassy for more information:

Israeli Embassy in the United States: 1-202-364-5500

Spanish Embassy in the United States: 1-202-452-0100

French Embassy in the United States: 1-202-944-6000

Italian Embassy in the United States: 1-202-612-4400

Helpful tip: This passport and visa information is accurate at the time of printing. Passport validity and visa regulations are subject to change. **It is each passenger's responsibility to confirm these requirements.**

Visit travel.state.gov/content/passports/en/passports.html for the most updated information.

INTERNATIONAL FLIGHTS

BOOKING FLIGHTS

How is my departure or arrival time determined?

We work with the airlines to book you the most convenient flight schedule available. The airlines determine the minimum amount of time it takes to transfer from one gate to another. Please note that we must book similar arrival and departure times for pilgrims so they can meet at the airport for group transfer.

CODE-SHARE FLIGHTS

How do I know what airline carrier I'm flying on?

Many airlines share aircrafts in order to provide the best routings for their passengers. While your ticket may indicate that you are flying with one carrier (i.e., United), you may find that you are actually seated in a plane belonging to another carrier (i.e., Lufthansa).

To make sure you check in at the correct carrier, carefully review your airline itinerary to determine which airline is operating your departure flight. When your flight is operated by another carrier, your itinerary will state, "Flight Operated by [name of Airline]."

AIRPORT CHECK-IN

When should I arrive at the airport?

We strongly recommend you check in at least:

- 2 hours before your domestic flight departure time.
- 3 hours before your international flight departure time.

What do I do with my luggage?

You must personally check in your own luggage at the airline counter. **Tell the check-in agent your final destination to ensure that your luggage will be checked all the way through.** This way, you won't need to claim your luggage and check in again during any flight connection(s).

Helpful tip: You won't need to check in your carry-on bag or personal item. Those will stay with you at the airport and on the plane.



FLIGHT DELAYS & TRANSFERS

What should I do if my flight is cancelled or delayed?

If your flight is cancelled or delayed, work directly with the airlines to arrange for alternate flights or protection. Dynamic Catholic is unable to make any changes to your flight itinerary once your tickets have been issued or you have checked in for your flights. This can only be done by the airlines.

In such situations, it's helpful to be kind yet persistent as you work with the airline agent. If the airline personnel are unable to resolve your situation, call the appropriate emergency number on page 13, and we will do everything we can to help you.

Helpful tip: Airlines are not required to offer reimbursement for personal expenses or overnights when weather causes delays or cancellations.

What if I miss my group transfer?

If you miss your group transfer from the airport to your hotel, there are two things you can do:

- Take a taxi at your own expense to your hotel.
- Call the appropriate emergency number on page 13, and Dynamic Catholic may arrange a private transfer at an additional cost to you.

Make sure you get a receipt for the taxi or private transfer. When you return to the United States, you can submit a claim with the insurance company if you purchased travel insurance, or you can submit a claim with the airlines.

What if I missed my flight because I was late?

If you arrived late at the airport and missed your flight, **work directly with the airlines to arrange for alternate flights.** You may have to cover additional costs to exchange your airline ticket (minimum of \$300 per person).

Once your alternate arrangements have been confirmed, call the appropriate emergency number on page 13 to advise of the flight delay, and we may arrange a private transfer at an additional cost to you.

HEALTH PRECAUTIONS

Will I need to get any shots before traveling overseas?

No immunizations are necessary when traveling from the United States to Israel, Spain, France, or Italy. You may want to talk with your health care provider before traveling.

Where can I get more information on international health?

The Center for Disease Control has the latest health information for travelers. Visit [cdc.gov](https://www.cdc.gov) or call **1-877-394-8747** for updates.

For medical questions and additional information, contact the **US Public Health Service** at **1-301-443-2403**.



LUGGAGE & WHAT TO PACK

Helpful tip: Visit [tsa.gov](https://www.tsa.gov) for complete information.

LUGGAGE & CARRY-ON GUIDELINES

How many suitcases can I bring?

For your international flight you are permitted **one (1) piece of check-in luggage** at no additional fee. You can also bring one **(1) carry-on bag** and **one (1) personal item** (such as a purse, laptop, or briefcase) on the plane with you.

What are the size and weight limits for my carry-on and luggage?

International flights are stricter about the size and weight of carry-on bags and luggage. Refer to the information below and **contact your airlines a week before you leave to double check the guidelines.**

CARRY-ON BAGS

How big can my carry-on bag be?

Length + Width + Height

When you add the length, width, and height together, it should not exceed **106 cm. / 42 in.**

Weight

Should not exceed **8 kg. / 17 lbs.**

CHECKED BAGS

How big can my luggage be?

Length + Width + Height

When you add the length, width, and height together, it should not exceed **158 cm. / 62 in.**

Weight

Economy Class: You may have one (1) piece that does not exceed **23 kg. / 50 lbs.**

Business Class: You may have two (2) pieces that do not exceed **32 kg. / 70 lbs. each**

What happens if my luggage is too heavy or too big?

Most airlines will charge excessive fees if your checked luggage is oversized or overweight. Your scale at home may not exactly match the scale at the airport, so leave a few extra pounds of leeway when you pack.

LIQUIDS IN CARRY-ON BAGS

Can I bring liquids in my carry-on bag?

You'll need to follow the 3-1-1 rule when you pack liquids, gels, aerosols, creams, and pastes in your carry-on bag:

- You are allowed to bring no more than **three (3) bottles of liquids**, no larger than **3.4 ounces (100 milliliters)** each, kept inside **one (1) clear, quart-sized, plastic resealable bag**.
- Each passenger can have **one (1) of these resealable bags**. At the security checkpoint, you'll need to remove it from your carry-on bag so it can be screened.

Each time the security officer must search a carry-on to locate liquids, it slows down the line. **Practicing 3-1-1 will ensure an efficient checkpoint experience.**

Helpful tip: Larger containers that are partially full are not allowed. Gallon-size bags or bags that are not resealable, such as fold-over sandwich bags, are not allowed.

Remember, you can pack liquids of any size in your checked baggage.

Are there any cases in which the 3-1-1 rule does not apply?

You can bring more than 3.4 ounces of the following liquids:

- Baby formula, breast milk, and juice for infants and toddlers.
- All prescription and over-the-counter medications (liquids, gels, and aerosols), including eye drops and saline solution for medical purposes.
- Liquids including water, juice, or liquid nutrition or gels for passengers with a disability or medical condition (a doctor's note is required).
- Items such as mastectomy products, prosthetic breasts, bras containing gels, or other liquids.
- Gels or frozen liquids needed to cool medicines or medical items used by persons with disabilities or medical conditions.

Let security officers know if you have these items since they may need to be inspected.

Any liquid, gel, or aerosol (such as coffee or soda) purchased in the secure area beyond the security checkpoint is allowed aboard your plane.

If you have a layover and are re-screened at your connecting airport, the above rules apply.

If you have questions about what liquids, electronic items, and beverages you can bring in your carry-on, check this list!

Specific Carry-on Items

Personal Items

All Make-Up

You are allowed to carry any liquid*/gel/cream make-up items as long as the containers do not exceed 3 ounces.

*Mascara, chapstick, lip gloss, etc. are all considered liquids.

Safety Razors

Allowed, including disposable razors.

Saline Solution

Let security officers know if you have more than 4 ounces.

Tweezers & Scissors

Scissors must have blades less than 4 inches long. Please wrap sharp items securely or pack them in a case to avoid injuring baggage inspectors.

Shampoos & Conditioners

Must be in a 3-ounce or smaller container inside your 1-quart resealable bag.

Toothpaste

Must be in a 3-ounce or smaller container inside your 1-quart resealable bag.

Umbrellas

Allowed in your carry-on bag once they have been inspected to ensure that prohibited items are not concealed.

Walking Canes

Allowed with your carry-on bag once they have been inspected to ensure that prohibited items are not concealed.

Food & Drinks

Beverages from Home or Purchased Before Reaching the Security Checkpoint

Allowed in a 4-ounce or smaller container in your quart-size bag. Not permitted in containers larger than 4 ounces.

Beverages Purchased After Security Screening

Allowed in any size.

Medications, Baby Formula, Baby Food, Breast Milk, and Juice

You can bring more than 3.4 ounces (in reasonable quantities) and do not have to pack these in a resealable bag. Let security officers know if you have these items since they may need to be inspected.

Canned or Jarred Goods

Allowed including soup, sauces, peanut butter, fruits, vegetables, and jellies (3-ounce or smaller container).

Cheese

In 3-ounce or smaller pressurized containers.

Duty-Free Alcohol and Other Items

Some restrictions apply. Visit [tsa.gov/travel/security-screening/whatcanibring/food](https://www.tsa.gov/travel/security-screening/whatcanibring/food) for details.

Electronic Items

Camcorders & Camera Equipment

Allowed in your carry-on bag. Please note that since the checked baggage screening equipment will damage undeveloped film, we recommend that you pack undeveloped film in your carry-on bag rather than your luggage.

Laptop Computers, Mobile Phones, Pagers

Allowed in your carry-on bag.

PACKING MEDICATION

Should I pack my medications in my suitcase or carry-on bag?

Keep all medications in your carry-on bag in case your suitcase is lost.

LUGGAGE HANDLING

Will someone bring my luggage to my hotel?

Your trip cost includes handling for one piece of luggage. This means that someone will bring your suitcase to your room after you check in to your hotel.

PACKING MONEY & VALUABLES

Where should I keep my money and other important items while I'm touring?

You can carry your cash, credit cards, passport, and other important items in a "neck safe" (a pouch you can wear inside your clothes). We don't recommend keeping your money, important documents, medicines, or jewelry in your suitcase. Please leave valuable jewelry at home.

In case of loss or theft, **keep a copy of your passport, credit cards, and other important documents in your luggage—or take a photo of them with your Smartphone.**

Be aware of where your things are at all times, especially in crowded places. Never leave your bag unattended or out of sight in public areas. Make sure you have your money and important items with you when you leave each hotel.

CLOTHING

What clothes should I pack?

Pack clothes that are comfortable, conservative, and adaptable.

To respect religious sites and local customs, wear clothing that covers your shoulders, chest, and knees.

Men: We recommend casual slacks, long and short sleeve shirts, a sweater for layering, socks, undergarments, and a jacket.

Women: We recommend casual slacks, long skirts (if preferred), long and short sleeve shirts, sweaters or cardigans for layering, socks, undergarments, and a jacket.

Helpful tip: Women won't need to cover their heads or faces.

Will I need formal attire?

You won't need formal attire at any point during the pilgrimage.

Should I bring any clothes in my carry-on bag?

Pack at least one change of clothes, socks, and undergarments in your carry-on bag in case your baggage is delayed or lost.



What should I wear on the plane?

During your flight, wear loose-fitting clothes. Your feet may swell, so wear flexible shoes and bring a pair of slippers or socks.

FOOTWEAR

What kind of shoes will I need?

Bring two good pairs of comfortable, flexible, weatherproof walking shoes. Make sure you walk in your shoes for a couple weeks before your pilgrimage to break them in if they are new. We don't recommend leather hiking boots or high heels.

OUTERWEAR

Will I need a coat or jacket?

Bring a jacket for the mornings and evenings in case the temperatures are cold.

TERRAIN

What is the terrain like?

During your pilgrimage you'll walk on a lot of uneven surfaces and cobblestone streets. Please watch your step!

Bus drivers can't always drop off groups directly in front of their destinations due to strict traffic regulations. Be prepared to walk.

Helpful tip: The structure of old buildings can impede wheelchair access. In general, facilities that are accessible to people with physical disabilities may be limited.

TRAVEL ABROAD

HOTELS & ACCOMMODATIONS

What kind of hotels will we stay in?

During your pilgrimage, you will stay at first-class hotels. Although the rooms may be smaller than rooms in American hotels, they are quite comfortable.

Are any toiletries provided?

All rooms have a private bathroom with a hair dryer, and most hotels provide toiletries such as shampoo, soap, and lotion. **You will need to bring your own conditioner and wash cloths.**

Will my spouse and I have a king size bed in our room?

Couples will most likely have a queen-size bed in their rooms since many hotels in Europe and Israel do not have king size beds.

If I'm sharing a room with another pilgrim, do we each get our own bed?

Travelers who are sharing a room will have two twin beds in their room.

Is there anything different about key cards in foreign hotels?

In many cases, your key card operates the hotel elevator and the lights in your room in addition to unlocking your room door.

Are there any hotel expenses I am responsible for?

You can access mini-bar items and paid TV channels at your own expense.

ELECTRICITY

Can I plug my electrical devices into foreign outlets?

American plugs won't fit into European and Israeli outlets, and the voltage of their electrical current is different. (European and Israeli systems run on 220 volts at 50 cycles—twice the voltage of the American power system.) **You'll need to bring an adapter plug and, in some cases, a voltage transformer to connect your electrical devices.**

What is an adapter plug, and what kind do I need?

An adapter plug is a simple device that allows you to plug your American appliance into a foreign outlet.

We recommend bringing a universal travel adapter with dual USB ports so you can conveniently plug in multiple devices at once (for example, you can charge your cell phone while using your laptop).

What are voltage transformers, and how do I know if I need one?

Voltage transformers change the actual voltage that is entering your device. Most devices today can work with both currents, so it's rare that you'll need one. To make sure, check the voltage of your device. The fine print on the plug should tell you how much voltage the device can handle.

- If it lists a range from 110 to 220 volts, you will not need a voltage transformer.
- If your device has a switch you can set to 110 or 220 volts, all you need to do is set it to 220 before you leave.
- If it can only handle 110 volts, you will need to buy a transformer.

You can buy adapters and transformers online or at most retail stores.

PHONES & INTERNET

Can I use the phone in my hotel room?

Yes, but it's expensive. It tends to cost substantially more than using your cell phone if you have an international plan.

How do I get an international plan for my cell phone?

Before you leave, let your wireless phone provider know that you will be traveling abroad. Most of the time they can provide you with an international plan. Please check with your provider for exact rates in the countries you'll be visiting.

Can I use data on my cell phone while I'm overseas?

Be extra cautious using data while you're abroad. If your cell phone has a data plan, turn data roaming off when you're on the plane to avoid potentially high fees. The rates for data are far more expensive than for roaming voice calls and text messages.

Will I have internet access during my pilgrimage?

Yes. Free Wi-Fi will be available at all of your hotels.



PUBLIC RESTROOMS

Will there be public restrooms at all the sites we visit?

Yes. Known as WC, public restrooms are available at most tourist locations. Please be prepared with tissues in your pockets at all times. Keep in mind that public restrooms abroad can be quite different than public restrooms in the United States. For example, some public restrooms have an attendant who may ask for a small user fee.

PHOTOGRAPHY

What's the best way to share pictures from the trip with my fellow pilgrims?

Dynamic Catholic creates a Facebook page for each pilgrimage. After you register, we email you a link to the page and send a reminder later. Feel free to use the page to share photos and keep in touch with your fellow pilgrims!

Helpful tip: If you are using a digital camera, bring an additional memory card and extra batteries, just in case.

TRANSPORTATION

Will transportation be provided during my pilgrimage?

We will provide transportation for all planned activities.

What if I want to go somewhere on my own?

If you would like to venture out on your own, you can walk or take a taxi, depending on the distance. Be wary of anyone offering you unofficial taxi services. Choose a vehicle with a meter or taxi sign. If there is no meter, we recommend you agree on the fare before you get into the cab.

Helpful tip: There are taxi stations in most places throughout Europe. You can also ask your guide about pre-arranging a taxi.

LOCAL CUSTOMS & SOCIAL CONVENTIONS

What should I keep in mind as I travel to a new place?

A different way of life in some countries may take you by surprise, but if you travel with an open mind and respect local customs, you should find it easy to enjoy your new surroundings. Here are some things to keep in mind when you travel to a new place:

- You can always ask Jesus and Mary to help you open your heart and mind to new perspectives and ideas.
- Standards of living may not be quite what you are used to, but there are trade-offs, such as a closer sense of reality and an authentic experience of new cultures.
- Due to cultural differences, you may not be greeted as cheerfully as you are back home. Smiling is generally reserved for intimate friends. Be especially wary of people presenting themselves as instant friends, and we highly recommend not accepting food or drink from strangers.

We cannot guarantee all meal requests, but in many cases, alternative meals can be provided.

MEALS

When and where will I eat, and are all meals provided?

Breakfasts are served buffet-style in your hotel's main dining room. They are included in the cost of your pilgrimage.

Lunches vary by pilgrimage. Plan to have two to three lunches on your own unless you are going to France (for France, all lunches are not included).

Dinners are served at local restaurants or your hotel around 7:00–8:00 p.m. each day. They are included in your pilgrimage cost. Some dinners are buffet style while others are served with a pre-determined three- to four-course meal and include mineral water and wine.

Helpful tip: Some of your dinners include fish as the main course. If you do not like fish, please let Dynamic Catholic know as soon as possible so we have enough time to request an alternative meal.

What if I have serious food allergies or a special dietary request?

For serious food allergies, please notify Dynamic Catholic at your earliest convenience so we have enough time to request your meals. **Please let us know if you have special meal requests**, such as vegetarian or sodium-free, and we will submit your requests to restaurants and hotels.



TAP WATER

Will local tap water make me sick?

Most local tap water will not hurt you, but due to differences in mineral and microbiotic levels, we recommend that you avoid drinking local tap water since it may upset your stomach.

SHOPPING

How much time is allotted for shopping?

On every pilgrimage there is time set aside for shopping, but the amount varies. Please see your itinerary for details.

Where can I buy souvenirs?

Ask your tour guide where you can purchase souvenirs and regional products. Consider purchasing small, lightweight items that you can easily bring home.

Helpful tip: Please read the VAT section (pages 17–18) before shopping abroad.

What days are stores open in Europe and Israel?

In Europe, stores are open every day. Most stores and businesses in Israel are open Sunday through Friday. Due to the Sabbath, they are closed on Saturday.

Helpful tip: While you're shopping, be aware of your personal belongings, especially when you're in a crowded area.

WEIGHTS & MEASURES

Is the imperial system or metric system used in Europe and Israel?

The metric system is used exclusively. A kilometer is just over half a mile (0.62 miles). One kilogram equals 2.2 pounds.

USEFUL LINKS

Airline Delays: fly.faa.gov/flyfaa/plaintext.html

Airline Tracker: flightarrivals.com

Calling Codes: countrycallingcodes.com

Currency Converter: xe.com

Department of Homeland Security: dhs.gov

Embassies: embassyworld.com

Emergency/Disaster Information: <https://travel.state.gov/content/passports/en/emergencies/CrisisAbroad.html>

Flight Delay Information: fly.faa.gov/flyfaa/usmap.jsp

International Health Information: cdc.gov; who.int; tripprep.com

Language Translation: translate.google.com

Physical Disabilities Travel Information: travel.state.gov/content/passports/en/go/disabilities.html

Smart Traveler Enrollment Program: step.state.gov/step

Time Around the World: time.gov

Transportation Security Administration: tsa.gov

Traveler's Check List: <https://travel.state.gov/content/passports/en/go/checklist.html>

Trusted Traveler Programs: cbp.gov/travel/trusted-traveler-programs/

US Customs: cbp.gov/

US Embassy Abroad: www.usembassy.gov

US State Department Travel Warnings: <https://travel.state.gov/content/passports/en/alertswarnings.html>

Weather Around the World: weather.com

FREQUENTLY ASKED QUESTIONS

What is a pilgrimage?

A pilgrimage is a sacred journey. Since the earliest of times, people have been making pilgrimages to places all around the world for all sorts of reasons. Some make a pilgrimage to thank God for some blessing they have received. Others make a pilgrimage to ask a special favor of God. And still others make a pilgrimage just to grow closer to God.

Whatever your reason, the key to a successful pilgrimage is to journey with an open heart, one that is receptive to the treasure chest of graces God desires to shower on you during your pilgrimage. A heart that is willing to take a step back from the stresses and responsibilities of everyday life and be available to God and to others.

If you ask God to help you open your heart during this pilgrimage, you're sure to have an unforgettable experience that will transform your life. You'll return home transformed, renewed, and restored by the abundant blessings you receive.

What should I do if there is a problem with my hotel room, meals, etc.?

Please tell your tour guide immediately if you have any problems, concerns, or complaints during your pilgrimage. He or she will be happy to help you.

There isn't much that can be done to resolve a concern once you are back home, so it's important to talk with your tour guide right away when a problem occurs. If your tour guide does not resolve your concern to your satisfaction, please call or email Dynamic Catholic (see page 13 for contact information).

Is it possible to change my airline ticket?

Yes. If you would like to change your airline ticket after it has been issued or you have departed, **work directly with the airlines to do so**. You will have to cover additional costs (minimum of \$300 per person) for changing your ticket.



Will there be free time during my pilgrimage?

Each day of your pilgrimage is planned with spiritual activities and sightseeing. However, all tours and activities are optional. If you feel you are unable to keep up with the pace of the tours or manage the terrain, or if you would like additional free time for your own interests, you are welcome to refrain from participating in any part of the pilgrimage. (We're unable to give you a refund for any part of the tour you choose not to participate in.)

How much walking will there be on my pilgrimage?

During your pilgrimage, you'll do a significant amount of walking on all sorts of terrain. To prepare, **begin walking briskly every day until you can walk 2 to 3 miles**.

Helpful tip: If you are walking the Camino, you will need to be able to walk **13 to 17 miles in one day**.

We promise to keep you in our prayers at Dynamic Catholic. Please keep us and all of our pilgrims in yours. Please encourage others to be pilgrims, regardless of whether the pilgrimage is around the block or around the world.

God bless!

— MATTHEW KELLY





EACH DAY IS A NEW JOURNEY

**Your trip: Itineraries &
Specific Information**

Holy Land

“This was a life-giving experience that I will never forget. My prayer was to get closer to Jesus, and this pilgrimage accomplished that and so much more.”

— DAVID
Holy Land 2017

ITINERARY

Experience the sacred places where Jesus lived, taught, died, and rose from the dead. This awe-inspiring journey will deepen your faith and transform your life.

Day 1 **THE JOURNEY BEGINS**

Depart United States

Depart the United States for your overnight flight(s) to **Tel Aviv**. Dinner and breakfast will be served on board.

Day 2 **UNPACK & RELAX**

Arrive in Tel Aviv

After you arrive at Ben Gurion Airport in **Tel Aviv**, you will meet your tour guide and be transported to your hotel to unpack, relax, and have dinner.

Day 3 **THE ANNUNCIATION**

Caesarea | Stella Maris **Nazareth | Tiberias**

In the morning, you'll explore the impressive archaeological remains of **Caesarea**, an ancient port where St. Peter baptized the Roman centurion Cornelius and his family. Next, you'll visit the Carmelite monastery

Stella Maris in Haifa and see the cave where Elijah the prophet once lived.

Later, we'll take a scenic drive past the **Bay of Acco** to **Nazareth**, the town where Jesus grew up. We will visit **Mary's Well** (where the Angel Gabriel asked Mary to be the mother of God) and the **Church of St. Joseph** (which traditionally marks the home of the Holy Family). Before returning to your hotel for dinner, stop at the **Church of the Annunciation**, built over the place where Mary lived. We will end the day in **Tiberias**.



Day 4 JESUS BEGINS HIS MINISTRY

Tiberias | Sea of Galilee Capernaum

Start your day with a boat ride on the **Sea of Galilee!** On shore you'll view the remains of a boat that dates back to the time of Jesus. Then you'll explore the **Mount of Beatitudes** as well as **Tabgha**, where Jesus fed the 5,000 with five loaves and two fish. Next visit **Magdala**, the birthplace of Mary Magdalene. We'll end the day with a visit to **Capernaum** and see the synagogue where Jesus taught and gave his sermon on the Bread of Life.

Day 5 THE TRANSFIGURATION

Mount Tabor | Jericho Jordan River | Jerusalem

Celebrate Mass at **Mount Tabor**, the site of the Transfiguration. Then you'll travel through **Jericho**, the oldest inhabited city in the world. We'll view the exact location of the **Mount of Temptation**, where the devil tempted Jesus during his 40-day fast, and spend some time at Jesus' baptismal site in the **Jordan River**. Then we will head to Jerusalem for dinner and overnight.

Day 6 THE VISITATION AND NATIVITY

Jerusalem | Ein Karem Bethlehem

You'll begin your day in **Jerusalem** with a visit to a model of the **Second Temple**. Then take a short drive to **Ein Karem**, the picturesque village where Mary visited her cousin Elizabeth. We will see the **Church of the Nativity of St. John the Baptist** and the **Church of the Visitation**.

Later we will visit the caves at **Shepherds' Field** in **Bethlehem** and celebrate Mass in the **Church of the Nativity**, which marks the spot where Jesus was born. In this sacred place, you'll also see **Manger Square** and walk to the **Grotto of the Nativity** before heading back to your hotel.

Day 7 RAISING LAZARUS FROM THE DEAD

Dead Sea | Bethany

In the morning, drive down the **Jordan Valley** to **Qumran**, where the **Dead Sea Scrolls** were found. You'll see the two-thousand-year-old ruins from the days of the Second Temple. Then you can take a dip in the **Dead Sea** before driving through the desert—the same desert where Jesus fasted for forty days. Finally, we will celebrate Mass in **Bethany**, the village where Jesus raised Lazarus from the dead.

Day 8 PALM SUNDAY & THE AGONY IN THE GARDEN

Jerusalem | Garden of Gethsemane | Upper Room

Beginning at the **Mount of Olives**, walk the path Jesus walked to Jerusalem on Palm Sunday. You'll take in a beautiful, panoramic view of the city. Along the way, stop at the **Church of the Pater Noster** to see where Jesus taught his disciples the Our Father.

Next, recollect Jesus' passion as you walk through the **Garden of Gethsemane**. At the "**Rock of Agony**," you can pray where Jesus prayed on the night of his arrest. Then we will see the **Western Wall**, the last remnant of the Jewish Temple after it was destroyed in 70 AD.

We will celebrate Mass at the **Church of St. Peter Gallicantu**, which commemorates Peter's denial of Jesus and Jesus' examination before the Council in Jerusalem. Then we'll go up to **Mount Zion** to see the **Upper Room**. End this prayerful day with a visit to the **Church of the Dormition**, the site of Mary's assumption.

**"Most wonderful
experience of my life."**

— TERRY
Holy Land 2017

Day 9 THE WAY OF THE CROSS

Jerusalem | Via Dolorosa Holy Sepulchre

Very early in the morning, you will follow in Jesus' footsteps to **Calvary**. Beginning at the place where Pontius Pilate condemned Jesus to death, follow the **Via Dolorosa** ("Way of Grief") to the **Church of the Holy Sepulchre**, built at the site of Jesus' crucifixion and burial. We will celebrate Mass in this sacred place before returning to the hotel for breakfast.

Spend the rest of your morning and your afternoon visiting the **Church of St. Anne** and the **Pool of Bethesda**, where Jesus healed the crippled man. You'll conclude your day exploring the **Old City of Jerusalem**.

Day 10 REVEL IN THE MEMORIES

Depart Tel Aviv

If your flight is in the morning, you will be transported to the airport after breakfast. If your flight is in the late evening, you will have a late checkout from the hotel.

Feel free to spend the morning at your own leisure. Meet back at the hotel in the afternoon and wish everyone "shalom" as you are transported to the airport for your flight(s) home.



The Western Wall

ISRAEL INFORMATION

EMERGENCY RESPONSE TEAM

If you're calling from ...

United States: 1-631-468-6630

Israel: +972-525-610-014

Only use these contacts in case of an emergency. If you have questions regarding your tour or flight schedule, please contact 1-800-206-TOUR-8687 during normal business hours (Mon–Fri 9:00 AM–6:00 PM EST).

Language

Hebrew and Arabic

Currency

Israeli shekel

Temperatures in February

Daytime average: 62°F

Nighttime average: 48°F

Calls from Israel to the United States

Dial 00 + 1 + telephone number with local area code.

Calls from the United States to Israel

Dial 011 + 972 (Israel's country code) + telephone number with local area code.

The Western Wall

Each year, Jerusalem receives thousands of letters addressed to God. Maintenance workers stuff the mail into cracks in the Western Wall, which the Jewish people consider their most sacred site for worship.

SABBATH

What do I need to know about the Sabbath?

Traditions that may affect you:

Throughout Israel, practicing Jews faithfully observe the Sabbath. They are not permitted to work, shop, use public transportation or the telephone, or handle money. They are also not permitted to create a fire, although they can use one that has already been lit (for example, they can use a stove, an oven, or electric heating that was turned on before the Sabbath began). This also applies to driving a car and using electricity: If an electrical appliance has been turned on before the Sabbath, it may remain on but cannot be adjusted or turned off.

This means that if the Sabbath is observed at the hotel you're staying at, you'll need to adjust the heating, lighting, air conditioning, and fans in your room on Friday before the Sabbath begins.

It also means that hotel elevators may operate on an automatic setting during the Sabbath. They will open and close on every floor, allowing anyone to use them without controlling them.

Helpful tip: Your tour guide will let you know whether the Sabbath is observed at your hotel.

SCREENING & SECURITY WHEN TRAVELING TO ISRAEL

What will the security procedure be like?

Israel is known for its strict airport security. At Tel Aviv Airport there are uniformed and un-uniformed security personnel everywhere. Here's an overview to help you know what to expect when you check in.

Initial checkpoints and interviews:

You will go through one security checkpoint as soon as you arrive and another before you reach the ticket counter.

After waiting in line, you will be interviewed and screened by a security officer. Interviews are usually brief. Questions will range from why and where you traveled in Israel, how long you stayed, and where you are going now. Do not hesitate to let the security officer know you are with a Catholic tour group on a pilgrimage. You can even show them this booklet!

You may be asked additional questions about your occupation, family, etc. There is no need to worry or feel insulted. This is part of the process.

Checking your baggage:

Your baggage will be sent through an x-ray/chemical analysis machine. Travelers are selected at random for a more thorough luggage screening.

If you are selected, security will direct you to the inspection area and ask you to open your luggage. Do not be surprised if the officers unpack your entire bag and examine your electrical devices. Again, this is part of the process.

Next you will head to the ticket counter to get your boarding pass. This step can take quite a while since the airline representative must enter a lot of information before he or she prints your boarding passes.

Passport control:

After getting your boarding pass, you will go through passport control. Your passport numbers will be entered into a computer that the Israeli government uses for security and to track tourism in Israel.

Again, you may be asked several questions about yourself, your family, anyone traveling with you, and the reason for your trip. This is routine procedure.

Once your passport is stamped, you will be on your way to the security gate.

Personal screening procedure:

Your last step is to go through the actual security gate and personal screening machines. You should follow the directions given by the security personnel (i.e., whether or not to remove your shoes, laptop, etc.).

Remove your belt, watch, and everything in your pockets. Anyone who causes the metal detector to beep will be scanned with a detection wand. You won't be inspected further unless there is a serious concern.

Once you make it through this final security process, you can proceed to your gate. Feel free to shop or grab a snack before your flight departs!

Helpful tip: The entire security process usually takes approximately 45–60 minutes from the time you arrive until you make it to your gate. However, sometimes backups occur and the entire check-in and security process lasts longer.



el Camino de Santiago

“This was the most amazing event of my life. I am a changed person because of this Camino—I pushed myself far beyond anything I thought I could do.”

— JEANNA
Camino 2017

ITINERARY

Immerse yourself in nature’s breathtaking landscapes and explore quaint Spanish villages as you walk the age-old way of St. James. This epic 75-mile journey across Spain is the adventure of a lifetime.

IMPORTANT NOTICE:

This itinerary involves an average of 13 to 17 miles of daily walking and hiking. Please make sure you are physically capable of completing the journey. We will have a motor coach available for anyone who is unable to complete a particular leg of the journey.

Day 1 THE JOURNEY BEGINS

Depart United States

Depart the United States for your overnight flight to **Madrid**. Dinner and breakfast will be served on board.

Day 2 SPAIN’S CAPITAL CITY

Arrive in Madrid

When you arrive in **Madrid**, you will be transported to your hotel to check in and unpack before joining the other pilgrims for a tour of Spain’s capital city. We’ll celebrate Mass at the **Cathedral of Almudena**, then see the **Royal Palace**, and the **Plaza Mayor**. Stop at the **Church of St. James** before returning to the hotel for the night.

Day 3 WALKING DAY: 3 MILES / 4.8 KILOMETERS

Madrid | Foncebadón | Iron Cross | O Cebreiro | Sarria

After breakfast we will transfer to **Sarria** in northwestern Spain and begin our walk in **Foncebadón**. In the eleventh century, this village was a popular resting place for pilgrims. Then we will stop at the **Iron Cross**, where pilgrims typically leave a stone to symbolize a sin or burden they are leaving behind. We’ll continue on to **O Cebreiro**, a breathtaking mountain village where a Eucharistic miracle occurred in 1300 AD. We will end the day in Sarria with dinner and overnight.

Day 4

**WALKING DAY: 14.3 MILES /
22.88 KILOMETERS**

Sarria | Portomarín

In the morning we will pick up our **Pilgrim Passports** and set out for **Portomarín**, an old town on the banks of the **Miño River**. Along the way, see the **Church of St. John of Jerusalem**, which was strategically built along the Camino route to protect the tomb of St. James.

Day 5

**WALKING DAY: 15 MILES /
24 KILOMETERS**

Portomarín | Palas de Rei

After breakfast, we'll walk through fields, forests, and granaries to **Palas de Rei**. Here you will have time to explore the town on your own or make an optional visit to the **Monastery of Vilar de Donas**, a sixteenth-century monastery containing coffins of knights of the Order of St. James. As you walk, you will see **los cruceiros**, wayside crosses depicting Jesus and Mary.

Day 6

**WALKING DAY: 18 MILES /
28.8 KILOMETERS**

Palas de Rei | Arzúa

Today we start the trek to the small, bustling town of **Arzúa**. On the way, we will stop at **Melide** to visit **Sancti Spiritus Church**, the small **chapel of San Roque**, and the **Church of Santa María**. The roads in Melide, which date back to the fourteenth century, are some of the oldest in the region of Galicia.

After lunch we will pass through the province of **A Coruña** and cross the beautiful medieval bridge over the **Iso River**. We will end the day with a visit to the **Chapel of Magdalena**.

Day 7 RESTING DAY

Arzúa

Just like God rested on the seventh day, we will take a break. After Mass, you can spend time reflecting on your journey thus far and enjoy the day in carefree timelessness.

Day 8

**WALKING DAY: 11 MILES /
17.6 KILOMETERS**

Arzúa | Arca de O Pino

Feeling re-energized, we will begin our 11-mile walk to **Arca O Pino**, the largest community before Santiago. Enjoy the fragrant eucalyptus groves and breathtaking scenery along the way. After we stop for a picnic lunch in Arca O Pino, you will have the afternoon to explore and take an optional visit to the **Monastery of Sobrado**, a monastery dedicated to Mary.

Day 9

**WALKING DAY: 14 MILES /
22.4 KILOMETERS**

Arca de O Pino | Monte del Gozo | Santiago de Compostela

Today we will start the last 14 miles of our journey! To break up the trip, we will have a picnic lunch on **Monte del Gozo**. At this point, you will be able to see the spires of the **Cathedral of Santiago de Compostela**. Once we arrive in Santiago, the capital of Galicia, we will check in to the hotel and explore the city.

Day 10

**THE CATHEDRAL
OF ST. JAMES**

Santiago de Compostela

In the morning we will celebrate Mass at the **Cathedral of Santiago de Compostela**. Made of Galician granite, this Cathedral is one of the finest examples of European architecture. Here you will find captivating pieces of art, the dazzling **statue of St. James** (which pilgrims traditionally embrace), and the **crypt with St. James' relics**.

After Mass, you will have lunch and take a tour of the city. Spend the evening at your leisure until our final group dinner.

Day 11

REVEL IN THE MEMORIES

Depart Santiago de Compostela

After breakfast, say "hasta luego" as the bus transports you to the airport for your flight home.

"I loved meeting the people who were on the pilgrimage and sharing our stories along the way. The walking experience was unforgettable!"

— PAT
Camino 2017



The Botafumeiro

SPAIN INFORMATION

EMERGENCY RESPONSE TEAM

If you're calling from ...

United States: 1-631-468-6630

Spain: +34-677-442-367

Only use these contacts in case of an emergency. If you have questions regarding your tour or flight schedule, please contact 1-800-206-8687 during normal business hours (Mon–Fri 9:00 AM–6:00 PM EST).

Language

Spanish

Currency

Euro

Temperatures in May/June

Daytime average: 84°F

Nighttime average: 51°F

Calls from Spain to the United States

Dial 00 + 1 + telephone number with local area code.

Calls from the United States to Spain

Dial 011 + 34 (Spain's country code) + telephone number with local area code.

The Botafumeiro

The famous Botafumeiro in the Cathedral of Santiago de Compostela is one of the largest censers (a vessel for burning incense) in the world. It weighs 176 pounds and is more than 5 feet tall.

HIKING CLOTHES

Bring hiking clothes that are light, comfortable, and water resistant (we don't recommend cotton). It's important to consider warmth and insulation as well.

You'll need . . .

- Hiking pants made of tough, lightweight materials
- Short- and long-sleeve shirts
- Sweaters for layering
- A lightweight jacket that will keep you dry in the rain
- A lightweight but warm hooded jacket
- Plenty of wool and/or Smartwool socks (It's important to bring many pairs since you may need to change your socks several times per day.)
- Light undergarments

If you're not sure where to find the right clothes, check out these brands:

Title Nine – titlenine.com

REI – rei.com

Eastern Mountain Sports – ems.com

Athleta – athleta.com

Don't forget to pack a good rain jacket!

We recommend visiting outdoorgearlab.com to find your perfect jacket.

Where can I find the right shoes?

Visit 206tours.com/el-camino-walking-gear/index.htm to see the shoes we recommend.

Helpful tip: It's important to cut your toenails just before your trip to avoid damaging them when you're walking downhill.

WALKING STICKS

If you need a walking stick, you can borrow one from the bus or purchase one in Spain. If you have your own walking stick, you can bring it on the plane with your carry-on luggage after it has been inspected.

TERRAIN

This pilgrimage involves 75 miles of walking. Most of the time you'll be on dirt roads and well-marked paths, but you'll also climb steep hills and cross a few creeks. You'll travel through woods, farmland, breathtaking streams, rustic villages, and the most beautiful green countryside you've ever seen.

In Madrid and Santiago de Compostela, you'll walk on a lot of uneven surfaces and cobblestone streets. **Please bring rubber-soled walking shoes** and watch your step. We highly recommend not wearing high heels.



ITINERARY

Around every corner in France there's a story or place that will inspire you to grow in holiness. This once-in-a-lifetime pilgrimage will delight, encourage, and strengthen you.

Day 1 **THE JOURNEY BEGINS**

Depart United States

Depart the United States for your overnight flight(s) to **Lourdes**. Dinner and breakfast will be served on board.

Day 2 **MASS, DINNER, WELCOME GATHERING**

Arrive in Lourdes

When you arrive in **Lourdes**, a small town in southwest France, you will be transported to your hotel to check in and unpack before joining the other pilgrims for Mass, dinner, and a welcome meeting. You'll end the evening with praying the Rosary and a candlelight procession.

Day 3 **THE UNDERGROUND BASILICA**

Lourdes

Spend the morning on a guided tour of **Lourdes**, and then enjoy lunch in the gardens of **Hotel Chapelle et Parc**. You'll participate in the Blessed Sacrament Procession to the **Basilica of St. Pius X**, where there will be Adoration and Anointing of the Sick (optional). End your day with dinner, praying the Rosary, and a candlelight procession.

Note: Lunch is included.



“This was my third Dynamic Catholic pilgrimage. Loved every minute of it! I have two more booked.”

— ROBERT
Lourdes 2017



The Louvre Museum

Day 4 HEALING WATER OF LOURDES

Lourdes

In the morning, we will pray the Stations of the Cross and then watch a film about Lourdes. You can spend the afternoon on your own. This is a great time to visit the **famous baths** and the **Grotto** where Mary revealed the healing spring to St. Bernadette. We will have dinner together and end our night with praying the Rosary and a candlelight procession.

Day 5 SIGHTSEEING, SHOPPING, SEINE RIVER CRUISE

Depart Lourdes, Arrive in Paris

We will fly to **Paris** in the morning and celebrate Mass at **Sacré Coeur Basilica** when we arrive. You are then free to explore **Montmartre**. After lunch at a local restaurant with the group, you will check in to the hotel. The afternoon is yours for sightseeing and shopping. Later you'll meet everyone for dinner and a cruise on the **Seine River**.

Note: Lunch is included.

Day 6 THE CITY OF LIGHT

Paris

Today we will take a tour of **Paris**. You'll visit the **Shrine of the Miraculous Medal**, the **Church of St. Vincent de Paul**, and **Notre Dame Cathedral**. The afternoon is yours to have lunch and explore one of the most beautiful cities in the world. In the early evening we will meet at the hotel for dinner.

Day 7 GET TO KNOW ST. THÉRÈSE

Paris & Lisieux

Embark on a full-day excursion to **Lisieux**, home of the Carmelite monastery where St. Thérèse spent her years as a nun. Enjoy lunch at the **Ermitage Saint Thérèse**. We'll return to Paris for dinner at a local restaurant.

Note: Lunch is included.

“This pilgrimage was more than I ever imagined.”

— LORETTA
Lourdes 2016



Leonardo da Vinci's *Mona Lisa*

Day 8 THE WORLD'S LARGEST MUSEUM

Paris

Today we will go on a tour of the **Louvre Museum** and experience one of the most spectacular art galleries in the world. You'll marvel at Leonardo da Vinci's ***Mona Lisa*** and hundreds of other impressive works of art that will take your breath away. With over 35,000 pieces on exhibit, the Louvre would be a great place to spend your free afternoon. Lunch will be on your own. We will meet at the hotel for our farewell meeting and dinner.

Day 9 REVEL IN THE MEMORIES

Depart Paris


After breakfast, say “au revoir” as the bus transports you to the airport for your flight home.



The Coeur Basilica

FRANCE INFORMATION

EMERGENCY RESPONSE TEAM

 **If you're calling from ...**
United States: 1-631-468-6630
France: +34-677-442-367

Only use these contacts in case of an emergency. If you have questions regarding your tour or flight schedule, please contact 1-800-206-8687 during normal business hours (Mon-Fri 9:00 AM-6:00 PM EST).

Language
French

Currency
Euro

Temperatures in August
Daytime average: 81°F
Nighttime average: 61°F

Calls from France to the United States

Dial 00 + 1 + telephone number with local area code.

Calls from the United States to France

Dial 011 + 34 (France's country code) + telephone number with local area code.

The Sacre Coeur Basilica

Perpetual Adoration has been held in Sacré Coeur Basilica since 1885, not once interrupted.

Italy

“This pilgrimage truly touched my heart and soul. My wife and I can’t seem to stop talking about what a wonderful, life-changing experience it was.”

— THOMAS
Italy 2015

ITINERARY

Visit some of the most notable places in the Church and experience rich Italian culture. This pilgrimage is unlike any other trip you’ve been on.

Day 1 **THE JOURNEY BEGINS**

Depart United States

Depart the United States for your overnight flight to **Rome**. Dinner and breakfast will be served on board.

Day 2 **MASS, DINNER, WELCOME GATHERING**

Arrive in Rome

Welcome to **Rome**, one of the most magnificent cities in the world! After arriving in the Eternal City, you will be transported to your hotel to unpack and relax or explore Rome on your own. Then join the other the pilgrims for Mass, dinner, and a Welcome meeting. Later in the evening, walk to **St. Peter’s Square** to pray the Rosary.

Day 3 **ST. PETER’S BASILICA**

Vatican City

After breakfast, celebrate Mass in **St. Peter’s Basilica**, built on the site where St. Peter was martyred. Take a moment to admire **Michelangelo’s Pieta** before touring the **Vatican Museums**. You’ll see awe-inspiring relics, splendid works of art, and the **Sistine Chapel**. Return to St. Peter’s Basilica to visit the **tombs of St. Peter and St. John Paul II**.

Next go to the **Basilica of St. Paul Outside the Walls**, where St. Paul is buried. Take the **Appian Way** to the **Church of Domine Quo Vadis**, the ancient **Baths of Caracalla**, and more.



St. Peter's Basilica



The Bramante Staircase
in the Vatican

Day 4 PAPAL AUDIENCE

Vatican City

Start your day attending the **Papal Audience** with Pope Francis in **St. Peter's Square**. You'll have some free time to shop, enjoy lunch, and explore the city at your leisure.

In the afternoon, dip your hand into **Trevi Fountain** and visit **Piazza Navona**. View relics of St. Peter and St. Paul at the **Basilica of St. John the Lateran**. Cross the street to find and climb the **Holy Staircase**, taken from Pontius Pilate's palace in Jerusalem. Celebrate Mass at the **Basilica of St. Mary Major**, then see a relic from baby Jesus' manger.

Day 5 EXPLORE THE COUNTRYSIDE

Rome Countryside

Today we will travel through the beautiful countryside to the **Cathedral of Orvieto**. You'll view the **Corporal of Bolsena** (a Eucharistic miracle) and some of the most marvelous frescoes you will ever see. Continue the rest of the way to **Assisi**, the hometown of St. Francis.

Day 6 THE HOME OF ST. FRANCIS

Assisi

As we tour the quaint hilltop town of **Assisi**, we will visit the **tomb of St. Francis** and the **Basilica of St. Francis**. You'll see St. Francis' possessions, a series of frescoes depicting his life, and the crucifix from which Jesus asked St. Francis to rebuild his Church. Enjoy lunch and spend the rest of the afternoon strolling the medieval streets of this little town.

Day 7 A PARADISE OF ART AND CULTURE

Florence

Embark on a guided tour of Florence. See the **Basilica of the Holy Cross** (where Michelangelo and Galileo are buried), **Palazzo Vecchio**, and the **Uffizi Gallery** before crossing the **Ponte Vecchio** over the **Arno River**. Continue to the **Cathedral of Santa Maria del Fiore** before visiting the **Accademia Gallery** to view **Michelangelo's David** and other striking works of art. Explore Florence during the afternoon and enjoy some of the best shopping in Italy.

Day 8 WALK IN THE FOOTSTEPS OF ST. FRANCIS

Assisi

In the morning, visit **St. Mary of the Angels Basilica**, the church where St. Francis spent most of his life after founding the Franciscan Order. Visit the small stone chapel where he lived and worked, the rose garden, and the cave where he went to pray. The afternoon is yours to enjoy last-minute shopping and sightseeing before our final dinner and group meeting.

Day 9 REVEL IN THE MEMORIES

Depart Rome

After breakfast, say "ciao" as the bus transports you to the airport for your flight home.

"This really was an unbelievable experience . . . Truly an outstanding trip that I will never forget."


— JOHN
Italy 2016



Trevi Fountain

ITALY INFORMATION

EMERGENCY RESPONSE TEAM

 **If you're calling from ...**
United States: 1-631-468-6630
Italy: +34-677-442-367

Only use these contacts in case of an emergency. If you have questions regarding your tour or flight schedule, please contact 1-800-206-8687 during normal business hours (Mon–Fri 9:00 AM–6:00 PM EST).

Language
Italian

Currency
Euro

Temperatures in November

Daytime average: 64°F
Nighttime average: 46°F

Calls from Italy to the United States

Dial 00 + 1 + telephone number with local area code.

Calls from the United States to Italy

Dial 011 + 39 (Italy's country code) + telephone number with local area code.

Trevi Fountain

Every night, roughly 3,000 euros are collected from the bottom of Trevi Fountain and donated to Caritas, a Catholic charity that helps Roman families in need.



 **Dynamic Catholic**
Be Bold. Be Catholic.™