



TERRA GALAICA

Beyond The Way

Summer 2024



TERRA GALAICA

Beyond The Way

ORÍGENES
Tu viaje comienza

Since time was time, our ancestors have been guided by a compass, an inner lighthouse, which has brought them to the end of the known Earth. Inspired by the celestial vault, here they built sacred spaces from which to connect with the divine, from which to consecrate themselves to Father Sun and Mother Earth, honoring natural cycles and making offerings to fertility.

Place of bards and meigas, where the mouras and their legends live, where the Romans built temples to their gods and the Templars hid their relics brought from the Holy Land. All of them following the solar movement, to find the secret of alchemy, the promise of the Grail.

Travel and discover with us this ancient Earth, connecting with its wisdom, with the force of its nature and with its original call. Feel the telluric energy that surrounds the sacred places and its beautiful melody that remains latent in the stone. Bathe in its thermal, magical and medicinal waters that maintain the healing powers of yesteryear.

*Accompanied by guardians of history, tradition and ancient knowledge, we will embark on a unique journey where history, myth, legend, past and present merge into **a unique experience that will take you back home, back... to the Origin.***

TERRA GALAICA

Beyond The Way

ORÍGENES

Tu viaje comienza

Terra Galaica is a primeval land, a land where the stones speak, telling us their ancient history. Where its waters, its forests and its tradition keep alive the knowledge and teachings of yesteryear. A land where a powerful telluric energy resides connecting it to other enclaves around the planet that have called to people over time.

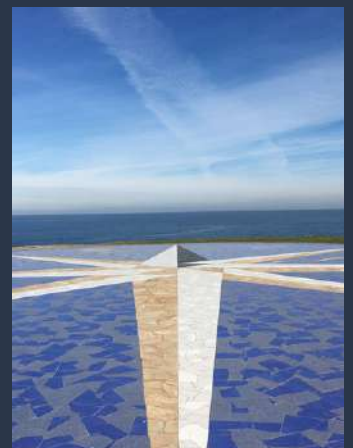
We will immerse ourselves in the most strategic points of ancestral Galicia, giving voice to its visible and invisible landscapes. We will explore together its legends, its myths, its trees, its Atlantic and thermal waters, its gastronomy, its ara solis and places with a strong symbolic and ritualistic charge.

We will invite you to cross the door “beyond The Way”, to show you its original roots, thus taking you to a reality impregnated with Neolithic memories, enjoying the nature that surrounds us and bathing in medicinal waters that will provide us with relaxation, energy and well-being.

We will visit sacred spaces full of magic and we will connect with the energy and information that resides in Mother Earth, accessing her knowledge from the guardians of the place, with a different staging and through experiences and stories every step of the way.

8 DAYS

Terra Galaica: Beyond The Way proposes a different experience with expert and local collaborators to discover this destination from a unique sharing with our travel companions, cultivating encounters and expanding our senses. Briefly, leaving a mark on our hearts.



DAY 1



“

Check-in.

7pm. Welcome meeting and presentation of the program.

Group dinner and rest.

DESTINATION

SANTA CRUZ (A CORUÑA)

SANTA CRUZ- A CORUÑA - CAMBRE

Early in the morning we will enjoy an outdoor activity in a unique landscape with panoramic views of the city of A Coruña. Afterwards we will have breakfast and leave to A Coruña to visit the Punta Herminia Natural Park. An authentic open-air museum on the banks of the Ria de A Coruña that ends up merging with the Atlantic waters. Here we will cross a door to experience the rite of passage of the Hero's Journey until we reach the Compass Rose with its representation of the 8 Celtic nations and finish with the history of the Tower of Hercules, the oldest operating lighthouse in the world (Heritage of Humanity by UNESCO since 2009) and its previous presence as Torre de Breogán. At this point we will stop to immerse ourselves in the myth and legend of the city of Brigantia, origin of current Coruña.

Next, we will approach Plaza María Pita, the nerve center of the historic center of the city, where we will do a brief review of this heroine and her importance for A Coruña before having lunch in the area.

After lunch and some free time to enjoy the Atlantic Balcony, we will proceed to move to the municipality of Cambre, an important stop on the English Way. There we will discover a relic of the Order of the Temple.

Return to the hotel and end of the day.



COIRÓS- CASTRO DE REI - LUGO

After breakfast and with our luggage ready, we proceed to check-out to continue towards Coirós, a town located 22km from A Coruña, to discover a Sacred Rock Sanctuary from the Bronze Age dedicated to Fertility. After living this sacred space of the ancestors originating from this land, and sharing an experience in the place with the help of a shaman and heir of ancient wisdom and knowledge, we will continue towards Castro de Rei to contemplate and walk through one of the best preserved Celtic Castros in the Province of Lugo. Declared an Asset of Cultural Interest, in this imposing enclosure we will connect with the way of life and understanding the forces of nature of its inhabitants and with the druidic wisdom and knowledge that has survived until this day.

From here, we will go to the city of Lugo where we will eat in a traditional inn in front of the Roman Walls.

Free afternoon-night to enjoy a walk through this vibrant nature, walk along the Roman Walls or stay at the Lugo Spa, where we will stay, and delight in its mineral-medicinal hot springs. We will give you instructions so that you can enjoy it to the fullest based on what you decide.



SACRED FOREST OF LUGO

Today will be a different day, we will leave in the morning having breakfast and prepared with comfortable clothing and good footwear to enter the Sacred Forest of Lugo; a classroom of ancestral nature. An ancient cult sanctuary where stone, water, and the sun are the protagonists. A space full of magic that will inspire us to take a Forest Bath and be guided to the beat of our heart to connect with this place.

After lunch, we will leave a space for rest. Later, we will be accompanied by one of the members of the Sacred Forest Association of Lugo, guardian of this wonderful place. Through the memories that remain active in the stone and in the water, he will guide us on a time-journey from Penas das Rodas to Pena da Moura. Both structures are part of a megalithic complex of great value, located in a straight line with a distance of approximately 2km and which are considered an astronomical complex and a solar calendar, where the alignment between its structures and the sunrise on the winter solstice and the sunset on the summer solstice occur.

Return to the hotel so that everyone can freely dine and/or rest according to their needs.

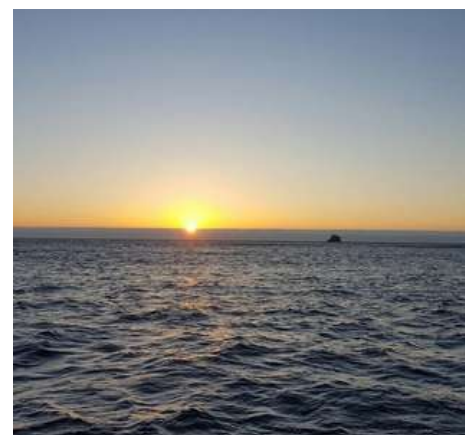


LUGO - BÓVEDA DE MERA- FISTERRA

Prepared with our suitcases, we will approach the center of Lugo to cross its walls where our expert collaborator in pre-Christian Roman history will be waiting for us. We will walk hand in hand through this city of Lucus Augusti and at the end we will head towards Bóveda de Mera. There we will visit the Sanctuary of Santa Eulalia de Bóveda, an enclave of great archaeological and architectural value, related to pre-Christian cult activities and waters, which makes it unique in Western Europe, being declared a National Historic-Artistic Monument. in 1931. This Temple is dedicated to the goddess Cybele, goddess of nature and fertility, venerated in Rome as the Great Mother of the Gods.

After this visit we will move towards Fisterra stopping to have lunch in Melide, a stop on the Camino Primitivo where we will taste the flavors of traditional Galician cuisine. Upon arriving in Fisterra we proceed to check-in and rest for a while, until it is time to move to the port to enjoy the Ara Solis by boat. Upon returning to land we will have free time so that everyone can experience the End of the Earth as they like best.

NOTE - The boat trip is subject to weather conditions.



MUXIA - SANTIAGO DE COMPOSTELA

After breakfast and with our baggage, we will check out to proceed to a tour of the Costa de la Muerte and experience a vision of the Ocean in its purest and wildest state, the fiercest coastal strip in all of Europe.

On the way to Muxía we will make a brief stop at Cape Touriñán, a place that is actually the westernmost end of the Iberian Peninsula where the sun sets every sunset, marking the true end of the route of our King Star, the Sun. Wild place of majestic landscape beauty, where the 4 elements that give life (water, earth, sun and air) are present at their maximum expression.

After that, we will approach Muxía, where we will meet another of our expert collaborators, who will surprise us with his explanation about this stone monument open to the sea and its Barca Sanctuary. He will take us on a journey through time to show us its most ancient meaning that turned Muxía into a place of great importance for pilgrimage and for its first settlers. There we can feel the energy of the Abalar Stone, which according to tradition has the power to transmit fertility.

After this wonderful experience, we will go to lunch to enjoy the delicacies that these waters offer us and later we will continue to Santiago de Compostela, where we will stay and have the rest of the day free.



SANTIAGO DE COMPOSTELA

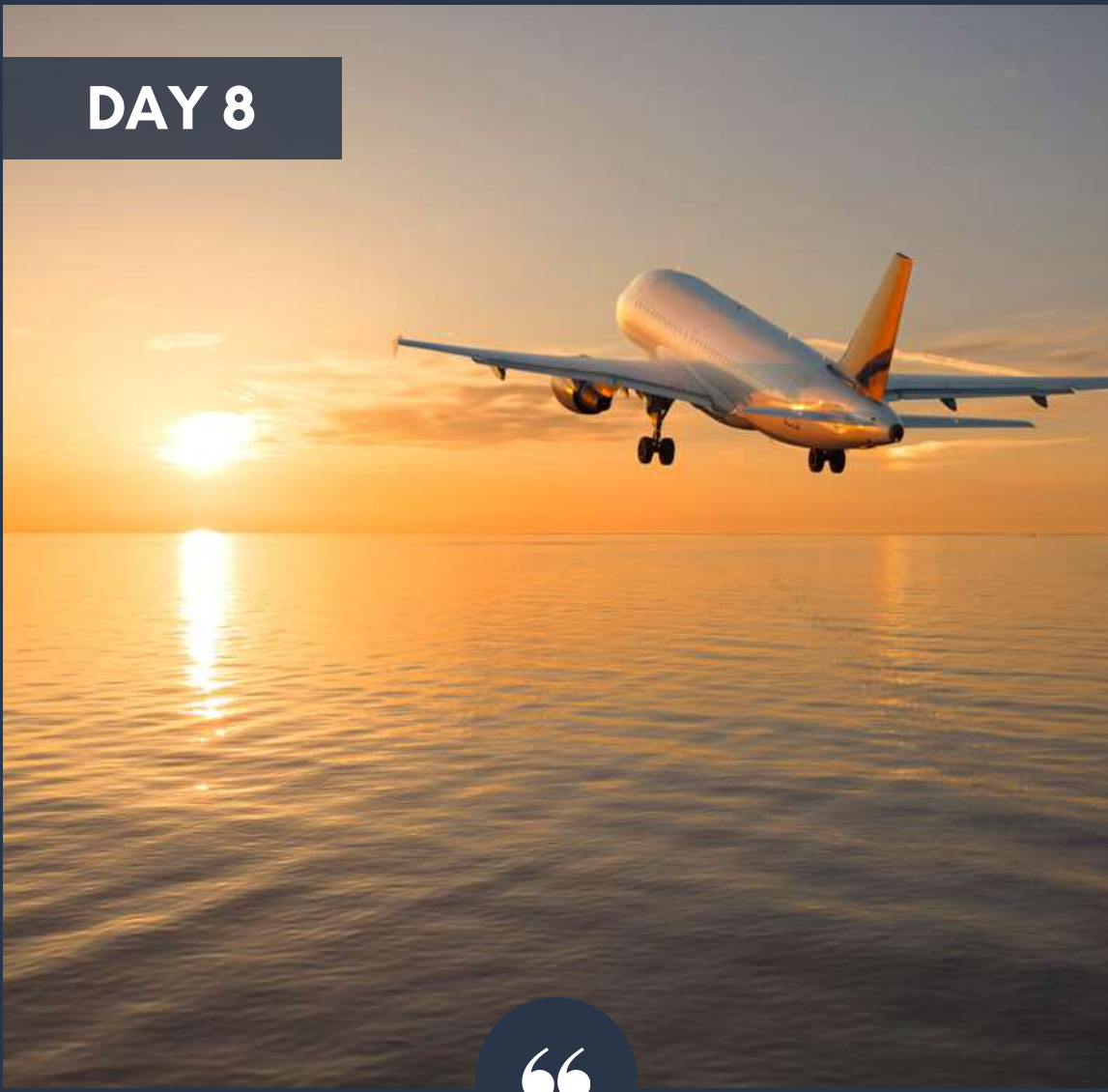
What is there Beyond the Way, in Santiago? Our collaborator and founder of the Secretos de Galicia routes will guide us through this city to, delving into its secrets and its hidden symbology, discover the true history that connects it with the original call of this Galician Land. At the end of this tour, we can calmly continue walking the streets of Compostela and enjoy tapas or whatever we want.

Free afternoon for everyone to experience the city at their own pace. You can also choose the option of taking a tour of the nature that embraces Santiago between the Sar and Sarela rivers, where the Libredón forest was the location of the family pantheon owned by Queen Lupa, the current cathedral.

To end our trip we will meet to celebrate life with a special farewell dinner, to go to rest with a happy heart.



DAY 8



“

- END OF THE JOURNEY -

Breakfast and check out

Transfer from the hotel to the airport or train station in A Coruña

Return home to continue on your way with the pleasant memory of this shared life experience.

DESTINATION

YOUR HOME

Transportation and Accommodation

• FOR 8 DAYS •

All transfers during the route will be carried out in a minibus with a driver, equipped with the most advanced safety and comfort systems. Comfortable seats and trunk for luggage.

DAY 1 - DAY 2

ApartaHotel Attica21 As Galeras* (Santa Cruz)**

<https://www.attica21hotels.com/aparthotel-attica21-as-galeras/>



DAY 3 - DAY 4

Hotel Spa of Lugo Roman Baths* (Lugo)**

<https://balneariodelugo.com/>



DAY 5

Hospedium Cabo Sport* (Fisterra)**

<https://hcabosport.com/>



DAY 6 - DAY 7

Hotel Virxe da Cerca** (Santiago de Compostela)**

<https://pousadasdecompostela.com/hotel-virxe-da-cerca/>



COMPANIONS

José Carlos Hermida. Environmentalist, coach and adventurer, since I was a child I have had a passion for nature, for traveling and for the stories that told this world in a different way. Legends, mythology and everything that I felt is yet to be discovered beyond ordinary life, have always attracted me powerfully. In my journey I have sought to understand the origin of the people and their oldest traditions, and to connect with the heartbeat of the planet. The practice of chi kung and humanistic disciplines have given me a greater understanding of the human being and a deep respect for Mother Earth.



Davide Rampino. Traveler, impatient nomad and adventurer, I have always felt attracted to the most exotic, atypical trips, rich in ancient cultures, far from urban and crowded spaces, and always immersed in nature. Contact with the authentic, the natural and the ancestral has been a constant element of all my discoveries. Travel and life experiences in countless places have contributed to developing in me a very open vision of the world and people, cultivating interest and passion for entire centuries of ancient culture and wisdom.



LOCAL EXPERTS

Francisca López. Responsible for the organization of the Roga da Luz and founding member of the Sacred Forest Association of Lugo whose objective is the creation of a meeting space for reflection, self-knowledge and work for the common good. She share her intimate connection with the landscape and the culture around the megalithic and intangible heritage of Penas de Rodas (Outeiro de Rei) and Pena da Moura (Begonte) in the province of Lugo.



Carlos Sánchez - Montaña. Architect specializing in Projects, History and Urban Planning from the Higher Technical School of Architecture of Barcelona. Doctoral studies at the University of A Coruña with the course "Architecture of Galicia". Extensive career as a researcher around the material history of antiquity and especially the specific Galician one. Realization of reports for audiovisuals, director of outreach programs in the written press and television. "I enjoy making known, in first person, the secrets that our forgotten history holds."



LOCAL EXPERTS

Sonia Lamas. Sonia has always felt very linked to nature, so all her training revolves around health, plants, understanding natural laws and balanced relationships with everything that surrounds us. In recent times Sonia has been delving into the roots of Galician traditions and currently she teaches workshops on ancestral medicine, ethnobotany, healing rituals and sacred places in Galicia. Remembering again all these ancestral memories, being able to teach them and keeping them alive are today her greatest motivations.





Rafael Lema. Writer, author of 22 books of poetry, narrative and essays in Galician and Spanish, with a dozen literary and research awards, his works have been translated into French and Italian. His work as a researcher of maritime history and heritage or Galician ethnography and mythology stands out. In this last aspect we cite his works: *The Secret Way of Santiago*; *The Via Pagana to Compostela* (Italian); *Camiño dos Faros, Legends of the Costa da Morte*.



DATES

TERRA GALAICA - Beyond The Way - will take place on two dates for 2024:

- July 22 to 29 
- August 19 to 26 

Small groups between 10 and 20 people.

PRICE PER PERSON

Price 1.485 € VAT included

€1,385 for reservations before March 31, 2024

Included services:

- 7 nights accommodation in a shared double room with breakfast*.
- Half-Board (5 meals and 2 dinners).
- Minibus transfers with driver according to itinerary.
- Companions throughout the tour, local experts and experiences designed for each place (voluntary).
- Last day - minibus for transfer from Santiago de Compostela to A Coruña.
- Travel and cancellation insurance.

Services not included:

- Flights or other round-trip transportation.
- First day transfer to the hotel.
- Food or drinks not mentioned.
- Any other service not indicated in the previous section.

RESERVATIONS AND PAYMENT METHOD

- Formalizing the reservation requires a payment of €485.
- The remaining amount will be paid one month before the start date of the trip (June 21 or July 18).

Payment methods: bank transfer and/or credit/debit card.

Cancellation and refund

Thanks to the insurance included in the price of the trip, in case of cancellation for justified reason, the insurance will refund 100% of the amount paid, after due justification (specific clauses and conditions included in the documentation of the contracted insurance, which traveler will receive with the reservation).

* 275€ supplement for a single room.



PRACTICAL INFORMATION

In summer, the mild climate predominates on the coast, it is hotter inland and sometimes it can rain, so we recommend to bring a raincoat and/or umbrella. Since there will be the possibility of swimming in the Lugo Spa, it is recommended to bring a swimsuit, hat and flip-flops. Comfortable shoes and clothing are also recommended for activities that will take place in nature.

For the day of the boat trip it is advisable to bring a windbreaker and something warm.

MORE QUESTIONS

If any interested party has reduced mobility, they must inform us to see if we can cover their needs. Likewise, any type of food intolerance must be reported at the time of formalizing the reservation.

CONTACT INFORMATION



José Carlos Hermida

 (+ 34) 647 58 01 41

 jchermida@astara.es



Davide Rampino

 (+34) 616 18 70 32


 drampino@astara.es

Web y Social Networks

 origenes.astara.es/terragalaica

 @astaraorigenes

 astaraesp

 _astara.es



Join us in this magical experience that will connect you
deeply. An inner journey and a journey Beyond the Way
that will take you back home, back...
to the Origin.

