

Camino de Santiago Wellness Retreat



2026 OFFERINGS



Dear Peregrino,

Welcome to this special journey along the Camino de Santiago. We are so excited to have you thinking about joining us on this retreat — a unique opportunity to walk, reflect, and immerse yourself in the beauty of Spain's stunning landscapes, vibrant culture, and rich traditions.

During our time together we will walk together through charming villages, savor delicious cuisine, and create moments of connection — with each other, the world around us, and, most importantly, ourselves. Whether you seek personal reflection, new friendships, or simply the joy of movement, this retreat is a space to be present, open, and inspired.

Let the rhythm of your steps guide you, the sea breeze uplift you, and the camaraderie of our group remind you that this journey is yours to cherish.

Buen Camino!

Nikki + Kari

2026 Options:

After an insightful first round of our retreat this past May, we've learned so much about how to best host this unique experience. With overwhelming interest and growing demand, we're excited to offer two retreat options this year—giving you more flexibility and opportunity to join us for a transformative journey.

Take a moment to explore the next few pages and discover which retreat experience is the right fit for you.

01

CAMINO NORTE PART II

 May 25th to June 8th, 2026

 Santander to Lueca, Spain

 Coastal + mountain route

 Average of 15+ mile days & 1500+ ft elevation gain daily, for those in solid hiking shape

02

CAMINO PORTUGUES

 October 18th to 25th, 2026

 Tui, Portugal to Santiago, Spain

 More beginner-friendly, training still required for hiking fitness

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COUCH TO CAMINO TRAINING PROGRAM ADD-ON FOR THOSE WANTING SUPPORT TO PREPARE



Hiking Distances + Elevation: Camino Norte

	Distances	Elevation Gain
May 25 th Santander	Arrival + Prep to walk!	–
Santander – Arce	12 miles	1280 ft
Arce – Santillana del Mar	15 miles	922 ft
Santillana Del Mar – Comillas	14 miles	1909 ft
Comillas – Unquera	18 miles	1450 ft
Unquera – Llanes	16 miles	1444 ft
Llanes – Ribadesella	19 miles	1617 ft
Ribadesella – Conunga	13 miles	1437 ft
Colunga – Villaviciosa	12 miles	1539 ft
Villaviciosa – Gijon	18 miles	2333 ft
Gijon – Aviles	16 miles	1450 ft
Aviles – El Pito	17 miles	1727 ft
El Pito – Ballota	18 miles	2146 ft
Ballota – Luarca	17 miles	2054 ft
June 8 th Luarca	Breakfast + Checkout!	–

Hiking Distances + Elevation: Camino Português

	Distances	Elevation Gain
October 18 th Tui	Arrival + Prep to walk!	-
Tui - O Porrino	12 miles	994 ft
O Porrino - Arcade	14 miles	1522 ft
Arcade - Pontevedra	8 miles	931 ft
Ponteveda - Caldas de Reis	14 miles	1729 ft
Caldas de Reis - Padron	12 miles	1272 ft
Padron - Santiago	16 miles	2047 ft
October 25 th Santiago	Breakfast + Checkout!	-

Daily Schedule:

01

WALK

Enjoy a mindful walk along the scenic Camino de Santiago, taking in scenic views, charming villages, and moments of quiet reflection.

02

EAT

Pause to savor delicious Spanish cuisine, whether it's a local café lunch or a group dinner highlighting regional flavors.

03

STRETCH

Start the day with gentle stretching to restore the body, followed by a moment to set personal intentions in the morning.

04

REFLECT

Unwind in the evening with a restorative stretching session, followed by time to reflect, share experiences, and connect with others or yourself.



TRIP INTENTION:

This simple flow allows space to move, eat, and rest mindfully while fully embracing the rhythm of the Camino.

Retreat Inclusions:

Inclusions

- Double rooms with private bathrooms
- Daily breakfast (and dinner included on Portuguese route)
- Luggage transfers between stops
- Ferries if required
- Official Camino pilgrim credentials
- Morning and evening stretching sessions
- Licensed guide and Spanish speaker for the duration of the retreat

Exclusions

- Flights and transportation to/from the starting and ending points of the retreat
- Lunches, and other meals/snacks outside of what is listed above
- Travel insurance (highly recommended)
- Personal expenses (e.g., souvenirs, additional snacks, or drinks)
- Optional activities or excursions outside the itinerary



**"All truly great thoughts
are conceived while
walking"**

- Friedrich Nietzsche

Pricing + Cancellation Policy

CAMINO NORTE

May 25-June 8

PAYMENT TOTAL:

€2665

*price in euros and conversion
made day of total payment

CAMINO PORTUGES

October 18-25

PAYMENT TOTAL:

€1695

*price in euros and conversion
made day of total payment

DEPOSIT REQUIRED TO HOLD YOUR SPOT:

Both trips: \$350

PAYMENTS MADE TO:

Elements YT on Venmo
[@elementsyt](#)

FINAL PAYMENT AND CANCELLATION POLICY:

- ✓ A deposit of \$350 is made at the time of booking. This is nonrefundable unless your spot on the trip is resold. **The remaining payment is due 60 days before the departure of the trip.**
- ✓ Cancellations made at least 30 days before the start date of the Camino: 80% of the total amount of the reservation will be refundable. Cancellations made between 30 and 15 days before the start date: 50% of the total amount will be refunded.
- ✓ Cancellations made less than 15 days before the start date: 0% of the total amount will be refunded. All cancellations must be notified at least 72 hours before the start of the trip.

The Team:



Nikki Warren

Yoga teacher, Spanish speaker,
and hiking lover!

Nikki will be leading the morning and evening
yoga sessions, and will be the go-to for all
your Spain/Camino related questions.

nikkiwarrenyt@gmail.com
(585) 750-3837

Kari Sharry

NYS licensed guide and multi-
day adventure expert!

Kari will assist you with any pre-hike training,
and will be the go-to on the trip for any
hiking/medical related questions.

karisharry@aol.com
(201) 410-7257

