

ACHIEVE IT & SOULWANDERING

# THE SPANISH WINE REGIONS

**SEPT 9–18, 2026**

Pamplona → Santo Domingo  
de la Calzada

With a steadier pace and fewer physical demands, this trip is ideal for those drawn to history, wine culture, and the experience of walking within a pilgrim community. It offers space to reflect, integrate what's been stirred along the way, and simply be present—allowing the Camino to reveal itself gradually, one step at a time.

This section of the Camino invites you to slow down and settle into a natural rhythm of walking, reflection, and connection. Moving through historic towns, vineyards, and open landscapes, the journey is shaped by a strong sense of pilgrimage, shared moments, and quiet contemplation.









# THE SPANISH WINE REGIONS

## PAMPLONA TO SANTO DOMINGO DE LA CALZADA





# DAILY TRIP

## DAY 1. MEETING IN PAMPLONA

The starting point of our journey is the beautiful town of Pamplona. After settling into our charming art hotel in the vibrant heart of the old town, where we can unwind with a sauna, we gather for an introduction to the Camino de Santiago.

Later, we'll enjoy a guided city walk through Pamplona's medieval streets—famous for the Running of the Bulls—culminating in a wine tasting that allows us to savor the renowned flavors of Navarra.

The evening is free to explore the city's lively tapas scene.

## DAY 2. PAMPLONA → PUENTE LA REINA



**15.0 miles; 1540 ft elevation gain**

We ascend the Sierra del Perdón, enjoying panoramic views, windmills, and traditional villages, before reaching Puente la Reina, famous for its medieval bridge. The route passes through fields of grain and sunflowers, with an optional detour to the enigmatic octagonal church of Eunate. The day ends in a cozy, character-filled inn set in a restored 17th-century building.

## DAY 3. PUENTE LA REINA → ESTELLA



**13.7 miles, 1400 ft elevation gain**

Today's route takes us through rolling hills with vineyards, olive groves, and historic hamlets. We pass through Cirauqui, where remnants of a Roman road remain, and admire Romanesque architecture along the way. The day ends in Estella, a lively town full of history and culture. We'll stay at the welcoming, family-run Rural Hotel Casa Luisa in Ayegui, known for its rustic charm and authentic Navarrese cuisine.



## DAY 4. ESTELLA → LOS ARCOS



**12.5 miles, 1148 ft elevation gain**

We travel through Navarra's pastoral landscapes, visiting the Monastery of Irache with its wine fountain and the village of Villamayor de Monjardín with its castle ruins. Crossing open fields and vineyards, we reach Los Arcos, where we explore Santa María Church before staying in a comfortable rural hotel in a renovated 17th-century mansion, with a restaurant in its historic wine cellar.

## DAY 5. LOS ARCOS → VIANA



**11.5 miles, 1017 ft elevation gain**

On our final day in Navarra before entering La Rioja, we walk through rolling farmland, visit the octagonal Church of the Holy Sepulchre in Torres del Río, and arrive in the charming walled town of Viana. We stay at the boutique Hotel Palacio de Pujadas, combining luxury and history, with dinner featuring regional specialties and fine wines.

## DAY 6. VIANA → LOGROÑO



**6.4 miles, 213 ft elevation gain**

A short, symbolic stage marking our entry into La Rioja. We leave Viana, cross the Ebro River, and reach Logroño for lunch and check-in at the elegant Hotel FG. After relaxing with a sauna or massage, we explore the old town and visit a winery to taste Rioja wines. The evening is free to enjoy tapas along the famous Calle Laurel.



## DAY 7. LOGROÑO → NAVARRETE

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**7.9 miles, 1227 ft elevation gain**

A gentle stage for rest and exploring Rioja's wine and food culture. We pass through vineyards and hermitages before reaching Navarrete, known for pottery and winemaking. We stay at a vineyard combining a luxury hotel and wine museum, with wine tastings and a sauna, and enjoy dinner in a historic wine cellar with refined local cuisine.

## DAY 8. NAVARRETE → NÁJERA

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**11 miles, 709 ft elevation gain**

Today's walk gains a bit of intensity as we pass vineyards and farmlands toward Nájera, former capital of the Kingdom of Navarre, with sweeping countryside views. We visit the medieval Monastery of Santa María la Real and stay in comfortable, authentic lodging, enjoying a dinner of traditional rural Riojan cuisine.

## DAY 9. NÁJERA → SANTO DOMINGO

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**13.1 miles, 1060 ft elevation gain**

Our final stage takes us through La Rioja's vineyards and wheat fields to Santo Domingo de la Calzada, a historic town built for pilgrims. We stay in an elegant hotel in a former pilgrim hospital and enjoy a farewell dinner in a dining room that once welcomed medieval travelers.



## DAY 10. FAREWELL

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After breakfast, we take time to explore the medieval center of Santo Domingo, followed by a comfortable transfer back to our points of departure.

As we part ways, we hope the mindfulness, connections, and memories of this journey will accompany you far beyond the Camino.





# PACKING LIST



## MINIMALIST MENTALITY :-)

- SMALL TO MEDIUM SUITCASE
- DAY BACKPACK
- HIKING POLES
- 2 PAIRS HIKING SHOES (ONE WATERPROOF)
- SHORTS, YOGA PANTS, OR HIKING PANTS
- RAIN PONCHO OR JACKET
- CASUAL WEAR AT NIGHT





# WE GUIDE YOU THROUGH EVERY STEP

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## ■ CARE BEFORE WE GO

- Monthly group gatherings in the months leading up to departure.
- Guidance on equipment, packing, training, airfare, insurance, money exchange.
- Practical support so no one arrives feeling rushed or unready.
- Assistance with additional travel logistics

## ■ CARE ALONG THE WAY

- Lodging arranged along the route.
- Maps, phone numbers, group WhatsApp, 4 support coaches so no one is LAST.
- Ongoing personal coaching throughout the journey.

## ■ CARE FOR YOUR PERSONAL JOURNEY

- Space for reflection without pressure or performance
- Gentle teaching and thoughtful questions
- A community grounded in kindness, care, and compassion

### WHAT'S INCLUDED?

- All accommodations
- All meals (except 2 dinners)
- Porter service
- All wine tours, & special guided walks
- Training calendar
- Packing list
- Pilgrim passports for ceremony city stamps
- 5 monthly zoom support calls
- 4 coaches for daily support
- Final group reflection call upon return
- We handle all the logistics, so you can focus on walking — including internal transfers, hotel check-ins, and daily organization



## FAQs

### **How many miles do we walk each day?**

It depends. A typical stage is around 15–16 miles (about 5–6 hours of walking per day).

In any case, our daily program clearly lists the distance and elevation gain for each stage.

If you have questions or concerns, just ask — we're happy to help.

### **Where will we stay?**

We will stay mostly in 3- or 4-star hotels and luxury rural hotels, in double rooms with private bathrooms.

On one night in France, accommodations will include triple or quadruple rooms (shared only within our group). Even in this case, it is the best accommodation available: a charming rural B&B with a garden and swimming pool.

### **Do we need to carry our luggage?**

Your luggage is transported for you from hotel to hotel. You only walk with a daypack.

### **What level of fitness is required?**

We will support you in the preparation process, and the journey is accessible to anyone in reasonable walking shape..

### **What happens if I can't walk a stage?**

If needed, we can arrange alternative transportation (price not included) so you can rejoin the group later that day.

### **Is this a religious trip?**

The Camino has religious origins, but today it is walked for many reasons: cultural, personal, spiritual, or simply for the joy of walking. No religious belief is required.

### **What is the group size?**

We travel in a small group, which allows for flexibility, personal attention, and a relaxed atmosphere.



# CONTACT US

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