

**A Sample for Your Review
2023 Itinerary, Requirements & Monies
Exact Details for 2024 will be posted in early December.**

The Quadratos Camino A Rite of Passage



With
Alexander John Shaia, Online Guide & Mentor
& Liz Helmore & Strawberry Moon Enterprises, Spain
Lodging, Meals & Ground Support

*People from every walk of life, every orientation, and all faiths or no faith
are welcome.*

61 days / 60 Nights (2023 Itinerary is an example)

Gather by late afternoon on 4 September 2023 in Pamplona
Depart mid-morning Friday, 3 November, from Muxia by taxi for
the Santiago de Compostela Airport/Santiago Hotel or to Muxia

Small Community

Minimum of 4 and maximum of 8 pilgrims, plus Alexander John as online guide and mentor.

The Quadratos Camino Includes:

- Physical, Cognitive, Emotional & Spiritual preparation to walk, as well as to make the return journey home.
- 60 nights lodging in double occupancy room with private bathroom - Pamplona, Burgos, Leon, Samos and Santiago, everyone has a single room. Daily luggage transfer of 1 bag – up to 18kg per person
- 61 breakfasts & 51 main meals (mostly dinner)
- 47 days – morning meditation & evening sharing circle
- 7 rest days (non-walking) – one per week
- 12 retreat days: reflecting on one's pilgrimage, personal process, spirituality, and the four paths, led by Alexander John
- 9 coach transfers to and from retreat lodges to Santiago Airport or Muxia etc. 7 Sunday Reflections with communal Greeting of Peace
- 3 private meetings (20 min each) with Alexander John
 - ❖ Admittance to Chapels (not usually available to the public) for special prayer time, including: Eunata, San Miguel de la Escalada & Santuario de Vixen Barca
 - ❖ Visit Monasterio de Leyre (Benedictine Monastery an hour east of Pamplona)
 - ❖ Visit San Pedro Monasterio (Siersa in the Aragon)
 - ❖ Visit Cartuja de Milaflores Monsasterio (Carthusian Monastery in Burgos)
 - ❖ Visit the San Isidoro Basilica & Museum (Royal Chapel in Leon)
 - ❖ Visit The Portico of Glory – Cathedral Santiago de Compostela

[Chapel and Monastery openings are subject to change.]

Requirements

- Discernment interview with Alexander John assessing:
- Appropriate health for walking a lengthy pilgrimage
- Desire to walk the Camino as a personal rite of passage

- Interest in Mystical Spirituality (including Christianity) & the Journey of Quadratos
- Willingness to engage in spiritual practices – silence, walking meditation, communal prayer etc.
- Ability to use small community life for one’s growth over the course of the pilgrimage
- Desire to work with one’s physical stress and emotional tension

Total cost (2023 cost and pay schedule as an example)

\$14,750 US dollars*, payable to Quadratos LLC.

*Cost does not include airfare/train etc to Pamplona or departing Santiago, ten main meals (out of 61 days) and your personal incidentals.

Schedule of Three Payments

1. \$4,000 US to secure your booking
2. \$6,000 US due by 5pm USA Mountain Time on 31 March, 2023
3. Balance of \$4,750 US due before 5 pm USA Mountain Time on 31 May, 2023.

One Payment at Booking by 31 January 2023

\$13, 275 US (10% discount)

Payment Method

Payment may be made via Bank Transfer, Wise Transfer, PayPal or Credit Card. <https://www.quadratos.org/shop/#support>

Bank Transfer to Santa Fe, USA bank account is preferred and is the most cost effective.

***There is a Surcharge to use PayPal or a Credit Card.** The additional amount equals that added by PayPal or your particular Credit Card company. The surcharge can be as much as 5% or more. Please check with your provider to learn their surcharge.

Travel Insurance

At the time of your initial deposit, please secure comprehensive travel insurance, and then immediately send a digital copy of your policy to: admin@quadratos.org

Cancellation & Refunds

Request for refunds are to be made in writing to Quadratos LLC and must be received on or before the dates posted and **by 5pm Mountain Time USA:**

By 5 pm 31 January 2023 – full refund of monies minus \$375 administrative fee.

After 5pm 31 January through 5pm 31 May 2023 – percentage of refund (minus \$350 administrative fee) is dependent on Quadratos LLC maintaining a minimum of 4 pilgrims.

After 5 pm 31 May 2023: no monies are able to be refunded.