



**ADVENTURE - WALKING RETREAT - AUSTRIA**

# **A HERO'S CAMINO DE SANTIAGO**

**8TH-16TH SEPTEMBER 2023**

Activity organized by  
**Marco Silva Coaching**  
Collaboration  
**Jagged Horizons**



**Marco Silva**  
Coaching



JAGGED HORIZONS





# INTRO

**Did you know that...**

.... **The Way of St. James (Camino de Santiago)** shaped the 11th, 12th and 13th centuries Europe, enabling the transit and exchange of goods and cultures, connecting countries all over the old continent along endless routes ending in Santiago de Compostela and beyond in Finisterra - Galicia? Today the "Camino" is a modern pilgrimage, an adventure that cultivates "human authenticity". There are those who also see it as a spiritual initiation which in its essence is not far from its origins.

**The Camino is a true hero's journey, where you step out of your daily routine, and set out to overcome your challenges by connecting with the magic of your route. And then you return home to share your newfound wisdom - your newfound gifts, and put them into practice with a better understanding of the world around you and who you are.**

**Doing the Camino gives you the courage and strength to change your life, to know that you are capable of achieving important challenges, that you will have friends for life, it reminds you of important values such as respect, peace, joy, freedom and self-love. It will also make you take care and move your body with love, breathe fresh air and be in direct contact with nature.**

**You will walk and laugh a lot, enjoy good food, share knowledge and feelings and you will never be the same again.**

**The Camino is waiting for you! Will you join us?**





## WHAT IS IT?



Hi dear friend,

This is an all-inclusive personal growth retreat. The main activity is to walk and talk on the Camino de Santiago which passes through the beautiful region of Tyrol in Austria, between the 8th and the 16th of September 2023. And I will accompany-coach you on-site.

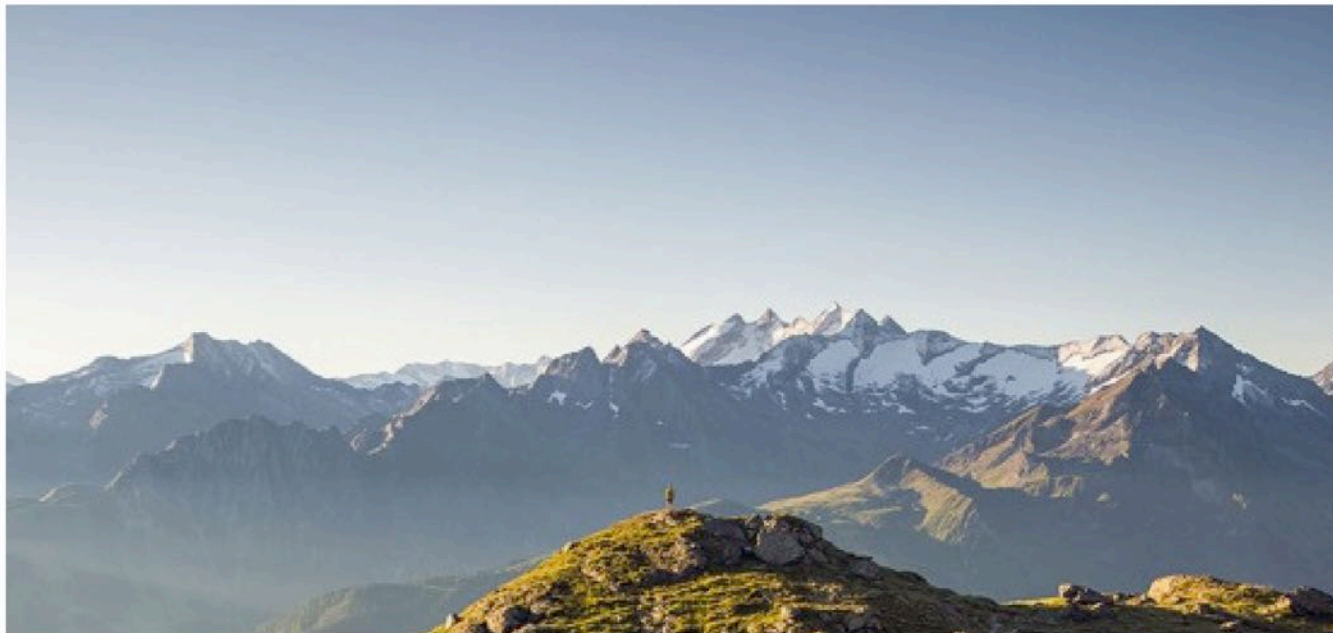
This activity is for you if:

- You wish to do something special, different and get out of your daily routine,
- Personal growth and spirituality are among your interests
- You want to change an aspect of your life that makes you uncomfortable (work, home, relationship, etc.), but you don't really know how to do it and you need to step out to gain perspective,
- You like travelling, adventure, exercise in contact with nature and getting to know other people and customs,
- You have an open mind to change and like sharing life experiences with other people.

What can you expect as a result of this experience?

- Clear answers about your conflicts and difficulties,
- New perspective,
- More confidence and self-esteem,
- Physical and emotional well-being,
- Satisfaction and joy,
- Stress reduction,
- Friendships for life.





# AUSTRIA-TIROL

*"No country waltzes so effortlessly between urban and outdoors as Austria. One day you're cresting alpine summits, the next you're swanning around imperial Vienna"*  
- LonelyPlanet.

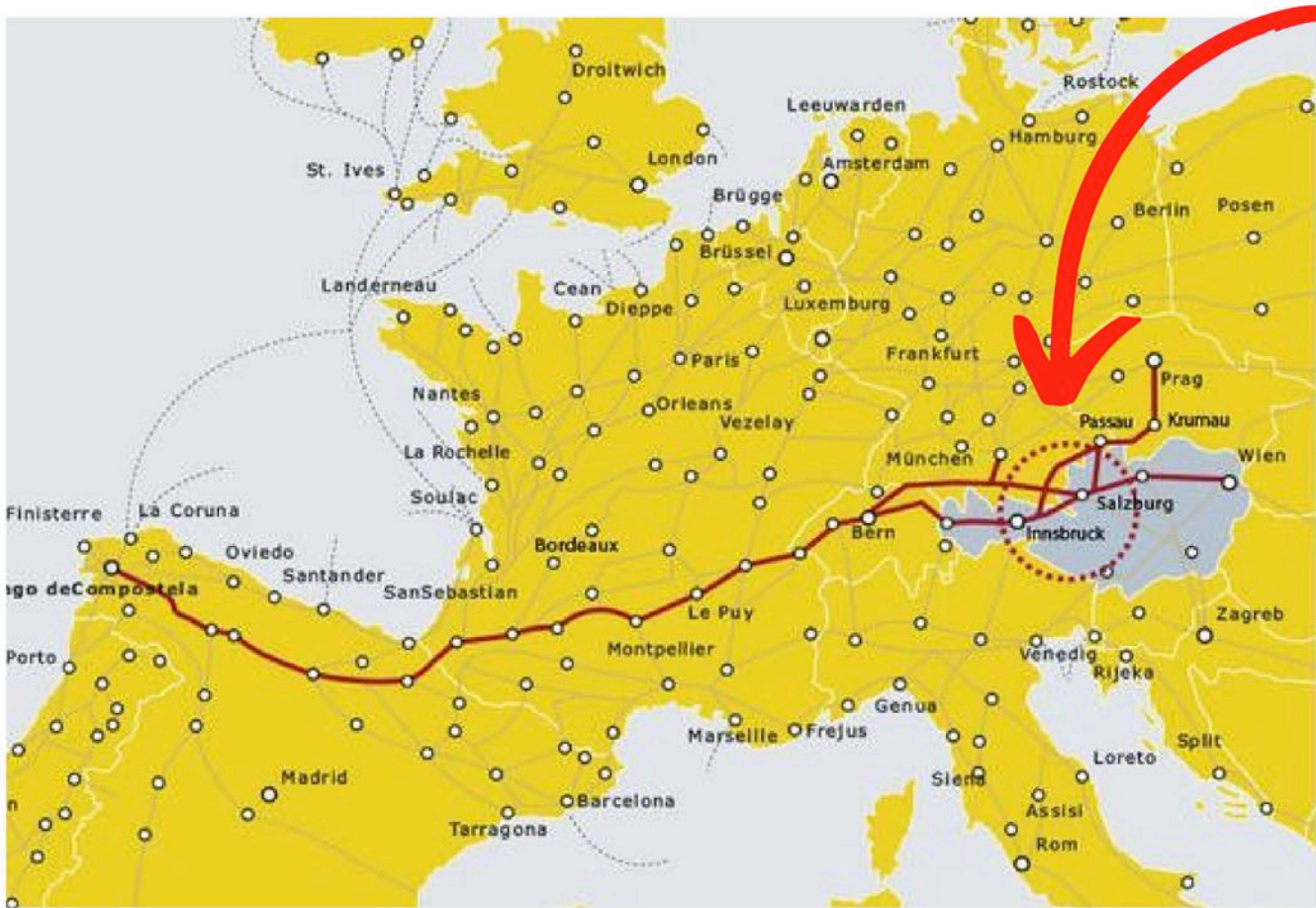
Austria has everything one can ask for when discovering a new place: great culture, unique nature, centuries of history and beautiful and romantic castles, delicious food and friendly hosts. And of course, it has this special region called **Tirol**:

*"Sandwiched between Germany's Bavaria and Italy's South Tirol, the Austrian Tirol is a natural wonder with mountains, glaciers, lakes and rivers. The valleys offer quaint pastures and picture-perfect villages, the peaks offer trails, wonderful huts and stunning vistas.*

*The Innsbruck valley is the transport and population spine of the Tirol and at its centre is the magical city of Innsbruck. World-famous resorts are found in Tirol from east to west including St Anton am Arlberg, Mayrhofen, Sölden and Kitzbühel. Lesser-known villages are numerous and are often stunningly quaint and wonderfully hospitable.*

*Accommodation in Tirol is of a very high standard, no matter the star rating. Like their Swiss neighbours, the Austrians have great pride in their natural and built environment and this is clearly evident in the accommodation across the Tirol province. Tirol isn't all history either, there is a range of superb architecture in the mountains and the valleys of Tirol, all built to an exacting standard".* - Jagger Horizons





# ROUTE

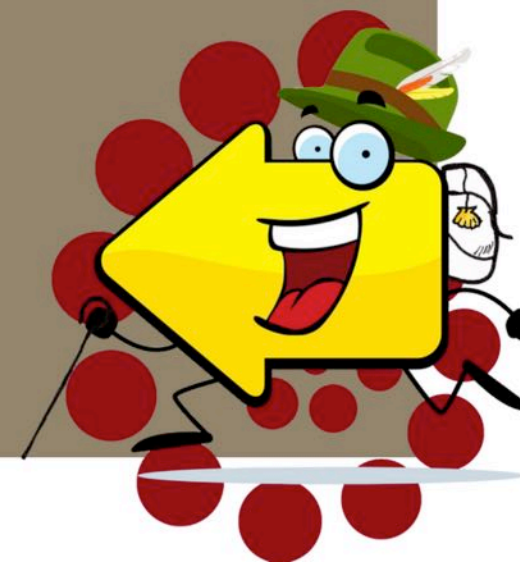
## Where exactly will we go?

We will be on the Via Tirolensis, the "Jakobsweg" (Way of St. James) that crosses the Tirol and the Alps, through the most beautiful and magical area of this fantastic country.

Although we are in the heart of the Alps, we will walk with little elevation gain (in valleys and next to rivers) from St Johan in Tirol to Innsbruck for a total of 108 km during 6 days (an average of 18 km per day), and enjoying a privileged Nature, culture, history, gastronomy and hospitality - a gift for all senses.

### Itinerary:

- Day 1: Arrival in Munich and transfer to St Johan in Tirol
- Day 2: Walk from St Johan in Tirol to Ellmau - 12,2 km
- Day 3: Walk from Ellmau to Wörgl - 23,4 km
- Day 4: Walk from Wörgl to Breitenbach am Inn - 10 km
- Day 5: Hike from Breitenbach am Inn to Strass im Zillertal - 17 km
- Day 6: Walk from Strass im Zillertal to Terfens - 21,2 km
- Day 7: Walk from Terfens to Innsbruck - 23,8 km
- Day 8: Free day in Innsbruck - this will be fun!
- Day 9: Transfer from Innsbruck to Munich and return home





Amazing, just and example of where we are going to stay:

### **"GASTHOF HOTEL POST, STRASS**

*Dating from 1840, the Gasthof Hotel Post occupies one of the most prominent buildings in the village of Strass. The historic building features some modern facilities including a rooftop, outdoor swimming pool and spa with sauna and relaxation area. The interior of the hotel is styled in a contemporary fashion with modern furniture and fittings. The hotel features a restaurant which sources much of its produce from its own local farm*

### **GASTHOF SCHOPPER, BREITENBACH AM INN**

*Featuring a wonderful garden to drink, dine or relax in, the Gasthof Schopper is a traditional guesthouse and popular local restaurant, known for its quality cuisine. The interior of the Gasthof Schopper is a mix of traditional landhaus and renovated furnishings. Located in the village centre, the Gasthof Schopper is just a short distance from the river Inn.*

### **TIROL LODGE ELLMAU**

*Located on the lower slopes of the Ellmau ski area, the Tirol Lodge has a wonderful setting next to the pastures and forests of Ellmau. The modern and super-stylish lodge consists of multiple units connected by walkways and at the centre of the lodge is the outdoor swimming pool. The interior of the lodge is equally contemporary and stylish with fantastic furniture and fittings. The lodge features a spa with sauna and relaxation areas. Dining in the lodge includes a grill as well as a la carte". - Jagger Horizons*



# ACCOMMODATION



# INNSBRUCK

## *Our final destination*

*"Innsbruck, the capital of Tirol, is one of the great alpine cities in the world. With 120,000 inhabitants, a thriving university population, a historic old town and surrounded on all sides by mountains, Innsbruck is a fantastic destination for a city break. Very much an all-season city, outside of the winter skiing months, the city offers so much in terms of activities, culture, and entertainment.*

*Innsbruck old town is iconic, steeped in history, and close to the river & parks, it is a wonderful focus of Innsbruck life. It is also the embarkation point for a stunning funicular ride under the city, followed by a steep climb to the northern city mountains. Activities take place on the mountain at Seegrube but pretty much every other peak that can be viewed around the city. Innsbruck is also culturally rich with theatre/opera, museums, and art galleries. And for entertainment there are endless bar and restaurant options in Innsbruck, making it a vibrant social hub". - Jagger Horizons*

In case you would like to walk for religious reasons, here you will find a temple consecrated to Santiago - The Cathedral of St James or as it is locally known - The Innsbrucker Dom or Dom zu St. Jakob. The finishing point of our walk.

It has all the right reasons to spend a free day, relaxing before returning home. It will be well spent exploring the city, enjoying history, food, amazing views and sharing unforgettable moments with your new pilgrim-friends.





# SERVICES



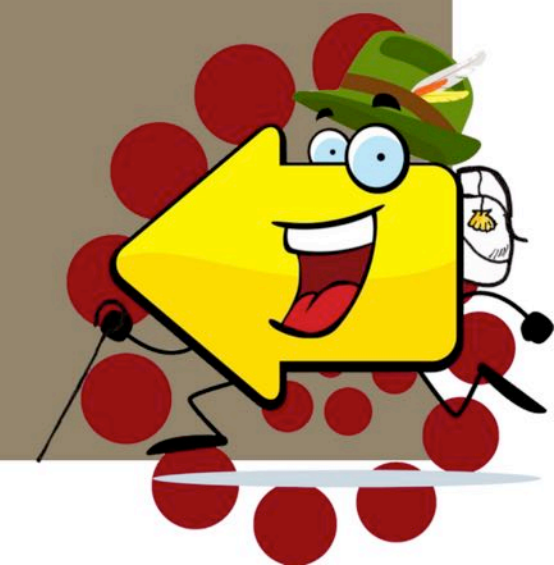
## What is included?

We have signed a partnership with an Austrian travel agency that is a leader in organising this type of special events. The aim is that you have everything you need and that you fully enjoy the great plan that we have for you:

- Exercise and nutrition plan in preparation for the activity,
- Detailed shopping list for the needed equipment for the activity,
- 1 coaching session 60 minutes before the activity,
- Coaching and guidance during the activity,
- Transfers from Munich airport to St Johan in Tirol and from Innsbruck back to the airport,
- Superior accommodation in en-suite rooms in charming traditional Tyrol accommodation - 8 nights,
- Meals on a full board basis: breakfast, lunch and dinner,
- Luggage transport between stages,
- Accident insurance during the activity.

## What is not included?

- Flights to and from Munich,
- Visas, airport and/or tourist taxes, if applicable,
- Travel insurance (compulsory) and cancellation insurance,
- Individual coaching sessions,
- Drinks and tips, Laundry,
- Taxis between stages,
- Everything other than what is listed above as included.







# PRICE



## How much does it cost?

**The cost to participate in the retreat is 2990,00 € (including VAT).**

The activity will only take place if there is a minimum of 10 participants.

Places are limited to 12 participants.

### Booking and payment

To secure your place we require payment of the total price by bank transfer (commission free) by May 31st 2023 (included).

### Cancellation policy\*

- If you cancel your trip before May 31st 2023 (inclusive), 50% of your payment will be refunded.
- If you cancel your trip after June 1st 2023 (inclusive), your payment will not be refunded - although you are free to transfer your place to a family member or friend.
- If we have to cancel the activity, 100% of your payment will be refunded.

\* May 31st 2023 is the deadline we have to book accommodation and restaurants on site. It is a date that allows you sufficient time to train, purchase equipment, book flights and plan your life around the activity.

Refunds and cancellations that are due to unforeseen circumstances such as serious illness or death will be considered and each case will be examined on the basis of an honourable agreement so that the parties involved will not be penalised.

We recommend that you take out a cancellation insurance policy to cover any eventuality.



# ORGANIZATION



Hi, my name is Marco, I am coaching for 13 years professionally and my passion-job is to accompany people who, like me and maybe you, have spent a large part of their lives trying to please parents, teachers, partners, bosses... People who find it difficult to say 'no', seek external approval, fear rejection and are prey to perfectionism.

I help my clients to let go of guilt, change and regain their power of decision, courage, control over their lives, self-love, and smile again.

I do this through modern-day adventures like the Camino de Santiago, and I do it with joy, respect and openness. I'll be at your side, walking, accompanying you on your inner and outer path. I am honoured.



JAGGED HORIZONS

Jagged Horizons have operated an office in Innsbruck for over 15 years – we are specialists in leisure and event programmes in the Austrian Alps. Over the years we have uncovered the most authentic dining experiences, a range of wonderful and charming places to stay and the most unique and exhilarating activities in the region. We are continually developing our supplier partnerships with new trends such as sustainability making a greater proportion of our programmes.

Our holiday and event programmes are entirely bespoke – accommodation, dining and activities are selected based entirely on the client's needs. After 15 years of experience gained operating in the Austrian Alps, we are confident of being to offer our clients, truly remarkable experiences in this magnificent part of Europe.





# CONTACT & BOOKINGS



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