**HISTORY OF THE WAY OF SAINT JAMES PILGRIMAGE**

The legend that Saint James found his way to the Iberian Peninsula and preached there is one of a number of early traditions concerning the missionary activities and final resting places of the apostles of Jesus. Although the 1884 Bull of Pope Leo XIII Omnipotens Deus accepted the authenticity of the relics at Compostela, the Vatican remains uncommitted as to whether the relics are those of Saint James the Great, while continuing to promote the more general benefits of a pilgrimage to the site.

**THE CAMINO PORTUGUÉS (Portuguese Way)**

Although the pilgrimage from Portugal to Santiago is assumed to have already been in existence in the Late Middle Ages, it became even more popular after the country gained its independence in the mid 12th century. From that time on, the veneration of Saint James and the pilgrimage to Santiago de Compostela, considered to be one of the hallmarks of identity of European culture, had far reaching effects in Lusitanian lands. For centuries, the Portuguese people participated enthusiastically in this collective experience, and they had the good fortune to be consistently supported by the example of members, members of the nobility and the high clergy. From the 12th century up until today, much of Portugal’s road network has seen the comings and goings of pilgrims heading from towns and cities all over the country—Lisbon, Santarem, Coimbra, Porto, Braga, Chaves—to their goal of Santiago de Compostela. Their motives were strictly religious, yet thanks to this steady flow of movement between Portugal and Galicia, cultural, economic, and intellectual exchange has also flourished.

The Portuguese Way in Galicia is the result of a combination of historical factors: bridges, country chapels, sanctuaries, wayside crosses, manor houses, and historic cities dot the route that starts on the banks of the Minho river in the city of Tui, and ends at the tomb of Saint James. The Portuguese Way in Galicia is rich in cultural heritage, which extends beyond architecture and museums to become a privileged route with some of Galicia’s finest examples of art.

The Portuguese Way gently winds northward, along ancient tracks and paths run through woodlands, farmlands, villages, towns, and historic cities. Paths that cross courses of water flowing under bridges—some of Roman origin—of unmistakable medieval construction. A route enriched by the presence of chapels, churches, convents, petos de animas—stone altars usually found at crossroads—and crucesiros (wayside crosses), where the comforting image of Santiago the Pilgrim is ever-present, to accompany and hearten the pilgrim on his journey. The hospitality offered by the people is proverbial. One of the hallmarks of the pilgrimage to Santiago is the warm reception pilgrims receive. This practice was started in the Middle Ages by the monks and clergyman serving the hospitals founded by the monks and the nobility. This welcoming lay tradition is kept alive today by the inhabitants of the towns scattered along the Way and the pilgrims’ hostel. The inhabitants of the area around the Portuguese Way feel a special devotion to Saint James and offer encouragement to those traveling to Compostela on the old paths that make up this pilgrimage route. A route Via XIX is the direct descendent of the major Roman roads that formed the backbone of the Roman Galicia and continued to be in use for many centuries. Built in the first century A.D. under the Emperor Augustus, it was known in classical works as the itinerary of Antoninus, established at the beginning of the third century A.D. during Caracalla’s time. This ancient testimony is proof of the vitality of this via from very early times. Since the Middle Ages, the Portuguese Way has maintained the tradition of exchange between neighbors that began during the days of the Roman Empire.

Despite its unquestionable historical background, modern road networks have affected the Portuguese Way. At times, these roads must forget the dirt paths and stone-paved ways to walk along the verge of the N-553 road between Vigo and A Coruna. The road follows the Portuguese Way to Santiago, something of a drawback for those seeking to recapture the essence of the original pilgrims’ way. However, these discomforts are fleeting, and are fully compensated for when the pilgrim finishes the different legs of the journey on this route of devotion, art, and culture, which offers an undisputed wealth of monumental and natural heritage.
Complete registration form above. Mail, with the deposit of $500 per person, to Sherry Alcock, Alumni Office, Luther College, 700 College Drive, Decorah, IA 52101. Contact Sherry Alcock with questions at 1-800-225-8664 or alcock@luther.edu.

HOSTED BY LUISA AND PETER FORSGREN

Luisa and Peter Forsgren invite you to discover Iberia by foot on the Luther College Portuguese Camino Adventure 2012. This classic Portuguese Camino to Santiago will allow you to explore the heart of Iberian culture and beauty.

Peter Forsgren ’82 was born in Mussoorie, India, and moved to Spencer, Iowa, in 1972. After graduation, he joined the Peace Corps as a teacher in Nepal. He continues to enjoy the Nepalese walking tradition as he and his wife, Luisa, explore the world.

On July 4, 1986, Peter met his wife, Maria Luisa Macascone Forsgren, in Lausanne, Switzerland, while they were studying at the University of Oslo. They have two sons, Jonathan and Philip, who were born in Taipei, Taiwan, and graduated from the International School of Vienna and attended Ohio Wesleyan University.

Luisa Forsgren is a Portuguese citizen and was born in Mozambique. Currently Luisa teaches Spanish and Peter teaches physical education and health at the American International School of Vienna. Luisa and Peter have taught together at the following international schools for the past 26 years: Taipei American School, Republic of China; International School of Kuala Lumpur, Malaysia; Miami University, Oxford, Ohio; and Rabat American School, Morocco.

Luisa and Peter have led international experiential adventures to Nepal, France, Spain, South Korea, Malaysia, Austria, Morocco, and North American Rockies, and have been leaders of two Habitat for Humanity builds in Brag, Portugal.

By Your Own Foot

Tour participants will experience some of the most historical places Iberia has to offer, from the Roman Ruins and Moorish Palaces to the classic Portuguese Camino. The tour package includes all air and ground transportation, accommodations, breakfast each day, some lunches and dinners, luggage portage during the Camino, and entrance fees to tour sites.

July 6: Flight from Chicago to Madrid to Lisbon
July 7: Welcome to Lisbon, Portugal
Meet at the airport and transfer to the Riviera Hotel in Carcavelos, a beach town outside of Lisbon. Enjoy a refreshing Portuguese welcome lunch at the hotel, followed by a drive along the coast to Lisbon’s seafaring Belem District, home of Saint James the pilgrim, his cane pointing the way to proceed. The lovely village of Belem, with its fountain, public washing place and stone cross, brings us to Cascais de Reis.

Moderate: 13 miles walking throughout the day with hills, stairs and uneven terrain / Balneario Davila

July 14: Stage 4—Caldas de Reis to Padron
Exiting the town, we walk across the River Umia that leads us to a fountain of hot spring water that has lent the town its name since Roman times. Entering the woods once more, the Camino makes its way gently up to the hill of Santa Maria. Going downhill, we then cross the river Fonteira. Finally, following a Camino lined with pine trees, we catch up again with the river as we arrive in Padron. Padron is famous for being the first land sighted by the ship bearing the body of Saint James. Moderate: 10 miles walking throughout the day with hills, stairs and uneven terrain / Guesthouse A Casa Antiga do Monte

July 15: Stage 5—Padron to Santiago de Compostello
The Camino passes through many small villages and hamlets before arriving at the Baroque sanctuary of A Estación. On a hilltop to the left stand the mysterious, abandoned ruins of the Hilfrost Castro Lupario, and a mile later we come to the oldest wayside crosses in Galicia. As we near Agro dos Monteiros, it is now possible to see the towers of the cathedral. Finally the Camino passes the ruins of a castle known as La Roca Vella, before entering the city of the Apostle.

Moderate: 10 miles walking throughout the day with hills, stairs and uneven terrain / 3-star hotel in Santiago de Compostella

July 16: Walk to Finisterre “The End of the Earth”
This day we will take a bus to Cee and enjoy a fabulous coastal walk along cliffs and coves to the Cape Finistere and its lighthouse. Moderate: 6 miles walking throughout the day with hills, stairs and uneven terrain / Cape Finisterre and its lighthouse

July 17: Bus from Finisterre to Oporto
Oporto is a World Heritage City on the Douro River that is the heart of the port wine cellars. We will enjoy a boat ride on the river and take in the sites and reflect on our adventures with a visit to the historic Douro Museum. Moderate: 3 or 4-star hotel in City Centre

July 18: Check out and Board Plane for Home

For a while. After passing through the hamlet of Ponte Cabras, we encounter the rectorcy of Santa Maria da Ilha and some eucalyptus trees. Emerging from the dense woods of Lombo da Maceira, you’ll see a statue of Saint James the pilgrim, his cane pointing the way to proceed. The lovely village of Vito, with its fountain, public washing place and stone cross, brings us to Caldas de Reis.

Moderate: 11 miles walking throughout the day with hills, stairs and uneven terrain / Balneario Davila

Luisa and Peter Forsgren have led international experiential adventures to Nepal, France, Spain, South Korea, Malaysia, Austria, Morocco, and North American Rockies, and have been leaders of two Habitat for Humanity builds in Brag, Portugal.

Touring the Camino and City of Santiago

RIATA HOUSE PHONE 2
Address City State Zip

PASSENGER 2
NAME—EXACTLY AS IT APPEARS ON YOUR PASSPORT
BIRTH DATE
E-MAIL ADDRESS
HOME PHONE (please include area code)
CELL PHONE (please include area code)

PASSPORT NUMBER
COUNTRY OF ISSUE
ISSUE DATE
EXPIRATION DATE
ISSUED BY

EMERGENCY CONTACT NAME
RELATIONSHIP
CONTACT PHONE NUMBER
HOME PHONE
CELL PHONE
Address City State Zip

PASSENGER 1
NAME—EXACTLY AS IT APPEARS ON YOUR PASSPORT
BIRTH DATE
E-MAIL ADDRESS
HOME PHONE (please include area code)
CELL PHONE (please include area code)

PASSPORT NUMBER
COUNTRY OF ISSUE
ISSUE DATE
EXPIRATION DATE
ISSUED BY

EMERGENCY CONTACT NAME
RELATIONSHIP
CONTACT PHONE NUMBER
HOME PHONE
CELL PHONE
Address City State Zip

CREDIT CARD/Credit Card Number
EXPIRATION DATE
SECURITY CODE
NAME ON CARD

SIGNATURE TO AUTHORIZE CHARGE

I AM PAYING CHECK. Make check payable to Luther College.
AMOUNT OF CHECK ENCLOSED: $