

**Day 5 – Portomarin to Arzua.** Life has many ups and downs and today was no exception. We travelled 56.9 km and gained 1110 m in 5 hrs and 14 mins and although the weather was very foggy to start, it soon burned off and we were, once again, bathed in sunlight. There are so many amazing people we have met and seen along the Way. It was also good to catch up with those we had met previously.

In order to receive our certificate at Santiago we have to gain stamps from many different places. Today we had a beautiful stamp from a blind man who is custodian to Capela da Magdalena (the former hospital of the Knights Templar). Something I have reflected upon is the importance to take time and stop to admire what life presents us with, even when sometimes it can be most challenging.

