

Getting Started on the Camino de Santiago

Online Resources

Nancy's website: <http://thecaminoexperience.com/> Go to the section 'About the Camino de Santiago' for the PowerPoint presentation from this class and information on terrain, where to eat and sleep, what to bring, women's safety, etc.

Download the free guide on how to train for your Camino walk, designed for the non-athlete regular person:

<http://thecaminoexperience.com/training-for-the-camino.php>

American Pilgrims on the Camino Association: <http://www.americanpilgrims.org/>

Largest online English-language forum for Q&A on all Camino routes: <https://www.caminodesantiago.me/>

Facebook pages dedicated to the Camino: American Pilgrims on the Camino (APOC), The Camino Experience, Peregrinos – Northern California (closed group; must request access), Camino de Santiago Planning (closed group; must request access), Camino Marketplace

Learn how to use trekking poles to their best benefit with *the* expert, Jayah Faye Paley: <http://adventurebuddies.net/>

The most comprehensive blog on the Camino: <http://amawalker.blogspot.in/>

Books & Movies

The Art of Pilgrimage: The Seeker's Guide to Making Travel Sacred, by local San Francisco author, Phil Cousineau

Off the Road, by Jack Hitt (some of the inspiration for the movie, 'The Way')

Walk in a Relaxed Manner, by Joyce Rupp

Camino Chronicle: Walking to Santiago, by local Bay Area author, Susan Alcorn

Walkabout Northern California: Hiking Inn to Inn, by local Bay Area author, Tom Courtney (for training walks in California)

Six Ways to Santiago (documentary film by Lydia B Smith)

Guidebooks:

Camino de Santiago Pilgrim Tips & Packing List, by Sybille Yates (incredibly comprehensive planning guide)

A Pilgrim's Guide to the Camino de Santiago, by John Brierley (best-selling English-language guidebook)

A Village to Village Guide to Hiking the Camino de Santiago, by Anna Dintaman and David Landis

Spiritual and Walking Guide: León to Santiago on El Camino, by Stacey Wittig

Where to Start Your Camino Walk

Sample walking plans (distances are approximate but pretty darn close):

If you have a month or more, walk the entire 500 miles, starting in Saint Jean Pied de Port (500), Roncesvalles (480), or Pamplona (450)

If you have three weeks, walk 200-300 miles, starting in Burgos (310) or León (205)

If you have two weeks, walk 100-200 miles, starting in León (205), Astorga (170), or Ponferrada (125)

If you have one week, walk 100 miles or less, starting in O'Cebreiro (102) or Sarria (70)

Step 1: Walking Days Needed

Total miles: _____

Miles per day: ÷ _____

of walking days: _____

Step 2: Total Days Needed

Travel to trail: _____

De-jet lag days: + _____

of Walking days: + _____

Rest days: + _____

In Santiago: + _____

Travel home: + _____

Total Days Needed: = _____

Walk ➡ Your Way