

A scenic landscape featuring a gravel path on the left, a calm river in the center, and a line of trees on the right. The path leads towards the horizon. The river reflects the sky and the trees. In the foreground, there are tall, dry reeds. The sky is clear and blue.

**Seattle REI Presents:  
The Camino de Santiago  
A 500 Mile Journey Across Spain**



WELCOME!





# History of the Camino

By Jim Green





# Compostelas Issued by Year

1986.....2,491

1990.....4,918

1995.....19,821

2000.....55,004

2013.....218,880

2014.....237,886

2015.....262,436



# COMPOSTELAS BY COUNTRY

- **Spain**            **50%**
- **Germany**        **8%**
- **Italy**              **6%**
- **France**            **4%**
- **USA**                **3.5%**



# EARLY HISTORY OF THE CAMINO

- **The Founding Story**
- **Why the Conch Shell**
- **What Came of All That**







Z - VOUS  
ON COUP  
- VOUS A  
ON BATON  
AGE!

RELIEVE YOUR TIRENESS  
WITH A DRINEK OF FRESH  
WATER AND WITH A CANE  
OF AMBASMESTAS  
CASE YO UR WALKING  
GOOD JOURNEY

PEREGRINO































# TODAY'S CAMINO

El Camino de Santiago:

Primer itinerario cultural europeo  
(Consejo de Europa)

Patrimonio cultural común europeo  
(Comunidad Europea)

Patrimonio de la Humanidad  
(Unesco)





**El Camino de Santiago:**  
Primer itinerario cultural europeo  
(Consejo de Europa)  
Patrimonio cultural común europeo  
(Comunidad Europea)  
Patrimonio de la Humanidad  
(Unesco)





SANTIAGO

J.K.







THANK YOU



# Which Camino? & How to Get There



Prepared by Mike Dunican



## Which Camino? – There are many choices



The major routes in France, Spain and Portugal



# Which Camino? – There are many choices





## Which Camino? – There are many choices

### The 22 recognized major Camino routes:

Jakobsweg (Germany)	Chemin de Paris
Chemin de Vezelay	Chemin d'Arles
Chemin St. Michel	Chemin Le Puy
Chemin Cluny	Chemin Geneva
Camino Frances	Camino Catalan
Camino de Levante	Camino Aragones
Camino de Madrid	Camino Mozarabe
Via de la Plata/Sanabres	Camino Ingles
Camino Norte	Camino Primitivo
Ruta del Ebro	Ruta del Tunel
Camino Finisterre	Camino Portuguese

And several other connecting routes across Europe



## Which Camino?

Your choice of which Camino can depend on-

- How far do you want to walk/bike?
- How far can you walk in a day with a backpack?
- How well do you handle hills and mountains?
- What time of year for your walk/bike?
- Do you want to end in Santiago de Compostella?
- How much time do you have?
- What do you want to see? (History, art, architecture, rural areas, cityscapes, etc.)
- Where do you want to stay and eat?
- Can you do your walk over several years in stages?
- What are your language skills? Etc.



## Which Camino?

If this is your first Camino, these are suggested:

- Camino Frances (774 KM+) (traditional route)  
5 weeks of walking- SJPP to Santiago. You can start at many places closer to Santiago.
- Camino Portuguese (613 KM+)  
4/2 weeks of walking – Lisbon/Porto to Santiago.

Both routes have lots of infrastructure and various starting points to adjust the duration and distance.

Camino Frances offers various cultures when starting in France- French, Basque, Castilian, and Galician.

Camino Portuguese offers Portuguese and Galician cultures.



## Which Camino?

If you are looking for more physical challenge and less crowding you should consider and research-

- Camino Ingles from Ferrol (118 KM)- “short” 4/5 day Camino with big hills, long stages, few pilgrims, and fewer bars. First part is coastal then rural countryside.
- Camino Primitivo (320 KM) from Oviedo- two weeks walk through the Cantabrian Mountains.
- Camino Norte (825 KM) from Irun – long (5 week) walk along the northern coast and then inland to Santiago.
- Via de la Plata (1000 KM) from Seville- 6 to 7 weeks walk with few services, and unsuitable for summer travel due to high temperatures.



## Which Camino?

Information on all of the Camino routes can be found on the American Pilgrims on the Camino website ([www.americanpilgrims.org](http://www.americanpilgrims.org)). Do your research to select your Camino.





## How to get there?

To get to the Camino in France or Spain, fly to Paris, Frankfurt, Madrid or Barcelona, and take trains and/or busses to your starting point. There are direct flights to Paris, London, and Frankfurt from Seattle. Train tickets can be obtained in advance from [www.raileurope.com](http://www.raileurope.com).

You can take trains, bus or flights when returning from Santiago to gateway cities for return flights to the USA.



## How to get there?

If you plan to fly to Madrid and return from Madrid, you can use American Airlines for ticketing and have them include a Santiago (SCQ) to Madrid (MAD) flight on Iberia as they code share. You can check your bag/pack in Santiago and have it checked all the way through to Seattle (at no fee). If the flight from Santiago is delayed/cancelled, you will not lose your Madrid flight.

Cab fare from central Santiago to the airport is fixed (Euro 20). There is also 20 minute bus service from the Santiago bus terminal to the airport (Euro 2.50).



## How to get there?

If you plan to walk the Camino Portuguese, you can fly direct to London, and connect to Lisbon or Porto, and return via Santiago (SCQ) and Madrid. If starting in Porto, fly to Madrid and take the train or a flight to Porto. Porto can be reached through London, Paris, and Frankfurt by air.

Guide books have more information on reaching your starting point. Our monthly chats and walks are good opportunities to get more info on getting to your Camino.





## How to get there?

Spanish train information and tickets can be obtained on the Rail Europe website and the RENFE website ([www.renfe.com](http://www.renfe.com)). Note- there are two train stations in Madrid- Chamartin and Atocha. Check your ticket so you don't miss your train.

Spanish bus information can be obtained on various bus company websites and the ALSA website ([www.alsa.es](http://www.alsa.es)).





How to get there?



Don't forget to give St. James a hug when you get to Santiago,  
no mater which route you followed.





Santiago is waiting for you. Buen Camino!



THANK YOU



A scenic landscape photograph showing a valley with a town, mountains, and a large tree in the foreground. The sky is cloudy and the overall tone is somewhat muted, suggesting a late afternoon or early morning setting. The text 'PHYSICAL PREPARATION' is overlaid in large, black, sans-serif capital letters across the upper portion of the image.

# PHYSICAL PREPARATION

By Sheri Goodwin



# Top 3 Ways to Thrive on Your Trek!





# 1. Shoes



???





## 2. Pack Light!





# 3. Train for Your Trek!



**CAN'T SOMEONE ELSE  
JUST DO IT?**



# 5 Important Elements of Training





# Sport Specific Cardiovascular Training!



- Hiking on flats, up and down hills, uneven surfaces, hard surfaces, soft surfaces and some stairs
- **GOAL:** Be able to climb 4000 ft. in one day (Tiger Mountain X2, or Little Si, & Mt. Si or Mailbox Peak) and hike for 4-6 hours.
- Hiking with your backpack on (3-4 months before trek), 10% rule.



# Sport Specific Strength Training

- Step ups
- Lunges
- Squats





# Stability and Balance

- Sport Specific Strength Training
- 1 leg balance, eyes open, eyes closed
- Stepping over obstacles (forward/sideways)





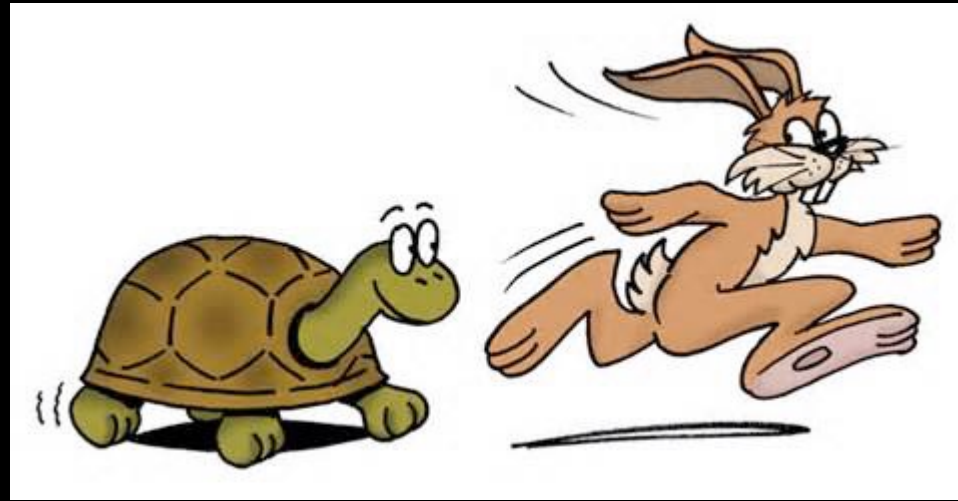
# Flexibility

- Sport Specific Training
- Yoga
- Foam Rolling/Stick Rolling
- Static Stretching





# Train at Appropriate Pace for You!



- 7-12 months out, 6 months out, 3-4 months out
- Start with 1 long hike each week, build to 2-3
- Walking/hiking training 3-5X per week
- Strength Training 2-3X per week
- Flexibility work before and after workout









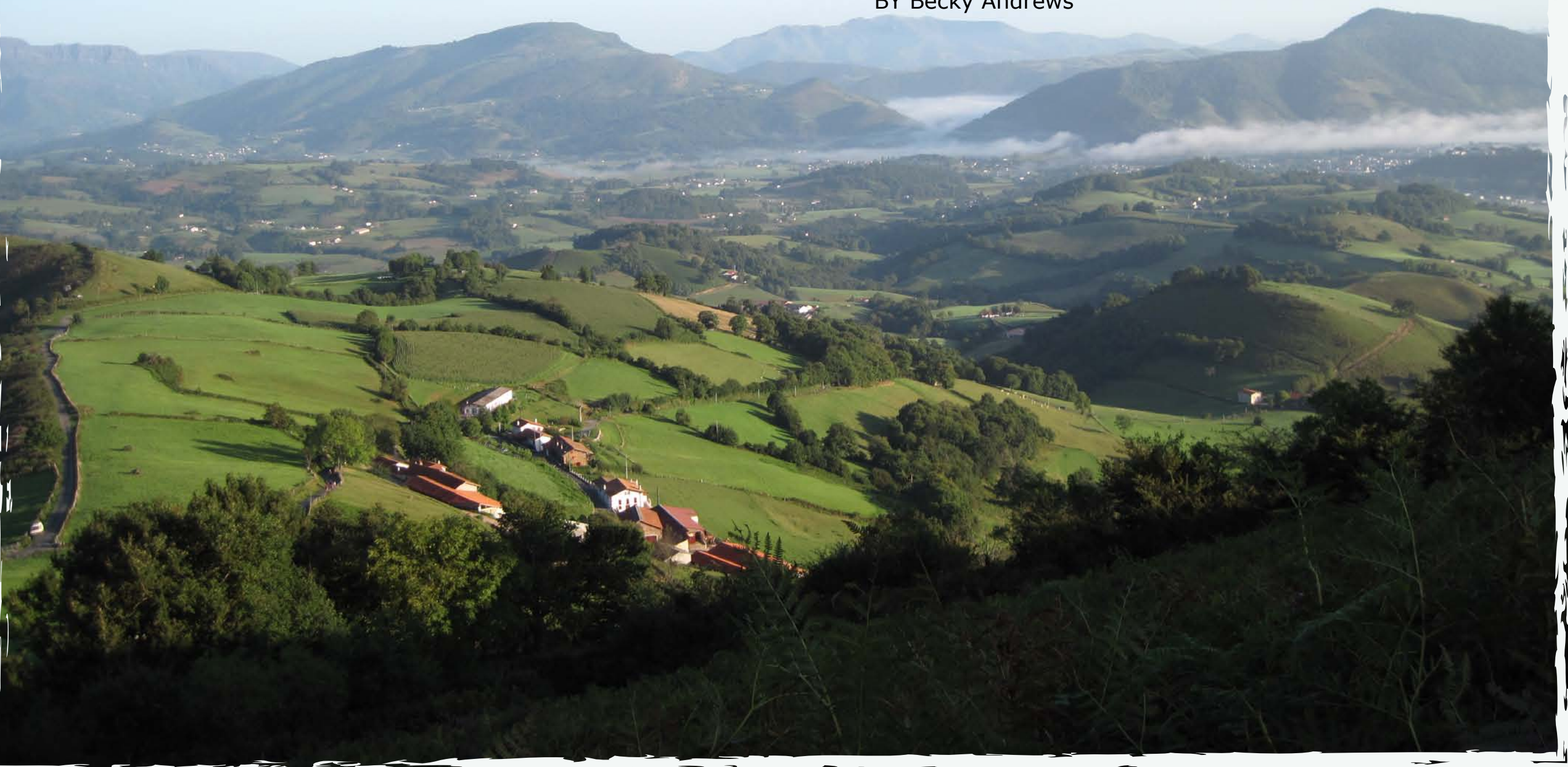


THANK YOU



# Bed Bugs, Bathrooms, and Other Fun Things

BY Becky Andrews





THANK YOU





Walk Far and Carry Less

By Jean-Christie  
Ashmore



“Do not believe everything  
they tell you.

Launch into the adventure is  
the best way.”

–José Luis, Spanish pilgrim



















# Pack Lists

- [AmericanPilgrims.org](http://AmericanPilgrims.org) >Local Chapters> **Puget Sound Chapter**> *resource documents*
- Search: *Camino Packing List*
- *To Walk Far, Carry Less*: “Skin Out”;  
Weight of all items



- 1 3 Tips for a *Lightweight* Backpack
- 2 *What to Wear* on the Camino
- 3 *Unpack* a Camino Backpack
- 4 Let's Fight! *Pros & Cons* of Some Gear

*Questions?*

General Q&A



1



3 Tips:

Creating a **Lightweight** Backpack



1. **Weigh** Everything

2. Aim for **10%**

3. **Backpack** Last



20+

15-20

15















2

What to **Wear**?



The Same Thing  
Everyday



# Versatility

Stay Warm When it's Cold

Stay Cool When it's Hot



# Layers

- Inner Layer
- Mid-Layer
- Insulation Layer
- Outer Shell (rain gear)



# Fabric Features

- *Lightweight*
- *Breathable*
- *Wicking*



Consider

Quick wash & dry



And Consider...





Where





When





How Long





The Last 100k...

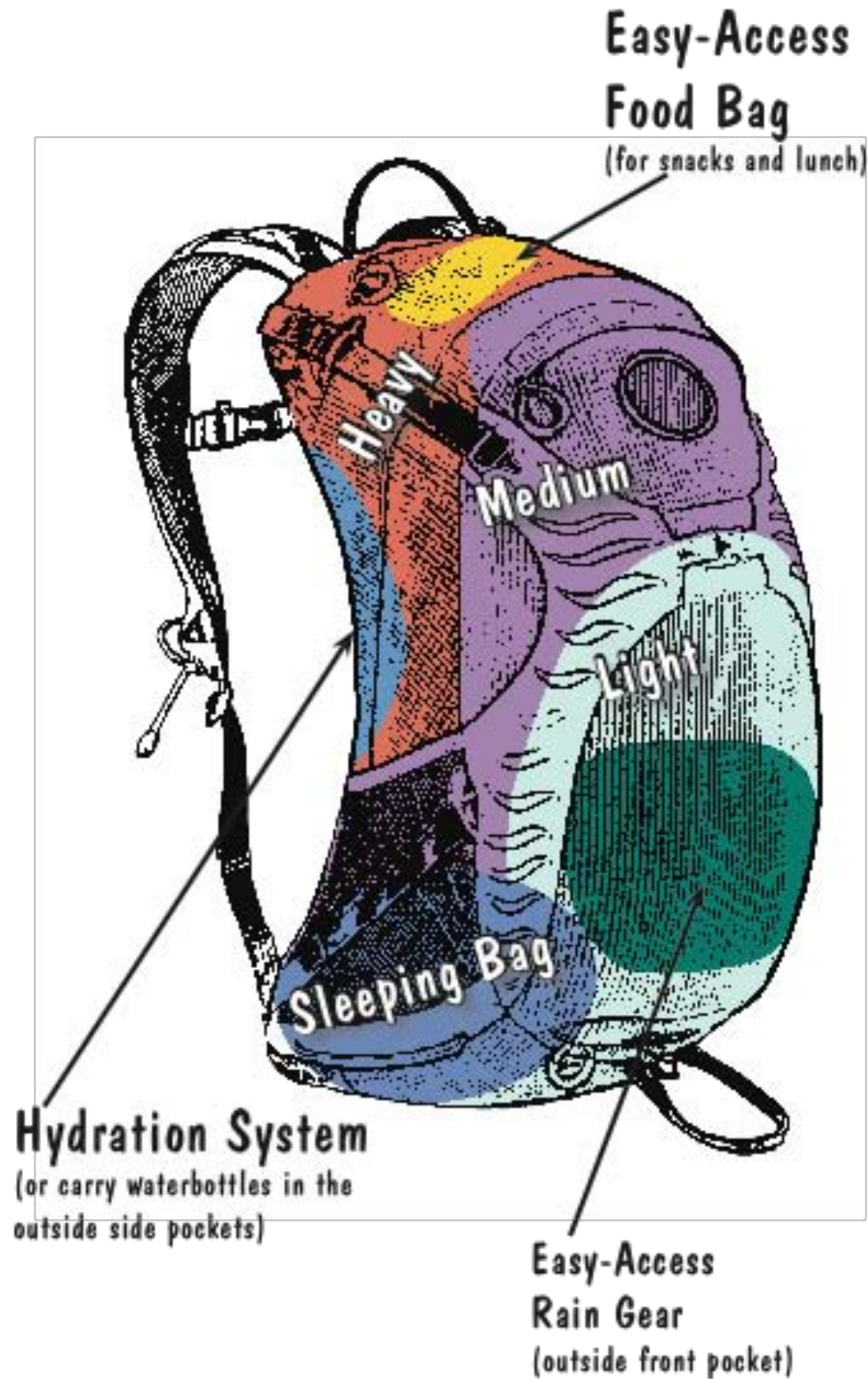


3

# Unpack a Camino Backpack



# Suggested Weight Distribution













4

Pros & Cons  
of  
Some Camino Gear



Rain Poncho *vs.* Rain Jacket & Rain Pants

Sleeping Bag *vs.* Sleeping Sheet *vs.* Travel Sack

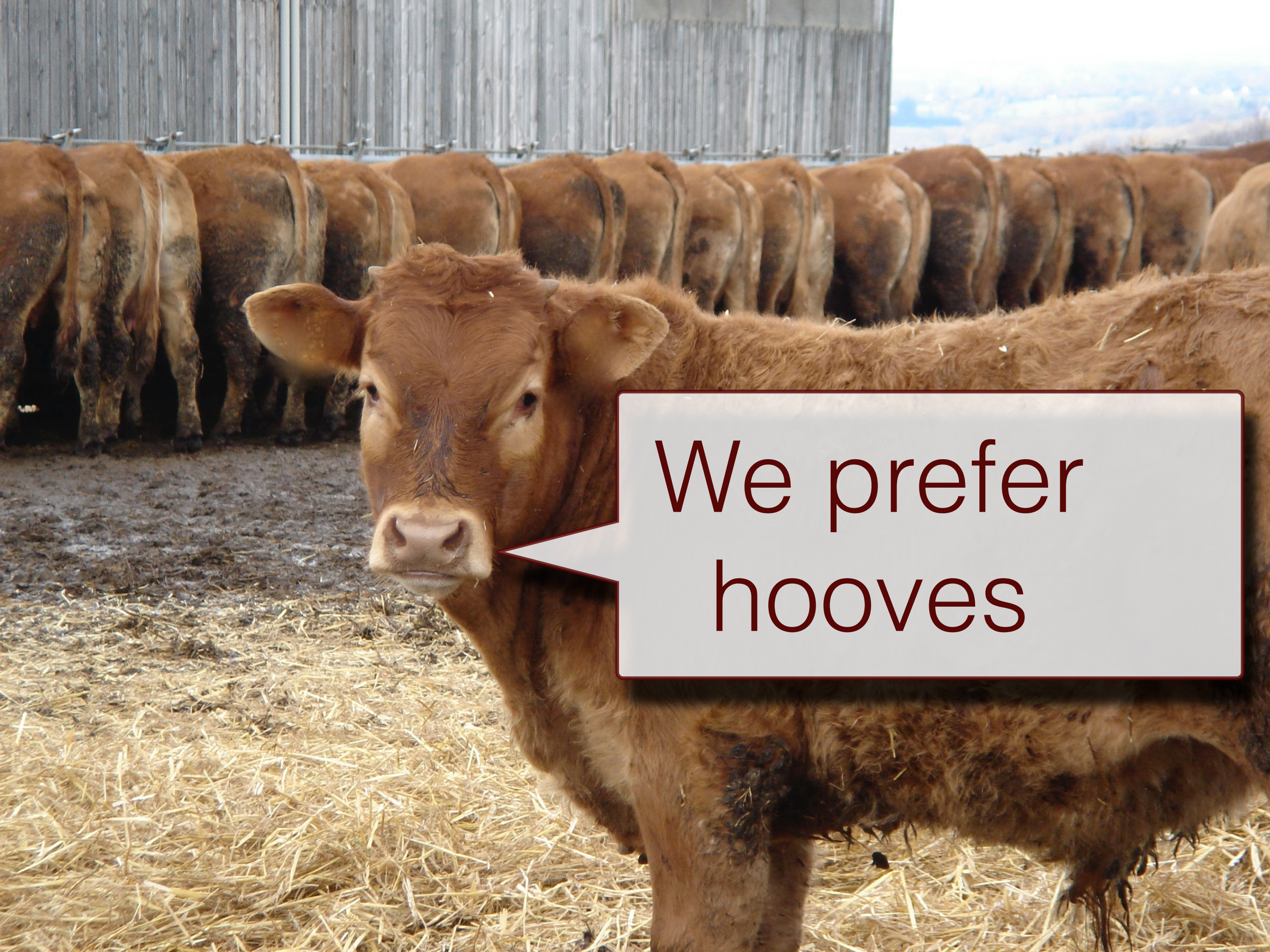
Water Bottles *vs.* Pack Hydration System

My Bias for *Boots*...









We prefer  
hooves





Luxury Items

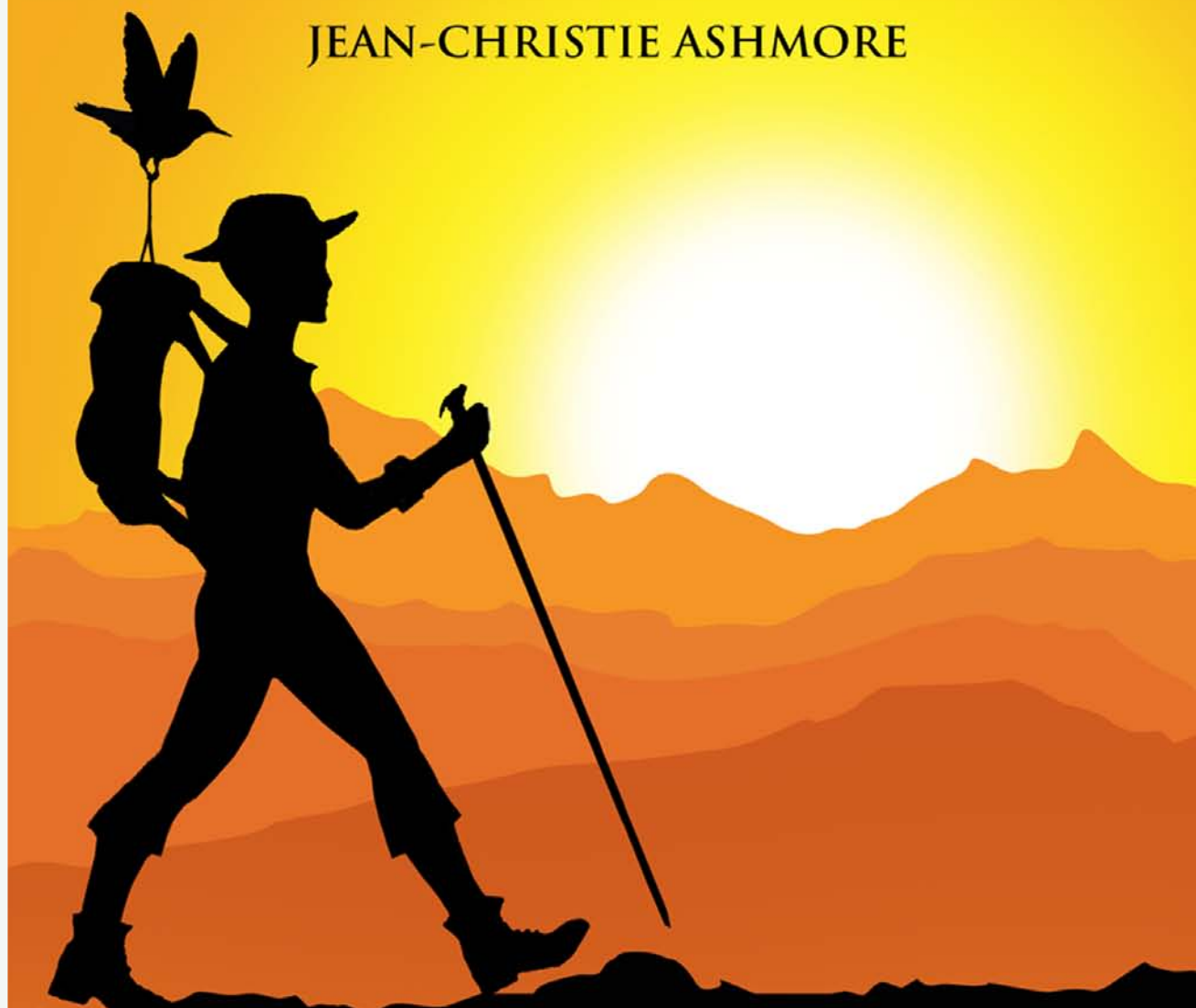


“We carry our fears in our backpacks.”

–Vidal, Spanish Pilgrim



JEAN-CHRISTIE ASHMORE



CAMINO DE SANTIAGO

---

TO WALK FAR,  
CARRY LESS

---





THANK YOU



# Puget Sound Sound Chapter, American Pilgrims on the Camino

Chapter Activities

By Gene Frogge





# Puget Sound Chapter

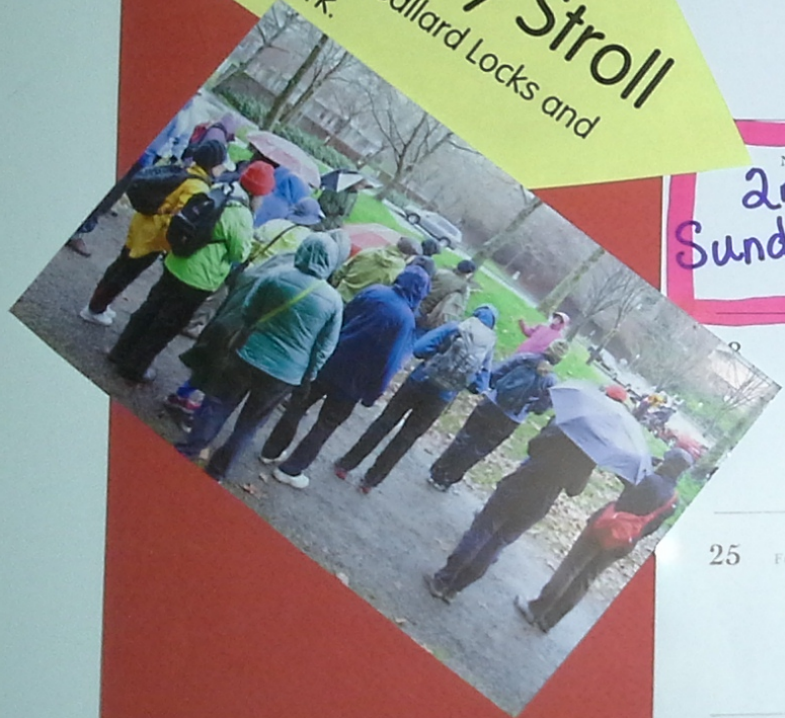
of American Pilgrims on the Camino

## Monthly Events

		Thursday	Friday	Saturday
		1 Canada Day	2	3
4 Independence Day	5	6	7	8 2nd Thursday
9 New Moon	12 2nd Sunday	13	14	15
16	17	18	19	20
21	22	23	24	25 4th Friday
26	27	28	29	30
31 Full Moon				

### Second Sunday Stroll

An easy walk through the Ballard Locks and around Discovery Park.



### South Sound Camino Coffee and Chat Group

Get together in Tacoma on 2nd Thursday of the month for sharing experiences and seeking Camino advice.



### Northgate Coffee and Chat group

Get together at Northgate Panera's on the 4th Friday of the month for sharing and seeking advice.





# ALBERGUE PARTNERSHIPS





# QUESTIONS & ANSWERS

★ TO GET ON OUR MAILING LIST, WRITE TO US AT:  
*pugetsound@americanpilgrims.org*

★ FOR MORE INFORMATION, PLEASE GO TO THE  
AMERICAN PILGRIMS ON THE CAMINO (APOC) WEBSITE  
AT:

*www.americanpilgrims.org*

★ LIKE US ON FACEBOOK:  
—AMERICAN PILGRIMS ON THE CAMINO  
—AMERICAN PILGRIMS ON THE CAMINO, PUGET SOUND GROUP