

The background image is a landscape photograph taken during the "golden hour" of sunset or sunrise. The sky is filled with large, textured clouds that are illuminated from below, creating a warm palette of oranges, yellows, and soft blues. The sun is positioned low on the horizon, just above the mountain range, creating a bright glow and a lens flare effect. In the foreground, the dark, silhouetted ridges of a desert hill are visible, with a few saguaro cacti standing out against the lighter sky. The overall mood is peaceful and majestic.

Camino de Santiago

Camino 101 at REI

Jan/Feb, 2023

Introductions

Pruitt Layton

Camino Frances 2015 – Saint-Jean-Pied-de-Port to Santiago

Camino Dos Faros 2019 – Laxe to Finisterre

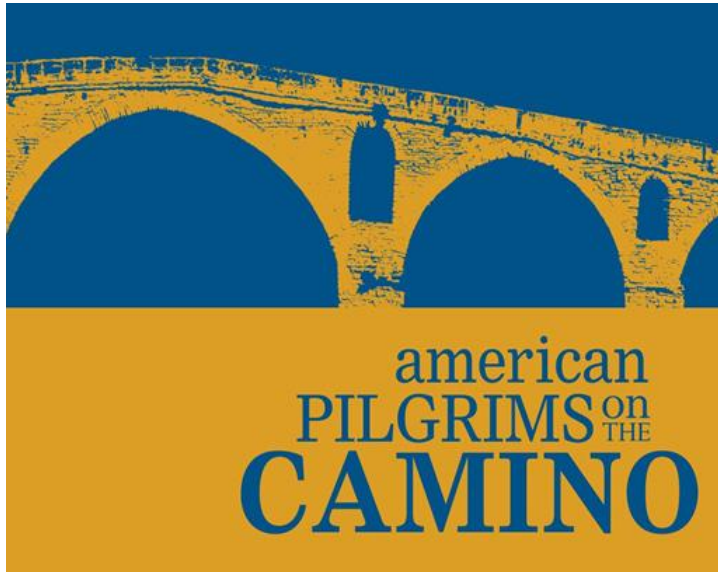
Camino Portugues 2022 – Porto to Santiago

Kath Stoll

Camino Ingles - 2018

Tina Strickler

Camino Frances - 2018



- National organization - 501(c)(3)
- Supports pilgrims & pilgrimage
- Provides approved credentials
- Provides grants to support Camino infrastructure
- Annual Pilgrims' Gathering
- Website of extensive resources:
www.AmericanPilgrims.org

Valley of the Sun Chapter

- Founded 2020
- Share information with Phoenix community
- Offer mentoring to new pilgrims
- Provide support and camaraderie for returning pilgrims
- Host activities in the local area
- Facebook page, mailing list
- Chapter patch available!

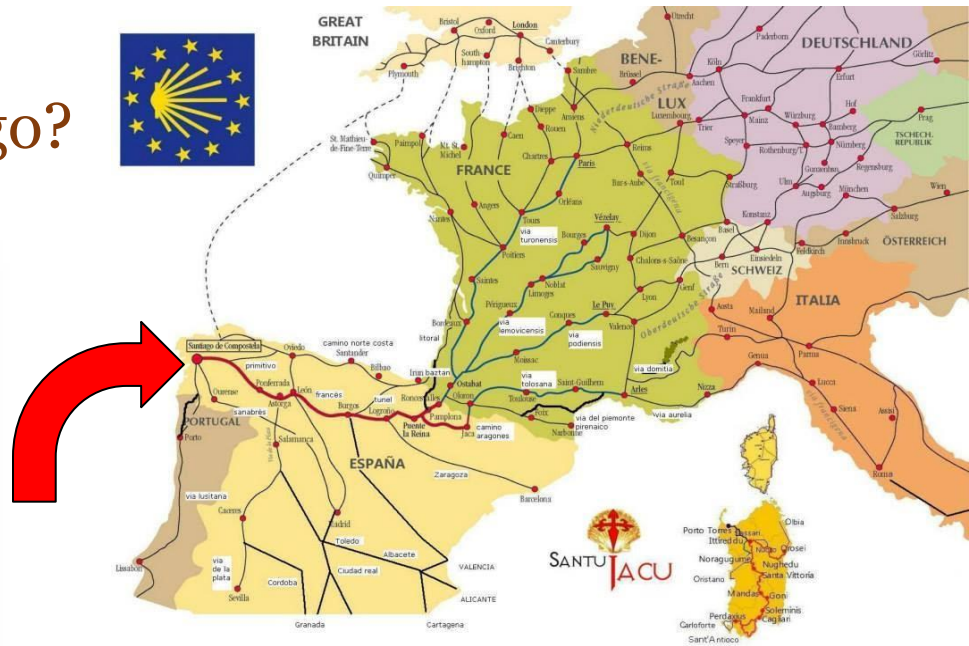
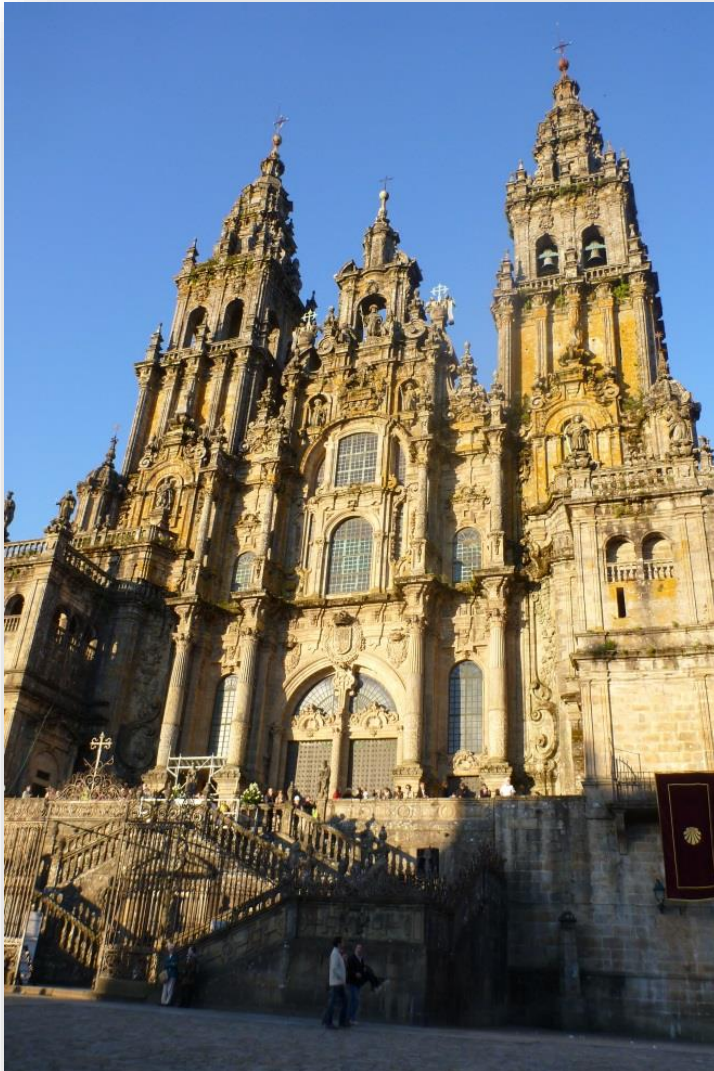




Topics

- **What is the Camino de Santiago**
- **Routes to Santiago**
- **Different Ways to be a Pilgrim**
- **A Typical Day on the Camino**
- **Preparation**
- **Resources**

What is the Camino de Santiago?





History

- 950 - First recorded Camino pilgrimage.
- Pilgrimages became very popular during Middle Ages. Rome, Jerusalem, Santiago
- 1970's - a few hearty adventurers began to explore the route
- 1998 – Santiago UNESCO World Heritage Site
- 2010 - 272,000 walked a Camino
- 2010 - The Way (movie) - US attention
- 2019 - 350,000 walked a Camino
- 2020/2021 - Camino essentially closed due to the global pandemic
- 2022 – more than 438,000 walked a Camino

Credential and Compostela

Credential/Pilgrim's Passport - official document to recognize you as a pilgrim

- Required to stay at an albergue or buy pilgrim meals.
- Available from American Pilgrims



Compostela – completion certificate issued to pilgrims who:

- Make the pilgrimage for religious/spiritual reasons.
- Walk at least 100km and end in Santiago.





Why Walk a Camino?

- Spiritual and Religious
- Looking for new challenge –physical or mental test
- Health and exercise – kickstart a new lifestyle
- History and culture
- Diverse experience – learn more about another culture
- Get away from daily life and connect with nature
- Expand social experiences
- Bucket List

Your goals make your camino unique



Who walks a camino?

	<u>2019</u>	<u>2022</u>
Compostela's issued	347,598	438,321
Women vs Men	51% /49%	53% / 47%
Spain & US	42% / 6%	54% / 6%
Pilgrims by age: > 60	19%	16%
30-60	55%	58%
< 30	26%	26%

Many routes lead to Santiago.





Considerations:

Time limitation

Budget

Health & Overall Fitness

Solace or Socialize

Physical Challenge or Leisure

Flexibility or Reservations

Economy or Comfort

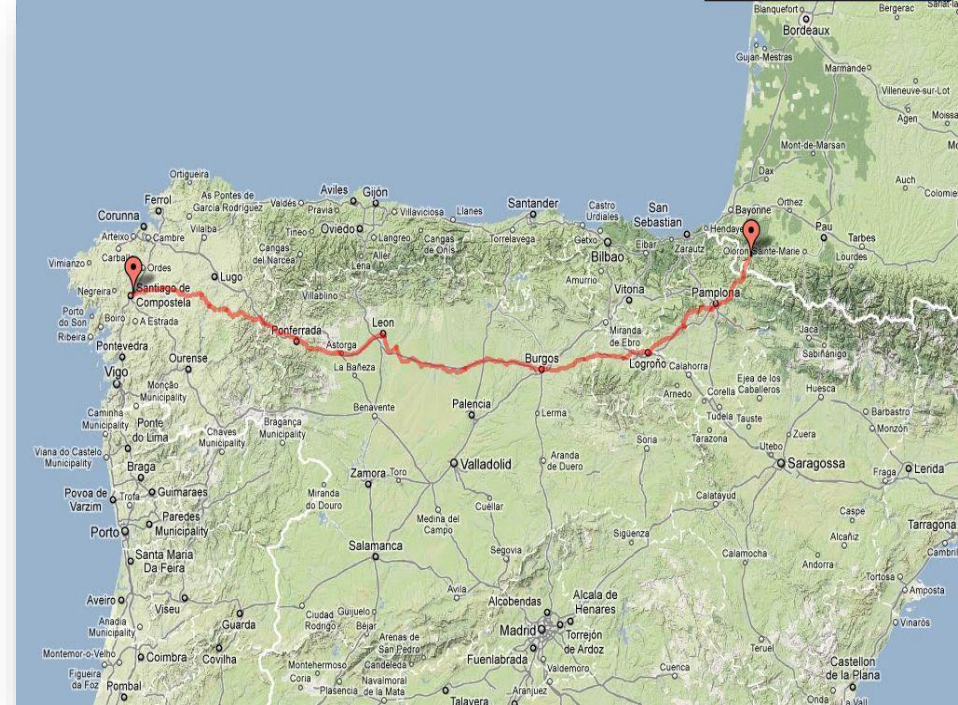
Spiritual Renewal (Holy Year, 100km)

Others: History, Nature, Family Roots

***How do you
pick your
camino?***

Camino Francés

- † *Most popular route (52% 2022)*
- † *SJPP to Santiago 30-35 days*
- † *490 miles (800 km)*
- † *Sarria–Santiago 5 days/65 miles(100km)*
- † *Average 15 miles/day walking
average 6 hours*



Camino Portuguese

- † *2nd popular (28% 2022) & fastest growing route*
- † Lisbon to Santiago
 - † Ave. 24 days /400 miles (640 km)
- † Porto to Santiago
 - † Ave. 10 days /150 miles (240 km)
- † Tui to Santiago
 - † Ave. 5 days /65 miles (100 km)



Day 5 - A Guarda, Spain



Camino Inglés

- † 3rd popular – 5.5% 2022
- † Ferrol to Santiago
- † Avg 5 days/75 miles (120 km)



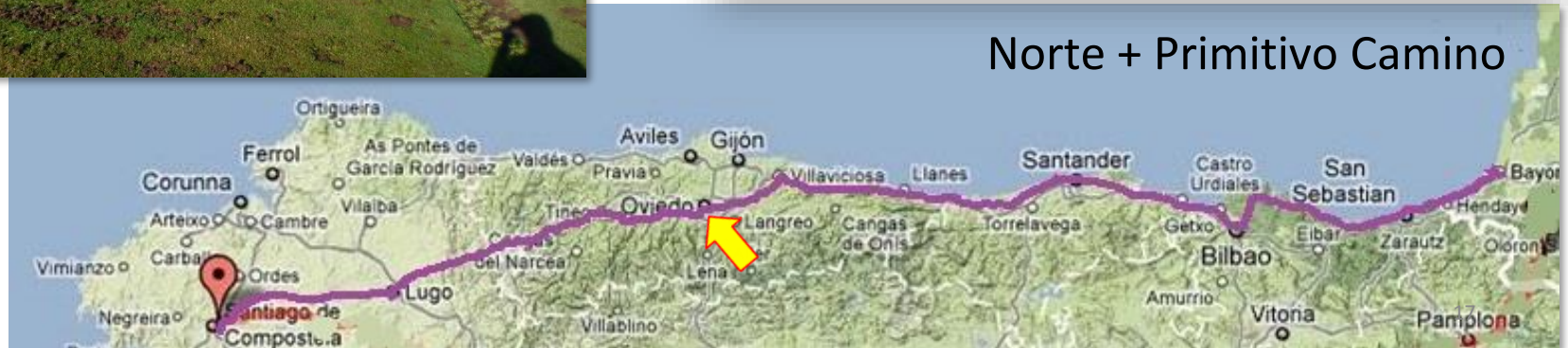
Camino Norte

- † 4th popular - 5% 2022
- † Ave. 33 days/ 510 miles (820 km)
- † Ocean vistas & resort towns



Camino Primitivo

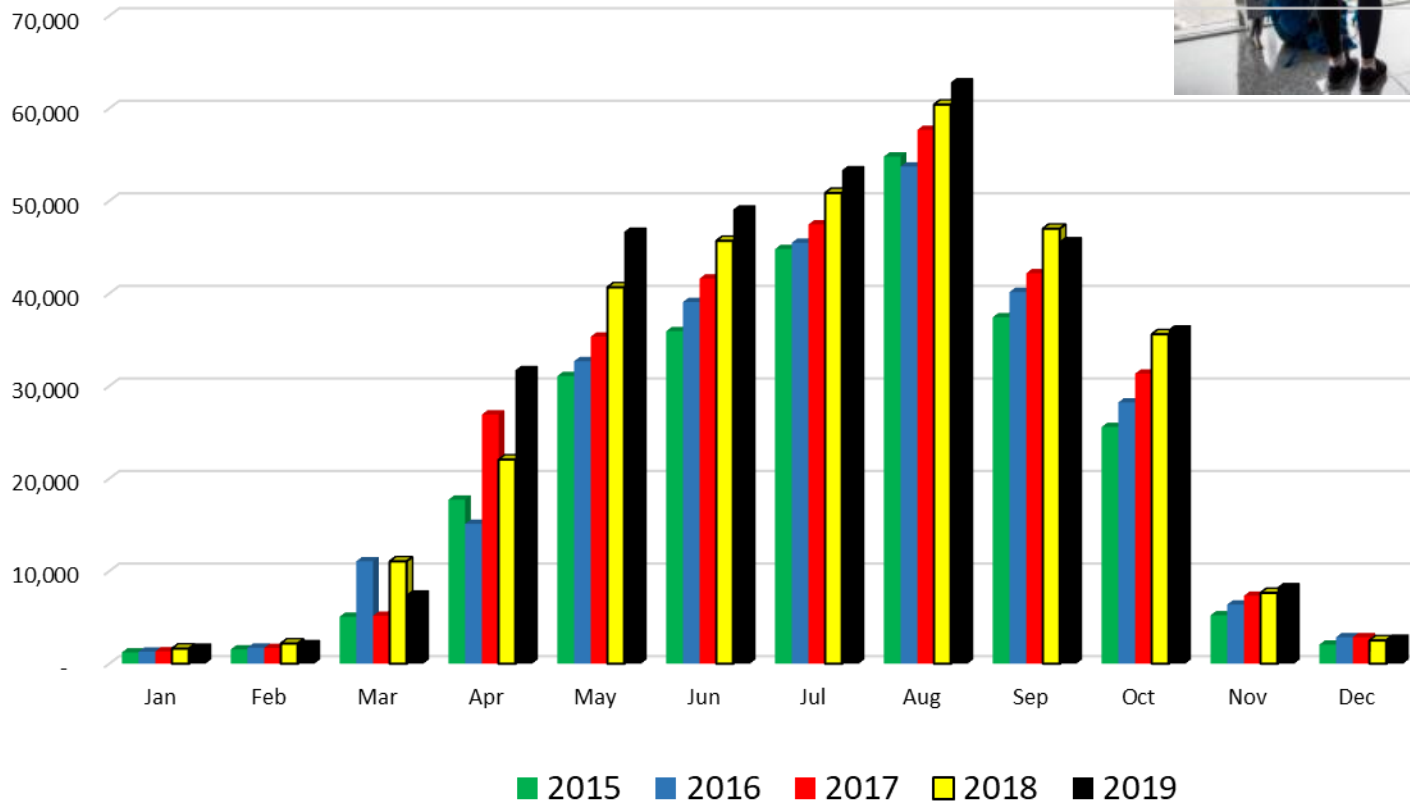
- † 5th popular – 5% 2021
- † Rural mountainous route
- † Ave. 14 days /220 miles (353 km)



Norte + Primitivo Camino

When to go?

Pilgrims Receiving their Compostella



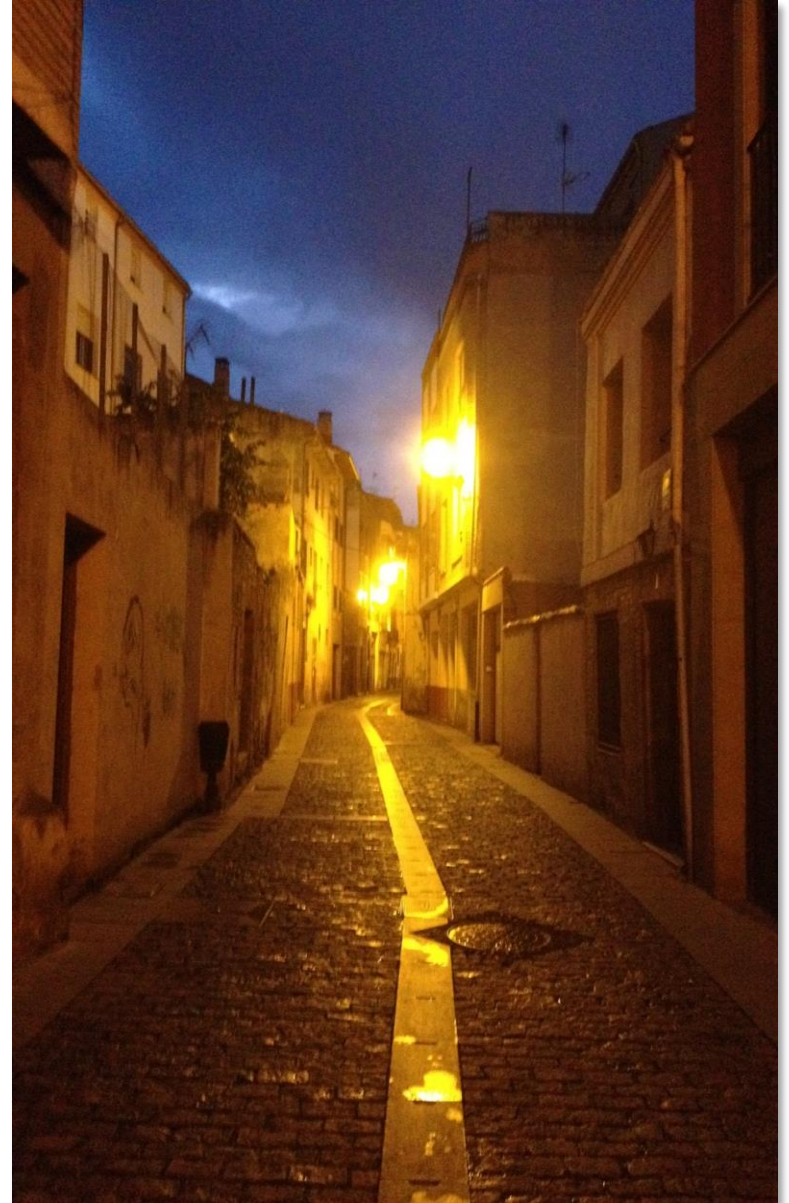


Making your camino your own

- Traditional Pilgrim experience on the Camino Frances. Carry your backpack, stay in rustic albergues, walk the entire route.
- Alternative camino experiences. Ship your backpack, stay where it's comfortable, walk any of the camino's.

Traditional Pilgrim Camino Frances Day

Up at sunrise, on the camino early. Carry your bag, stay in Albergues



Typical Pilgrim Camino Frances Day

Coffee, breakfast early / Spain cafes open ~ 9am



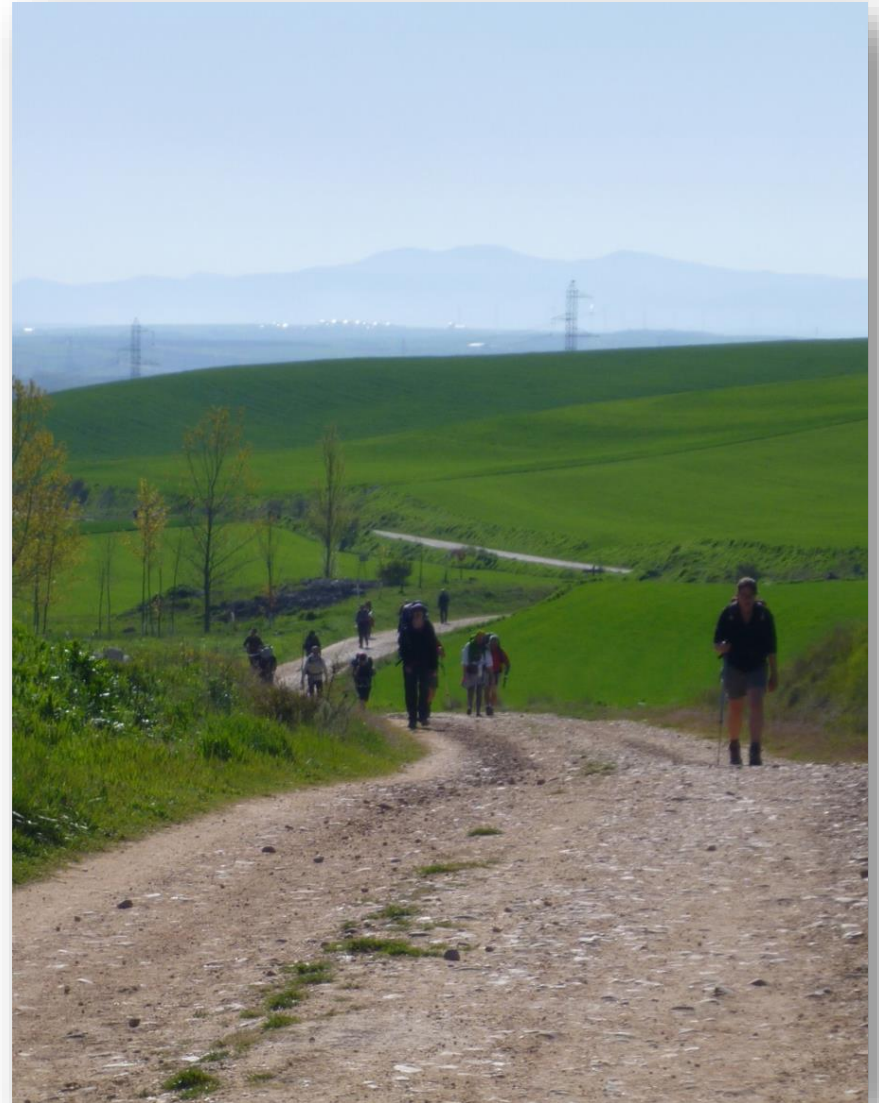
Typical Pilgrim Camino Frances Day

Stop for 2nd Breakfast.



Typical Pilgrim Camino Frances Day

Walk 6 to 8 hours a day. Pass thru 4-6 villages/towns each day



Traditional Pilgrim Camino Frances Day

How do you know where to go? Just follow the arrows



Typical Pilgrim Camino Frances Day

Stop early afternoon. Stay in Albergues

Check in, hiking shoes and sticks stay outside sleeping areas

Find bed and do laundry.



Typical Pilgrim Camino Frances Day

Explore the town & dinner. Daily Pilgrim Dinner available.



Menú del Día	Day Menu
1 Plato	1 Starter
Sopa de verdura Sopa de pescado Judías verdes Macarrones Ensalada	Chick vegetable soup Fish soup Green beans Macaroni Salad
2 Plato	2 Main dish
Ternera en salsa Filete de ternera Lomo de cerdo Pollo asado en salsa Calamares a la romana Lenguado con salsa Huevos fritos con jamón Huevos fritos con chorizo Huevos fritos con bacon Huevos fritos con queso	Veal with sauce Fillet of veal Pork chop Chicken with sauce Squid Sole in sauce Fric eggs with fried bacon Fric eggs with sausage Fric eggs with ham Fric eggs with cheese
Postres	Dessert
Pastel de la casa Flan de huevo casero Natillas Caja de chocolate Yogurt Helado Fruta	Home made cake / tart Home made caramel Catalan custard sing Card Yogurt Ice cream Fruit
Vino / Agua / Pan Incluido	House wine / Water / Bread Included



Typical Pilgrim Camino Frances Day

Prepare dinner when kitchens are available




Typical Pilgrim Camino Frances Day

In bed by 9pm. Up at sunrise and start again!



What to bring



OUR MISSION
We foster the enduring tradition of the Camino by supporting its infrastructure, gathering pilgrims together and providing information and encouragement to past and future pilgrims.

OUR VISION
We inspire all who seek the spirit of the Camino to connect with the global community of pilgrims.

OUR VALUES
• Community • Gratitude • Service • Simplicity

AMERICAN PILGRIMS ON THE CAMINO . . .

- Provides credentials for all Camino de Santiago routes (americanpilgrims.org/request-a-credential/)
- Trains hospitaleros for service in Camino albergues (americanpilgrims.org/hospitalero-training/)
- Supports local chapters across the United States (americanpilgrims.org/local-chapters/)
- Offers grants to enhance the Camino infrastructure (americanpilgrims.org/grants/)
- Publishes "La Concha," a quarterly newsletter by pilgrims for pilgrims (americanpilgrims.org/newsletter-la-concha/)
- Hosts Facebook groups for up-to-date Camino information sharing (facebook.com/groups/AmericanPilgrims/)
- Maintains a website with routes, abundant advice and more (americanpilgrims.org)
- Organizes an annual nationwide Gathering of Pilgrims (americanpilgrims.org/annual-gathering/)

To learn more about these programs and services visit americanpilgrims.org

Join us at americanpilgrims.org/membership/
American Pilgrims on the Camino is a 501(c)(3) national, nonprofit registered in California.
¡Buen Camino!

SUGGESTED PACKING LIST

- 2 pair of pants (zip-off style)
- 2 - 3 short sleeve shirts
- 1 long sleeve shirt
- 2 - 3 pair of underwear
- 2 - 4 pair of socks (heavy & liner)
- waterproof jacket/ poncho with hood
- rain pants (optional)
- fleece jacket
- lightweight pair of gloves
- lightweight sandals
- hat
- bandana
- 1 quick-dry towel
- sleeping bag, liner, or body sheet
- backpack rain cover
- camera
- guide book
- headlamp
- journal
- water bottle/water bladder
- 2 large garbage bags and ziplocks
- lip balm
- safety pins/clothespins for laundry
- safety pouch for passport/money
- sunscreen
- sunglasses
- toiletry bag (toothbrush, toothpaste, soap, shampoo, deodorant, razor, etc.)
- first aid kit (bandaids, waterproof tape, antiseptic wipes, pain reliever, etc.)

- † Try everything before you go.
- † Wear your shoes in the rain, heat & cold.
 - † Do you still like them?
- † Washing your clothes in the sink.
 - † Did they dry overnight?
- † Walk with your pack fully loaded.
 - † Is there room for snacks & lunch?
- † Goal ~ 10% of your body weight



Don't overthink it!

Shoes – *the best shoe is the one that fits your feet.* Try on different brands and different types.

Packs – *you want the one that fits your body.* try on different brands. Have it fitted. Use packing cubes. Train with pack on your back.

Rain gear – *consider ease of getting on & off.*

Clothes – *technical fabrics – avoid cotton.* REI, 32 Degree(Costco)

Bedbugs – *be aware.* Permethrin (Amazon, REI). Check your bed. Put nothing on bed.

Footcare – *be prepared!*

Getting there – *investigate.* Fly into major city and use local transportation to get around. Fly into one city and out of another. Consider travel insurance.

YOUR CAMINO!

- **WAKE. WALK. EAT.**
- **WALK. 2nd BREAKFAST. WALK.**
- **LODGING. FEET/PHARMACIA.**
- **EXPLORE. VINO. EAT.**
- **REFLECT/CONNECT. SLEEP.**
 - **REPEAT**





Alternative Camino – Independent

Reservations & private rooms available

- Private Albergues
 - Casa Rurals (like B&B's)
 - Private Homes
 - Room Rentals
 - Hotels
 - Check [Airbnb.com](https://www.airbnb.com) & [booking.com](https://www.booking.com)
- Ask if Pilgrim's rate is available



www.JACOTRANS.com
 TRANSPORTE DE EQUIPAJES / BACKPACKS TRANSPORT / TRANSPORT DE BAGAGES
 SERVICIOS AL PEREGRINO / SERVICES TO THE PILGRIM / SERVICES AU PÉLERIN

Visita nuestra gaceta diaria / Visit our news letter / Visitez notre gazette: www.jacotrans.com

Map showing routes and contact numbers:
 León: T. 606 049 858
 Logroño: T. 636 099 299
 Burgos: T. 650 451 540
 Navarra: T. 610 983 205

Nombre/Name/Nom _____
 Mail _____ Tel. _____

LUGAR DE ENTREGA / PLACE OF DELIVERY / LIEU DE LIVRAISON
 Anote aquí todos los alojamientos/Entrez ici tous les hébergements/Enter here all accommodations

Para pedir el servicio o cambios de destino, es necesario avisar con un día de antelación
 You must call for the service or for any destination changes the day before.

Alternative Camino Bag Transport – Lighten Your Load

- Private Baggage transport - Jacotrans
- Cerreos – Spanish Postal Service
- 7-10 euros per day
- Details in most accommodations



Tour Companies

- Many tour companies available – compare offerings
- Ask fellow pilgrims about their experiences – use our Facebook page to post questions. Many other Facebook groups to post questions.
- Search American Pilgrims on the Camino fb “tour company”
- Consider Camino Ways, Santiago Ways, On Foot Holidays,
 - Compare packages and prices. Different currencies & exchange rates.

But be extra thoughtful about...

Your camino goals. Plan your camino so you achieve them.

Travel companions. Discuss your reasons for walking. Do your companions respect them?

Training your mind as well as your body.



Money

MONEY

- Spain uses Euros
- ATM (cajero automático) machines in larger towns. Check which banks have reduced fees before you leave.
- Many albergues & bars are **cash only**
- Exchange larger bills in super mercados / grocery stores
- Minimum 2 debit/credit cards. Tell bank you are out of US.
- Consider a travel debit/credit card (Charles Schwab)

BUDGET

- ~ 25 Euro/day Traditional - Very economy
- ~ 30-50 Euro/day - Comfort
- ~ 70 Euro/day - Very Comfortable

Search American Pilgrims on the Camino FB 'budget'



Communication and Electricity



- † Wi-Fi (WeeFee) everywhere
- † Take a power bank.
- † No international plan? Turn off your data!
- † Consider Pre-paid Spanish sim card. New phone #. Have your phone unlocked? Be sure it works before leaving the shop!
- † Consider buying a disposable phone in Europe.



Spain uses “C” type plugs

Training

- Metric in Europe. Meters, not Feet
- Train with backpack
- Hill training (Ridgeline, National Trail, Piestewa Peak, Tom's Thumb, Bell Pass, Silent Sunday at South Mountain to Towers, Picket Post, Peralta)
- Walk 2 days back-to-back 10 miles each day - even if along canal path.
- Walk every day with 1 long walk per week.
- Add 10% to long walks each week.
- Walk to Grocery Store, Church, Chiropractor, etc.



Additional Resources

JOIN US

REQUEST A CREDENTIAL

DONATE

MEMBER LOGIN



AMERICAN PILGRIMS

THE CAMINO

LOCAL CHAPTERS

ANNUAL GATHERING

RESOURCES



www.americanpilgrims.org

The Camino – history, FAQ's, Route Overviews, Statistics

Resources – online resources, books, podcasts, movies, essays

Guidebooks

A Pilgrims Guide to the Camino De Santiago – John Brierley is one of the most popular

Apps

Camino Ways, Buen Camino, Wise Pilgrim, Wisely: Camino Forum Places

Blogs

Camino de Santiago Forum – www.caminodesantiago.me

Luggage storage in Santiago

Casa Ivar - <https://casaivar.com/luggage-storage-in-santiago-de-compostela/>

Facebook: CAMIGAS - A Buddy System for Women on the Camino

Valley of the Sun Chapter

February Activities

February 9 (Thursday)	Camino 101 at REI Chandler
February 11 (Saturday)	Intro to the Camino Hike – Granada Park
February 13 (Monday)	Coffee Zoom
February 14 (Tuesday)	South Mountain Hike - Mormon National to Fat Man's Pass
February 16 (Thursday)	Zoom Chapter Meeting
February 18 (Saturday)	Deem Hills Recreation Area Hike
February 25 (Saturday)	Andrews-Kinsey Trail – Fountain Hills Adero Canyon Trailhead



Valley of the Sun Chapter

March & April Activities

March 1 - South Mountain Hike - Mormon to National Loop

March 11 - Usery Park Hike - Mesa

March 13 – Zoom Coffee

March 16 – Monthly zoom meeting

March 18 - Wild flower walk - Granite Mountain

March 23 - Camino 101 at REI Chandler

March 30 - White Tanks Regional Park Hike

March 31 - South Mountain Mix (Urban & Trail)

April 1 - Scottsdale Preserve, Hawknest Trail Hike

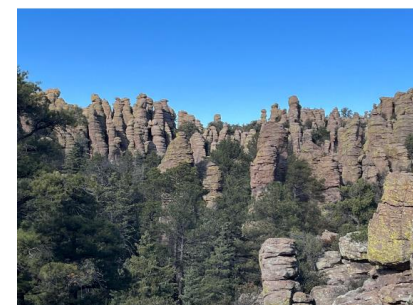
April 2 - Urban Canal Walk

April 15 - Scottsdale Preserve, Vaquero Trail Hike

April 19 - Scottsdale Preserve, Tom's Thumb Trail Hike

April 20 – Monthly Zoom Meeting

April 22 - Chiricahua National Park – possible overnight stay



Keep in contact with us

JOIN OUR CHAPTER/EMAIL US: phoenix@americanpilgrims.org

FACEBOOK

<https://www.facebook.com/groups/382089232918428>



American Pilgrims on the Camino - Valley of the Sun Chapter

VALLEY OF THE SUN CHAPTER PAGE

https://americanpilgrims.org/iwpmap_directory/valley-of-the-sun/

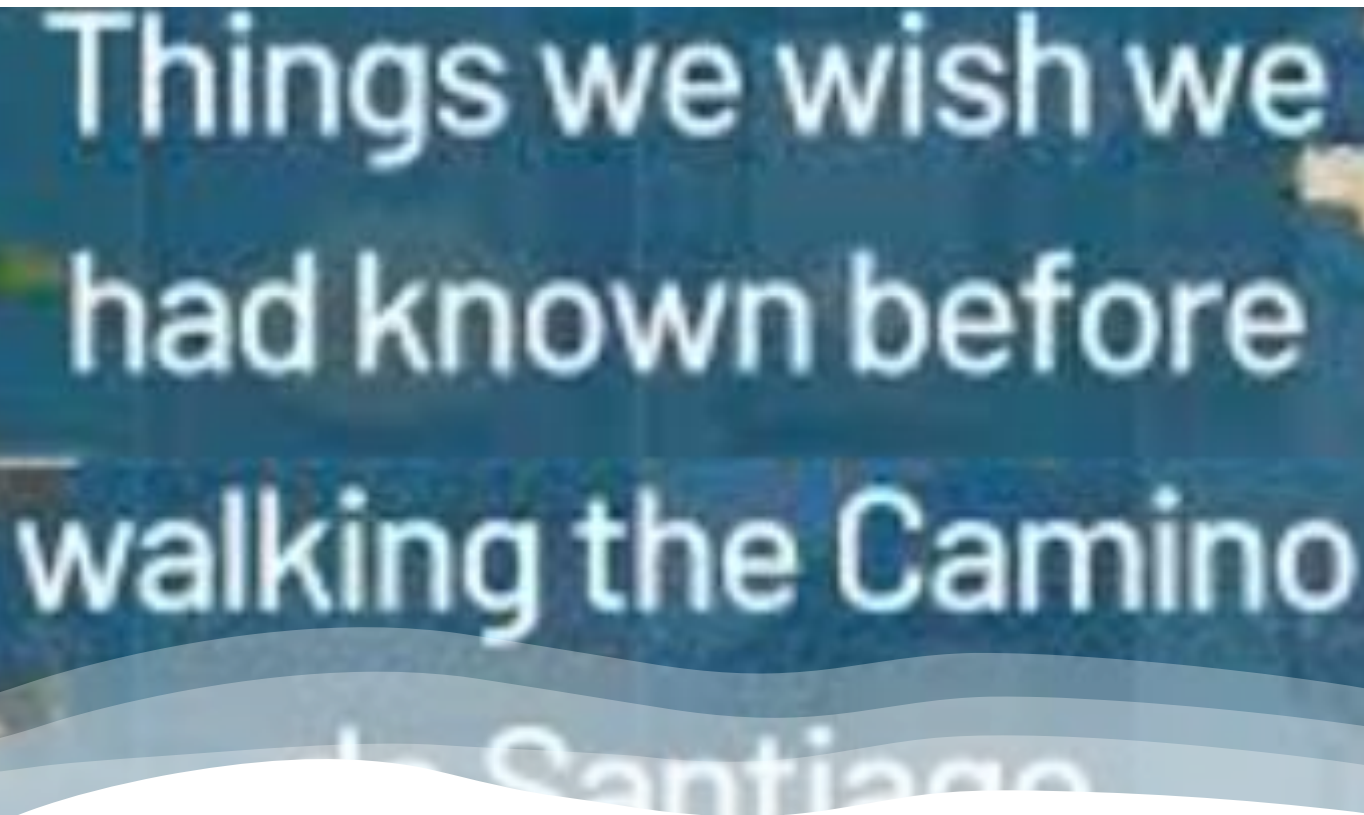
CHAPTERS CALENDAR

<https://americanpilgrims.org/calendar/>



[◀ All Locations](#)

Valley of the Sun Chapter



Things we wish we
had known before
walking the Camino
to Santiago

QUESTIONS?

phoenix@americanpilgrims.org



ULTREYA!

phoenix@americanpilgrims.org