



Camino de Santiago - Practical Preparation and Background

Mr Gerald Kelly

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The updated 2015 Practical Preparation and Background guide is now available! Everybody's heard about the Camino de Santiago, watched the film *The Way*, know people who've walked the Camino and described it as "amazing"! You want to walk it but you have so many questions! What do I need to know? How do I prepare? What should I bring with me? What's it like on the Camino? How far will I have to walk each day? How much will it cost? **Just how difficult is it?** This book sets out to answer these questions and many more besides. Written by an experienced pilgrim and hiker, and based on exhaustive research, it divides preparation up into different sections and explains in practical and straight-forward language what you need to do to make your Camino an enjoyable and unforgettable experience. **Packing** - what to take, or more importantly, what not to take, is the most important part of your preparation. How to choose equipment, what to think about and watch out for when buying hiking clothes, shoes and a backpack. **Health and safety** - how to avoid, or if necessary, deal with blisters, bedbugs, heatstroke and other hazards. How to access the Spanish health service and stay safe. What to do before you leave home to avoid disaster. **What to expect on "the Way"** – What's a typical Camino day? What's it like staying in a "pilgrim hostel"? Where do you eat and what's the food like? **Communicating** – how do people manage if they don't speak Spanish? How to order food in restaurants? **History of the Camino and of Spain** from its beginnings to its revival, what was the Camino like in the middle ages? Who walked it then? What hardships and hazards did they face? **Society, culture and environment** – politics, culture and people of modern Spain. **Internet resources** - including details of websites and Facebook pages and groups where you can meet other pilgrims. Remember, thousands of people walk the Camino every year! Just how difficult can it be if all of these people manage fine?

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