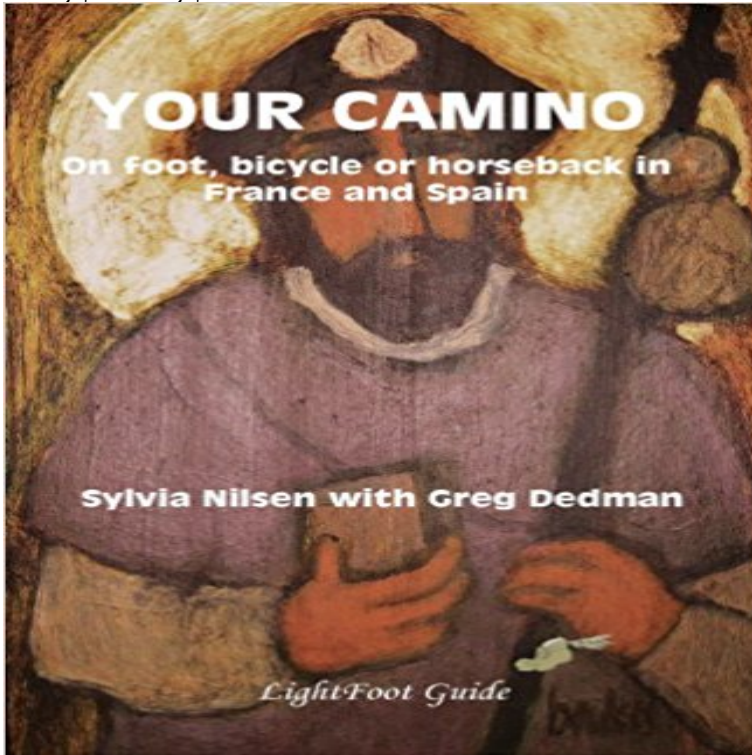


## Your Camino - A Lightfoot Guide to Practical Preparation for a Pilgrimage



A must have for anyone planning their first, or second or third Camino and an invaluable resource for organisations that offer advice and help to pilgrims planning their Caminos. After years of answering frequently asked questions on Camino forums, the Internet, Camino workshops and on her Camino blog ([amaWalker.blogspot.com](http://amaWalker.blogspot.com)) Sylvia Nilsen, provides the answers to your questions. Besides providing information and maps on the many different Camino routes in France and Spain (with links to Jacobean routes in other countries) she offers advice on the best time to go and how to get there, planning daily stages, budgets and accommodation, pilgrim and trail etiquette. She enlisted the help of Greg Dedman (Camino pilgrim and backpacking expert) to help with chapters on technology, weather, food and language. Many other experienced pilgrims shared their expertise on subjects as diverse as disabled pilgrims, cycling, trekking with children, horses, donkeys and dogs. There are chapters on clothing and equipment covering boots, shoes, backpacks and sleeping bags, as well as medical matters, relics, Santiago Holy Years and pilgrim statistics. Illustrated with delightful pilgrim characters, this 322-page reference guide covers everything from learning about the Camino on the Internet, in books and DVDs, Confraternities and Forums, to taking a donkey on the trail, and how to go in the woods!

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