

Ultreia et Suseia! The Newsletter.

Vol 1, No 2.

August, 2021 Christchurch Camino Group



'When you travel,
A new silence goes with you,
And if you listen,
You will hear what your heart
Would love to say.'
John O'Donohue

Editorial

Christchurch Camino Group

The Christchurch Camino Group held its inaugural meeting in February of 2017. The purpose was to provide a forum where prospective and returned pilgrims could meet to share ideas regarding the Camino. Over the years the format of our quarterly meetings has evolved to better meet the needs and wishes of our members. We have purposefully fostered a safe environment where people willingly share their thoughts and feelings about a range of Camino topics. A walking group was established to provide further opportunities to meet and exercise. Our raison d'être is summed up by our logo: meet, plan, prepare, share, reminisce. Thanks to Peter Fleming for the design. Due to the interest shown in the Portuguese Camino route at our May meeting a feature article on the Portuguese has been included in this newsletter. Enjoy! *Ultreia Philip.*



This Newsletter Includes:

- Editorial p 1
- Noticeboard p 2
- August Meeting Follow Up p 3
- Selecting a Portuguese Camino Route p 5
- Things to Do in Lisbon p 6
- Things to do in Porto p 7
- Camino Portugues Resources p 7
- Camino Poem: Galician Wayside Crosses p 8
- Resources for the Camino San Salvador p 8
- Camino Story: Foot Washing Ritual, Albergue San Nicholas p 8
- Camino Tip p 9
- Resources p 10
- Reviews p 10
- Index of Newsletter Main Topics p 14

Noticeboard

Scheduled 2021 Christchurch Camino Group Meeting Dates

The following is the remaining scheduled meeting date for 2021: Monday 8 November.

Future Agenda Items

A big thank you to those who have made suggestions regarding future meeting topics. Waiting in the wings are topics including: Meseta – Skip or Savour? Technology - What is Gained/Lost by Being Continuously Connected on the Camino? Arriving in Santiago de Compostela: Euphoria or Blues? Architecture on the Camino: Stop/Detour/Ignore? We also wish to keep a focus on tales of pilgrims' journeys. Please send topics you would like addressed and/or offers of presenting one of your pilgrim journeys to: chchcaminogroup@gmail.com

November Meeting Contributions Request

Learning Life Lessons on the Camino

At our November meeting the scheduled main topic will be: '**Learning Life Lessons on the Camino.**' This is an opportunity to share our stories around these life lessons.

Perhaps they are continuing... Please bring some Camino stories/life lessons from your Camino to share in a smaller group setting.

If you have any other ideas regarding meetings please contact Philip at the above email.

Christchurch Camino Walking Group

The Christchurch Camino Walking Group meets on the third Sunday of the month, usually at 10 am. The walks are a mixture of flat and hill walks around Christchurch and surrounding areas. They provide an opportunity to try out new walks, and exercise with people who share a love for the Camino. Walks are usually completed by around 3 pm. Please contact Cecilia for more information and to join the separate mailing list: chchcaminogroup@gmail.com

Advice Given to Pilgrims

We wish to emphasise that all information and answers given by our presenters, organisers, meeting participants and in our newsletter are provided in good faith, and have been found to work for them/us on that particular occasion.

The information provided is a starting point for your research so that there is a range of possibilities to investigate and can be adapted to suit individual circumstances

Ultreia et Suseia Newsletter Camino Items of Interest

Please submit any items of Camino interest for consideration of inclusion in our quarterly newsletter to chchcaminogroup@gmail.com. Please time these to arrive at least a week before a scheduled meeting.

2021, Christchurch Camino Group Meeting Follow Up

The **pre-meeting slide show** featured images from Philip's 2018 San Salvador Camino. Although it was cold and wet outside, the Sydenham Room was very cosy.

Apologies: Murray Munro, Liz Stopforth, Sue Mehlhopt, Dianne Deane.

During '**Things to Share**,' Philip mentioned several recent Camino book acquisitions made by Christchurch City Libraries. They include: '**Two Steps Onward**,' '**Moon Camino de Santiago, Sacred Sites, Historic Villages, Local Food and Wine**, by Beebe Bahrami, '**Pilgrim Stories, On and Off the Road to Santiago de Compostela**,' by Nancy Frey, '**The Pilgrimage Road to Santiago, The Complete Cultural Handbook**,' by David Gitlitz, and Linda Davidson. Marie-Therese shared a new library acquisition memoir, '**There's Something Going On! Walking the Camino de Santiago**,' by Simon Donlevy. Colleen modeled two wrap around skirts and a bandana type head scarf which are ideal Camino wear. See: ripskirt.com

New Zealand Trail Alternatives

While Covid-19 thwarts our travel how can we stay motivated and fit utilising local resources?

Tora Coastal Walk

Gythlian highly recommends this fully catered three day, three night coastal adventure situated in the Southern Wairarapa. She presented an excellent PowerPoint presentation with enticing photography and track conditions etc. As well as the main track there were several options to scenic viewpoints. The accommodation was of a high standard, and the images of the food were mouthwatering. Included in the price, \$695, was access to the private track, accommodation and food for 3 nights, tasty packed lunches, a guide book, maps and an introductory talk from owner.

Bookings are open for the season 22 September/ 22 April 2023. There is a wait list available for the 2021/22 season. See toracoastalwalk.nz

Encounters on the South Island's Te Araroa Trail.

Steve presented an excellent PowerPoint presentation on his and Clare's encounters with sections of the South Island Te Araroa Trail. Inspired by a talk given last year at a local sport shop, Clare resolved to tackle this iconic walk. In his detailed slides Steve discussed the equipment required to cope with the terrain and conditions, which include poor signage river crossings and camping.

They decided to try out a 4 day walk on the Ta Trail to the Hamilton Hut, 2 days in and 2 days out on the same track. Although they were well prepared with a PLB etc. they realised that the New Zealand high country was not to be taken lightly. They followed this up with the 4 day walk on the easier Queen Charlotte Track. Upon return to Christchurch they enrolled in a practical residential course with 'Outdoor Training New Zealand'

www.outdoortraining.co.nz to improve their skills. With this new knowledge they have been walking sections of the trail, eg. East Ahuriri Track and the Mellish Saddle near Lake Heron.

Te Araroa Trail You Tube Reviews (by Philip)

Up and Down - 3000 km on New Zealand's Longest Hiking Trail,' Dylan Moron, 2021, [20 min 598 secs] You Tube.

Enhanced by the very real photography, drone shots and excellent interviews with Te Araroa Trail walkers.

An informative and professional documentary, with stunning photography.

'One Foot in Front of the Other, – Te Araroa,' Jean Hacquart, October, 2020, [23 min 57 secs], You Tube.

Filmed to show the guts, and determination required, and reward for completing this adventure. Great use of walking poles! Wow what a stunningly beautiful, and wild country we live in! And then there is a surprise near the end. This guy is a legend!

A beautifully filmed and narrated film.

10 Minute Talk

San Salvador Camino

Philip gave a presentation based on his August, 2018 San Salvador pilgrimage in the '10 Minute Talk,' slot. He gave a brief introduction, showed a 7 minute film of his walk, and finished with a Q and A session.

The San Salvador commences in Leon, crosses the Cordelia mountains to finish 120 km later in Oviedo. This is an historic route as pilgrims were encouraged when on their way to Santiago de Compostela to visit the relics in the cathedral at Oviedo following their transfer from Moorish held Southern Spain. He made the point that the route is well way marked, less travelled and a wilder Camino. The infrastructure is unevenly spread and necessitates careful planning, with the pilgrim carrying extra food and water for some sections. In the middle section meals need to be ordered from adjacent Casa Rurales the evening before. The pilgrims were mostly Spanish and even the seniors were quick walkers! So no 'Camino' family this time. Care needs to be taken when selecting a month to walk. Late autumn and winter are to be avoided. The highest point is 1550m.

This route can be combined with the Primitivo. Philip flew from London to Oviedo and took the bus to Leon. As he looked out the window at the beautiful alps he wondered if he had made a terrible mistake!

Credentials for this route are available from Leon albergues, and a certificate of completion, the Salvadorana, is available from the cathedral.

There is a free guide book available from Ender. See the article below for resources.

Highly recommended, particularly for those who love walking in the higher parts of the Port Hills and Banks Peninsula.

Christchurch Camino Walking Group Report

Due to inclement weather cancellation our sole walk was in July along the Little River Rail Trail from Motukarara to Birdlings Flat. Philip showed a short movie of the walk during supper.

During our **Camino Buddies** session we partnered to discuss our biggest surprise regarding our Camino.

Our **Whole Group Discussion** topic was '**Unpacking Your Camino - Surprises, Challenges, Memories and Realisations,**' and our panel members were, Cecilia,

Gemma, Alan with Philip. The questions were: What were the surprises you had? The challenges? What are you remembering most? What were your realisations?

A **Q and A session** followed where attendees had the opportunity to ask panel members questions and contribute their own experiences.

Challenges

- Downside of technology, people being connected to devices
- Managing blisters, a different treatment required for each foot!
- Fear of missing out on accommodation, inspired to overcome this feeling
- Being non-judgmental
- Having the energy to walk around viewing the sights after a day's walk

Surprises

- Camino an experience for life
- The connectivity and socialising aspect, like a 6 week party
- The care of pilgrims by hospitaliers
- Losing weight while eating like a horse!

Remembering Most/ Memories

- Never ending memories
- That accommodation providing a communal experience were best
- An impromptu concert in the San Anton ruins
- Genuine kindness of pilgrims and locals

Realisations

- Try not to worry about what is ahead, see what the day brings
- The way truly provides, be careful what you wish for!
- That they walked at a slow pace
- That walking doesn't build character, it reveals it
- The Camino magnifies strengths and shortcomings.

The evening finished with supper and **Small Group Discussion** where information was able to be shared in a smaller setting. A big thank you to everyone for packing up the room in 5 minutes! And to Sharon for acting as our greeter.

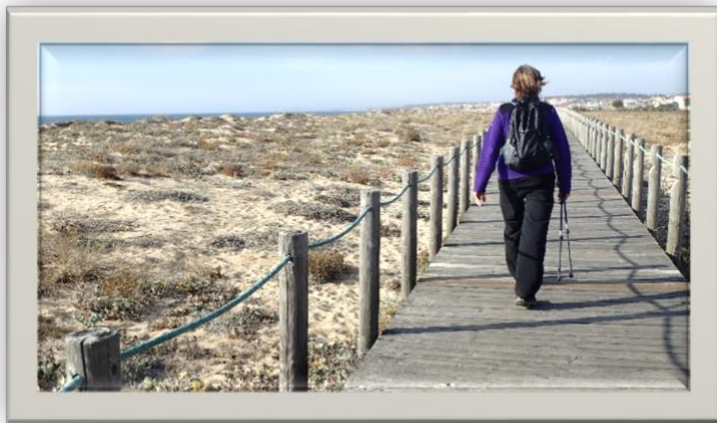
Featured Topic

Selecting a Portuguese Camino Route

The Portuguese Camino has a variety of options regarding the route to be walked. The first decision is the starting point, Lisbon at 680 km or Porto at 260 km? The second decision is the route to be walked? Choices include the Central, Coastal and Senda Litoral. The good thing is that it is possible to switch routes at a number of points. Fortunately John Brierley's, '**A Pilgrim's Guide to the Camino Portugues,**' has plenty of information on route options. The 2015 edition includes a coastal route from Lisbon. The

Variante Espiritual however, is only briefly mentioned under Alternative Routes. (There is a Variante Espiritual route pamphlet which has everything one needs to know including a map, and is available along the Portugues route.) The maps in the Coastal section also show the Senda Litoral path.

A great source of information for the Portugues is the spiritofthecamino.com website. Both Wendy and Nick live in Lisbon.



1. Lisbon: This starting point is about 680 km. Add about 25 km for the Fatima option.
2. Porto via the Central route 260 km, via the Coastal is 280 km, Senda Litoral approximately 259 km.
3. The Variante Espiritual adds a day. (42km, of which the boat ride is 27 km)

Comment

I walked from Lisbon to Santiago de Compostela in 2017. I wouldn't

recommend this starting point for several reasons. It was fairly solitary particularly if you are a solo walker, most of the villages lack appeal and there are many conurbations. I missed walking in woodland! Watch the road walking, some are very narrow and drivers pass by very quickly. Some say this section lacks infrastructure. I quite enjoy enquiring about accommodation in a bar etc. and seeing what the Camino provides. I stayed in seminary accommodation on a beautiful religious estate. I was given my own gate key. On another occasion I stayed in a redecorated house right on the Camino for around €23, with a choice of bedrooms, and a sun lounger in the backyard!

I would probably walk the well signposted detour to Fatima (I went by bus from Tomar.) As a Marion shine of significance, particularly for Portugal it is a must, and a very worthwhile and fascinating experience.

From Porto (a must see beautiful city) I took the **Senda Litoral** which mostly adheres to the coast, in fact in places the path is along the beach. I enjoyed my end of day bar stops where I sat outside with a sea view. It joins the Coastal Route at intervals so a change can be made if it's the windy season. A highlight for me was the free ferry crossing from Portugal into Spain (one hour time difference.) I enjoy the sea and didn't mind the board walks. The routes converge and I ignored the Variante Espiritual sign and continued on the Central route to Santiago de Compostela. I later regretted the decision as I kept hearing how picturesque the Variante was.

In 2018 I took the bus (day before bookings usually required), from Santiago de Compostela to Valenca do Minho, the last town in Portugal, toured the fortifications and then crossed the bridge into Spain and made the short walk to Tui where I stayed the night. Just after Pontevedra (2 km) there is an easily seen signposted crossroad where Variante Espiritual pilgrims take a left turn. A highlight is the Path of Stone and Water. This a beautiful variant and highly recommended.

Things to Do in Lisbon

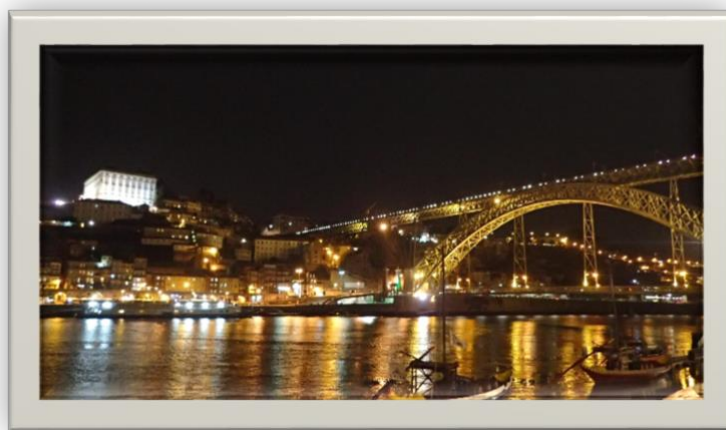
One of my regrets is being keen to embark on my pilgrimage without giving Lisbon due respect and exploring this interesting city.

- Ride **Tram 28** into the old Alframa district and take a stroll watching out for the tile fronted chapels.
- People watch on **Rossio Square** (official name Pedro IV Square)
- Visit the **Cathedral of Saint Mary Major**. Visit the cloister and collect your first stamp.
- Sight/visit the **Torre de Belem** which has guarded the waterfront for centuries and is a fusion of Mudejar to Moorish and Gothic to Romanesque architectural styles.
- Art buffs can marvel at country's **art collection** at the National Museum of Ancient Art.



Things to Do in Porto

- Walk across the **Dom Luis bridge** (double deck) that spans the River Douro connecting Porto with Vila Nova de Gaia. (172 m span). Designed by Theophile Seyrig, a disciple of Gustave Eiffel.
- Tour a **Port winery** with a tasting included.
- Eat some **bacalhau** the national dish at a cafe on the **waterfront**.
- Visit the **cathedral** and collect a stamp
- Visit Livraria Lello the famous **bookshop**, entry fee €18.60 which gives priority access.
- Visit the Chapel of Souls with its distinctive **blue tile cladding**
- Climb the 225 steps of the **bell tower** of Igreja dos Clerigos baroque church. Entry €6.
- Take a **day cruise** on the River Duro.
- Be sure to accompany afternoon tea with Pastels de Natalie **custard tarts**.



Camino Portugues Resources

'**Camino Portuguese Vlog 01 | Don't skip the walk out of Porto, 2019,**' Efren Gonzales includes the Variante Espiritual, [14 min 24 secs], 12 vlogs, plus an after Camino planning Camino discussion. '**Camino Portuguese Map 01| Coastal Porto to Labruge 26.4 km,**' which includes review of his camera gear, and route maps, some 3D plus interspersed vlog clips. Excellent as usual. The drone views are terrific. Efren follows the Senda Littoral and the Variante Espiritual. The footage of the boat ride brought back wonderful memories. Warning: The scenes from the Variante Espiritual are outstanding and enticing!

'**Camino Portuguese, Lisbon - Porto – Santiago. Camino Central / Camino de la Costa, A Practical and Mystical Manual for the Day Pilgrim,**' John Brierley,

Christchurch City Libraries, 946 BRI, 2015, 6th Edition. (Same format as for the Frances guide.)

Be aware that the library edition is at least 6 years old and doesn't contain the Senda Litoral pages, or the Coastal route between Lisbon and Porto as do later editions.

'Stone and Water: Walking the Spiritual Variant of the Camino Portugues,' Roy Uprichard, Revised edition, 2018. Kindle \$US 3.48, paperback, \$US 6.50. (Unseen)

spiritofthecamino.com

Wendy and Nick live in Lisbon and have walked recently in Portugal. A great source of information.

The Writer's Vlog: Camino Portuguese to Santaigo de Compostela 2019, (English), Jenneke Genechten, You Tube, [29 min 20 secs.]

Jen has followed her Frances Camino up a year later with a vlog about her Portugese Camino from Porto via the Coastal route including the Variante Espiritual in 2019. She includes a new set of 10 life lessons, and continues revealing her life struggles. This time she is joined by her partner who has a really eventful Camino! Quite a change from the usual Camino account. Excellent viewing.

Poem

Galician Wayside Crosses

Gothic styled wayside crosses depict a crucified Christ.

Relics of the past stranded in time.

Testament to skilled Middle Ages craftsmen.

Weather-beaten survivors providing reference points

for modern pilgrims to pause and ponder.

© Philip 2014.



A True Camino Love Story

Here is a real pilgrim love story. There are 5 short videos used to tell the story of love on the Camino Frances.

'A Pilgrim Love Story, Parts One – Five,' 2014, You Tube. (A pity about the inclusion of loud background soundtrack.)

The couple are interviewed in 2017 on **'My Camino -the podcast,'** by Dan Mullins, A Camino love story with Loni and Kjarton Bergqvist, 25 July, 2017, [50 mins].

Resources for the San Salvador Camino

Here are some resources for this less travelled Camino. A good idea is to combine this with the Camino Primitivo.

Guide Books

'Camino del Salvador Guide in English,' Ender, 2017

'El Camino de San Salvador Digital Guide Book in English,' (First Edition), 2019
Elle Bieling

You Tube

'Camino Salvador The Movie (123,38 km),' Rui Aquinas, 2019, [15.45].

A very good representation of this Camino. Shows the mountainous section to great effect. (Pity about the annoying footsteps throughout!)

A great resource!

'Camino de Salvador 2020 – Panoramacis,' Joaquin Garcia Martinez, [3.43], This is one in a series of still image films, and is a unique presentation. Shows the rural nature of this Camino to great effect. I would definitely view this one.

There follows a series of videos each showing successive days. Perhaps a tad tedious?



Camino Story

Foot Washing Ritual, Albergue de San Nicholas

Pilgrims who are lucky enough to secure a bunk at this 12 bed former church albergue on the Meseta are in for a treat. The albergue is operated by members of the Italian Confraternity, on a first come first served basis. A candlelight communal dinner is provided (there is no electricity apart from the separate washroom,) there are prayers and a pilgrim foot washing

ceremony performed by the hospitaliers. It is situated in an expansive location near the river. On the night I stayed there was a spectacular electrical storm. To add to the atmosphere an Italian guitar playing pilgrim lead a community singing session as well as serenading us into the evening.

A most memorable and highly recommended Camino experience.

Camino Tip

Hard Surface Walking

When there is no alternative but to walk along the road look for a grass verge or track alongside the road. Your body will thank you for it.

Essential Camino Viewing

Nancy Frey is an anthropologist and veteran pilgrim who has posted her speech to the AGM of the Confraternity of St James regarding **'Pilgrimage in the Internet Age,'** on You Tube.

In it she compared pre and current internet age pilgrimage. It really is a wake up call to consider where we stand on this issue and what kind of Camino experience we might wish to have. She talks about the pressures on the current pilgrim enhanced by connectivity. The degree of mental activity for the pilgrim now is huge as they connect with home and with each other on the Camino. It is also possible to listen to this talk as a podcast. The video is accompanied by photographs taken between 1994 and 2016 and includes essential diagrams. Both video and podcast are available via Nancy's website:

www.walkingtopresence.com 'Pilgrimage in the Internet Age,' is scheduled as our main topic for August 2022.

Pilgrimage in the Internet Age, Nancy Frey, Keynote CSJ AGM 28 Jan 2017, You Tube, [1.14.59]

walkingtopresence.com

A gathering place for Nancy's research on the Camino. Well worth a look.

Resources

'Pilgrim Stories On and Off the Road to Santiago, Journeys Along an Ancient Way in Modern Spain,' Nancy Louise Frey, 1998, Christchurch City Libraries, 946 FRE, (4 copies). A new acquisition.

This volume is a very recent addition to the growing collection of Camino books on our city's library shelves. It is a landmark and definitive work on the Camino de Santiago, and the Frances in particular. Frey has written a book which combines her experience as a pilgrim with the stories she collected from pilgrims during her research. These are retold under a number of chapter headings: Journey Shaping, Learning New Rhythms, Landscapes of Discovery etc. These stories caused me to reflect on my own, and to place them within a wider context.

A well researched volume for those who have more than a passing interest in the Camino.

efrengonzalez.com

This website gives access to all Efrengonzalez's Camino route vlogs and many extras. These additional resources include: Travel Gear, Itineraries. His vlogs are essentially travelogs, there being no mention of the inner journey, with rare interaction with other pilgrims. Efrengonzalez has different levels of access for patrons to information according to a payment scale. He is currently walking the San Salvador, Primitivo and Chemin Le Puy.

caminodesantiago.me

The Camino Forum is a wonderful source of information regarding all things Camino. The site may be visited and the search engine utilised to find specific information. Another option is to arrange for a weekly email update of, 'Last week's most popular topics (from the Camino de Santiago Forum.)' A daily, 'Yesterday's new topics (from Camino de Santiago Forum,)' can also be arranged if you, like me are really keen!

caminoguides.com

This is the website for Camino guidebook writer John Brierley. Amongst other things it contains samples of his 4 guidebooks, downloadable Self Review and Planning Guides, and handy 'Questions' and 'Feedback' forms.

'Camigas ~ A Buddy System for Women on the Camino.'

This is a networking group for women who are travelling on the Camino de Santiago and who want to buddy up with one another women for companionship and safety.

'Pilgrim House in Santiago de Compostela,' Ivar Rekve [14.33]

An informative video regarding the services offered at Pilgrim House. A space I have enjoyed several times.

Recommended.

Confraternity of St James cjs.org.uk

There is a magnificent collection of 67 Camino guidebooks,, including the lesser known routes.

Reviews

Movies

'Antoinette in the Cevennes,' [96 mins]

A subtitled French comedy set on part of the 'Chemin Robert Louis Stevenson,' which commences in Le Puy-en-Velay. It even features a donkey named Patrick which for me was the star of the show, alongside Laure Calamy and the beautiful scenery of SW

France. On the 6 day walk that is covered during the film all the hallmarks of a typical pilgrimage are included. The film manages to rise above its core premise of an adulterous affair.

A great reminder **not** to take a donkey on pilgrimage!

The following reviews are reproduced from Follow Up Newsletter February 2021 as they relate to the movie.

Audio Book

'Travels With A Donkey in the Cevennes' Robert Louis Stevenson [2 hrs, 11 min]

Christchurch City Libraries.

This is an account of Robert Louis Stevenson's 12 day Camino from Le Puy en Velay to St Jean du Gard, now known as 'Le Chemin Stevenson,' in 1878. He is accompanied by Modestine his donkey.

As well as being descriptive and evocative, he manages to include an interesting account of the area's history.

Quality literature.

Books

'Travels With My Donkey, One Man and His Ass on a Pilgrimage to Santiago.' Tim Moore, Christchurch City Libraries, 946 MOO

This book was first published in 2004 so it offers a look backwards to the recent past on the Camino. Includes the contemporary adventure set in its historical context.

Erudite and entertaining at times. I just couldn't muster the staying power to complete it.

Podcasts

InOurTime-2021-0218-MedievalPilgrimage BBC4 [50.43 sec]

A discussion amongst three medieval professors and Melvyn Bragg about the origins of pilgrimage. Destinations include Rome, Santiago de Compostela, Jerusalem. And who would imagine people were walking virtual pilgrimages in the 16th century! (Also search Camino Forum BBC 'In Our Time' Feb 18)

Fascinating.

My Camino – The Podcast Beebe Bahrami [1 hr 00.47 secs], (7 months ago)

Dan interviews Beebe Bahrami about her numerous encounters with the Camino since 1995, and also her book, **'Sacred Sites, Historic Villages, Local Food and Wine.'**

The Camino Podcast Episode 19 The Via Francigena [Mon 13 June 2016,] Dave Whitson []

Dave recalls his first attempt to walk part of this icon route before the infrastructure was in place. He interviews Paul, who wrote, 'The Lightfoot Guide to the Via Francigena,' (Paul Chinn and Babette Gallard.)

A worthwhile listen, especially for those contemplating walking this iconic route.

The Camino Podcast Pilgrimage and the Environment Episode 53, Dave Whitson [1 hr 33 min]

In this podcast Dave Whitson discusses with several experts how pilgrimage and the environment are inextricably connected. Part of the power and magic of pilgrimage is being immersed in the natural world as we make our way. He discovers how the act of pilgrimage is being utilised to promote climate change awareness, and discusses actions we might take as pilgrims to mitigate our impact.

Topical, and thought provoking, especially with regards to steps we might take to make our pilgrimages more eco friendly.

Time well spent.

Books

'The Great Westward Walk: From the Front Door to the End of the Earth,' Antonio Gonzales, Kindle US \$7.08

This book features on Ivar's Camino forum book club and its wide praise prompted me to download the Kindle version. (Translated by Rebekah Scott.)

Antonia is a Basque and in this memoir we are privy to his conversations with the locals he meets along the way which gives an added dimension his story. This is a beautifully written account of his winter journey along the Camino Frances.

A beautifully written tale.

'Pilgrimage Road to Santiago, The Complete Cultural Handbook,' David Gilitz and Linda Kay Davidson. Christchurch City Libraries, 946.1GIT (3 copies). A new acquisition. This must be the definitive step-by-step to the cultural history of the Camino de Santiago. Organised geographically, this book covers aspects of the terrain, places of interest, history, artistic monuments, and each town and village's historical relationship to the pilgrimage. Interestingly the routine descriptions cover both commencing at Somport and through the Somport pass (given the emphasis) and from St Jean Pied de Port, although the town doesn't feature).

There are no photographs. In, 'Pt 11 The Reference Points,' in the section, 'Art Styles on the Road,' there are line drawings to illustrate architectural styles and features.

It is also available as an e-book which would be more practical to carry as the paperback is weighty.

'A Furnace Full of God,' Rebekah Scott, 2019, Christchurch City Libraries, 946 SCO (4 copies). A new acquisition.

(See below for two You Tube videos featuring Rebekah.)

This is a collection of stories centred on Moratinos a village on the Meseta.

In 2013 I was a recipient of Paddy and Rebekah's Camino largesse when I stayed overnight at their home, the Peaceable Kingdom whilst walking the Camino Frances. As a bonus several chapters are devoted to a moving pilgrimage from Sarria.

A rare insight into living on the Meseta.

'The Day Was Made for Walking, An Aussie's Search for Meaning on the Camino de Santiago,' Noel Braun, 2013, Christchurch City Libraries, 946 BRA, (4 copies), and available in eBook.

Noel was 77 years of age when he began the Chemin Le Puy. The first half of his well written book covers his pilgrimage to St Jean Pied du Port. A year later he returns to walk to Santiago de Compostela and on to Finisterre. He is walking to evaluate his life following the death by suicide of Maris his wife of forty two years. As well as describing the route and the people he meets, he spends much time reflecting on his inner journey.

A satisfying read, with no mention of blisters or shin splints!

'A Food Lover's Pilgrimage Along the Camino to Santiago de Compostela, Food, Wine and Walking Through Southern France and the North of Spain,' Del Nolan, 2010, Lantern, an imprint of Penguin Books, Australia. (Currently out of print.)

This book may be best described as one for the coffee table. It is a handsome book, something to delve into, and feast upon the text and photographs, and weighs in at just under 2 kilograms! The first pilgrimage is undertaken by car along the pilgrimage routes of Southern France. Nine months later the author joins Nancy Frey on one of her, 'On Foot in Spain,' gastronomic pilgrimages, walking through the best landscapes and then travelling

by vehicle to the next area of interest. She then walks the final 100 km to claim her Compostela. A detailed account of a visit to the xx market and her subsequent at Casa Marcelo restaurant is given. The photographs by Earl Carter are worthy of their own book.

AudioBook

'The Attachment: Letters From a Most Unlikely Friendship,' Ailsa Piper, Tony Doherty, 2019, AudioBook, Christchurch City Libraries. Read by the authors.

This is a beautifully written compilation of nine months of correspondence between the two authors sparked by Tony writing to compliment Ailsa on her book.

Great listening.

YouTube

'Beyond the Way, Season 01'

Andrew Suzuki has produced a stunningly beautiful and thoughtful series which gives an account of his pilgrimage on the Camino Frances. This is my second viewing and I loved every minute.

Engaging.

'Should You Walk the Camino Alone or with Companions - Camino de Santiago,'

robscamino [13 min 30 secs] One of a series.

Rob is an Australian and has been walking on the Camino Frances three times, alone once and twice with his wife. He discusses the pro and cons of each. One of the factors he takes into account is the impact of a companion on his inner journey. (Known as Robo on the Camino de Santiago forum.)

A rarely voiced viewpoint.

'Donativo (Donation) Culture on the Camino Under Threat? With Rebekah Scott.'

robscamino, 16 min 25 secs] and **'Life and Death on the Camino and Peaceable**

Projects,' robscamino, [12 min 05 secs]

Two opportunities to see, and hear Rebekah in conversation with Rob about donativo albergues and their survival as a result of Covid, and her 'Peaceable Projects' endeavours to support pilgrims. Rebekah lives in a village on the Meseta.

Interesting topics too!

Websites

caminodesantiagobybike.com

This is a website primarily for cyclists, found via the Camino Forum. It contains a downloadable cycling guide to the Camino Frances. (via the menu)

The website has some interesting articles of general Camino interest. (The writer is an Art history graduate.)

Recommended especially for those considering cycling the Camino.

caminodesantiago.me

Several recent threads regarding how to look at a painting have proved interesting. To access the threads type enter, 'Entertainment - how to look at a painting,' into the forum's search engine.

The contributor has utilised paintings which easily demonstrate his points rather than specifically focusing on actual examples of art works to be found along the Camino. He posts a painting and requests responses to a series of questions designed to explore the image. He then comments on their posts, often encouraging further exploration.

An interesting way to upskill.

Spanish Wine Review

Mesta is a red Tempranillo organically produced wine from the Castile region of Spain. It is described as having, 'smooth, fruit-laden Spanish wine with violet and lavender notes on a back palate preceded by voluptuous dark forest fruit.'

The vineyards are still passed over by migrating sheep. The Mesta was a powerful alliance of sheep in Medieval Castilewood controlled the canadas, traditional rights-of-way for migrating sheep. The canadas rights are still protected today.

This is my favourite Spanish wine, available from Countdown for \$18.99.

Index

Things to Do in Santiago de Compostela Vol 1. No. 1.

Article: A Selection of You Tube Vloggers Vol. 1 No 1.

Article: Things to Do in Finisterre Vol 1. No 2.

Featured Article: Selecting a Portuguese Camino Route Vol. 1 No 2. p

Article: Useful Camino de Santiago Resources Vol 1. No 2. P

Reviews of Two Key Camino Frances Guide Books Vol 1. No 2.

'A Pilgrim's Guide to the Camino de Santiago, Camino Frances, St Jean Pied de Port – Santiago de Compostela. The Ancient pilgrim path also known as The Way of St James,' John Brierley Vol 1. No 2.

'Crossing the threshold means to embrace the unknowing which journey brings.' Christine Valters Paintner.



Unsubscribe: If you wish to unsubscribe email Deb at chchcaminogroup@gmail.com