

Ultreia et Suseia! The Newsletter.

Vol 1, No 3.

November 2021, Christchurch Camino Group

'Use the guides and maps to lead you to Santiago; use the lessons learned on the Camino to find your Way.' Jane V Blanchard.



Editorial

Putting It On the Record

A number of pilgrims are moved to write a pilgrim memoir. There are many to choose from. Through reading this genre we can identify with the author, and recognise similar occurrences and feelings. The writer may give vivid accounts and descriptions, enabling the reader to obtain a feel for the territory being traversed. We can relive our walk, particularly when travel is not as easy. And we can marvel at the omission of places which were dear to us, and played an important part in our journey. Perhaps we can foretell misfortune as they walk with a pack that is too heavy for the distance being walked, or see that the walker is ignoring a heel hotspot. Some writers get below the surface and reveal aspects of their inner journey. Maybe even give voice to thoughts that we have experienced.

There are a number of Camino memoirs in the Christchurch City Libraries Camino collection, several penned by Kiwis, reviewed in previous, or upcoming newsletters and are listed in an article below. I have also reviewed a selection of ebooks available from Amazon in the form of a Kindle. I was drawn to these particular titles as it was explicitly stated in the description that they give an account of the authors' inner journey. One can tire of journeys which are torrid accounts of fetid blisters!

I wish you well in your vicarious journeying.

(Note, it is current library policy to withdraw underutilised books. Use it or lose it!)

Ultreia Suseia
Philip

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Noticeboard

2022 Christchurch Camino Group Meetings

At the time of writing the 2022 Covid conditions of hire for the Sydenham Room had not been released. We would like to hold 4 meetings throughout the year and will send out an update/agenda early in the New Year to clarify the situation.

Thanks

Deb and I wish to take this opportunity to thank everybody for their help in bringing about our 2021 programme. A big thank you to the presenters. Your generosity of the gift of time and effort enable us to present a rich and varied potpourri of topics. Thanks also go to Cecilia for once again masterminding an excellent programme for the Christchurch Camino Walking Group. We are also indebted to Peter for designing and updating our meeting posters. Finally thanks to those who assisted with the room set up, acted in the role of greeter, assisted in the kitchen with the wash up, and to everyone for helping with a fast pack down at the conclusion of our meetings.

New Website

The Christchurch Camino Group now has its own website: www.chchcamino.net
Our thanks go to Alan for initiating and implementing this project. We hope that this will provide a welcoming first point of contact and a rich source of information for our group.

Meeting Contributions Request

At our February 2022 meeting the scheduled main topic will be: **Secrets For Successful Caminos: Planning, Preparation, Walking/Experiencing, Improvements.**
Tips for a rewarding Camino. What are the key resources to assist with my planning? How can I prepare my body? How can I make the most of my Camino experience? What do I put the success of my Camino down to? For subsequent Caminos what do I wish to do differently?

If you would like to make a **5 minute contribution as a panel member on this topic** please contact Philip: chchcaminogroup@gmail.com

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

Newsletter Camino Items of Interest

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

Advice Given to Pilgrims

We wish to emphasise that all information and answers given by our presenters, organisers and 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.

November, 2021 Christchurch Camino Group Meeting Follow Up

The Pre-meeting Slide Show images for this meeting were selected from Philip's 2019 Le Puy to Finisterre Camino, this time focusing on Bercianos del Real Camino to Villar de Mazarife.

During his welcome Philip mentioned that over our five years of operation the Christchurch Camino Group has had a total of 50 Camino related presentations. He said a number of topics had been developed and that their inclusion in future meeting programmes would be influenced by popular demand. Attendees were invited to suggest topics by emailing Deb: chchcaminogroup@gmail.com

Following our usual Introductions we had the opportunity to hear about an exciting new development. Alan introduced us to our group's new website: chchcamino.net The site which is "live," is still under development. Please let us know if you have any ideas which can be incorporated.

Marie-Therese brought to our attention a book with a different angle on the Camino Frances. This volume, '**The Way of the Gardener, Lost in the Weeds Along the Camino Frances**,' 946 PEN, Christchurch City Libraries, [3 copies], was written by Lyndon Penner. Lyndon was a recent guest on My Camino – the Podcast, 10 August, 2021, Part 1, [42 min], 17 August, 2021, Pt 2, [46 min].

Philip introduced a new addition to the memoir section of the library, '**Into the Thin, A Pilgrimage Walk Across Northern Spain**,' by Stephen Drew, Christchurch City Libraries, 946 DRE, [3 copies]. A second book discussed was, '**Grief on the Run, How Active Grieving Helped Me Cope With Devastating Loss**,' Julie Zarifeh, Christchurch City Libraries 155.937 ZAR. There is a chapter devoted to her involvement and experience walking while being filmed. Julie spoke about her part in the 'Camino Skies' documentary at our meeting in February, 2020.

Philip reminded attendees about the library's recent acquisition, '**Pilgrim Stories On and Off the Road to Santiago**,' by Nancy Louise Frey, Christchurch City Libraries 960 FRE. This is an academic work and would be of interest to those who wished to explore pilgrim motivations, and experiences both on, and after their Caminos. It also has a section on changes Nancy has noticed in pilgrims over time. Articles regarding her recent research may be found at:

walkingtopresence.com

Philip mentioned the 'Mountain Warehouse,' outlet at Tower Junction. They had walking pole ferrules on sale, buy one pack (of two) for \$9.99 and get one pack free. They also had double layer walking socks for half price with any purchase, \$12.99 instead of \$25.99. The socks have yet to be trialed to determine their efficacy.

Cecilia reported that the **Christchurch Camino Walking Group** completed 3 very different walks since our last meeting. The first in August was via the Bowenvale Track to the Summit road, Victoria Park with the return via Latter's Track and the Eastern Track. In September our walkers completed The Pegasus Bay Walkway between Woodend Beach domain and Kairaki and return. In October the walk was centered on

Washpen Falls in the foothills of the Southern Alps. We then viewed a 3 minute film of the walks. The walk in November, the final one for 2021 is from Gebbies Pass to the Packhorse Hut. To join the mailing list email Cecilia: chchcaminogroup@gmail.com

**Whole Group Discussion:
Learning Life Lessons.**

Sue Dwan introduced her sister Catherine who then read to us several paragraphs from the "Post Walk Reflections" section of Sue's book, **'The Kiwi Sisters on the Camino Frances.'** (See attachment.)

This highlighted some of the Life Lessons they experienced on the Camino and were moved to bring into their lives once home. This proved to be the perfect introduction to Philip's documentary, **'Walking the Camino, Learning Life Lessons,'** which was filmed on the San Salvador, Primitivo, Ingles, Finisterre and latter stages of the Frances Caminos in 2018. The lessons featured in the film and in Sue's book are summarised below.

We then moved into Small Group **discussion** format so that attendees could share Life Lessons from their Caminos.

The evening ended as usual with the **Small Group Discussion** session where there was the opportunity to ask general Camino related questions, share information and reminisce.



Camino Life Lessons Roundup

12 Life Lessons from the Camino, Joyce Rupp. Source, Sep. newsletter CC o P, p9

- Be prepared,
- Learn to let go,
- Live in the present,
- Pay attention to your body,
- Be appreciative of the kindness of strangers,
- Be kind,
- Look for unannounced Angels,
- Deal with disappointments,
- Savour solitude,
- Have a sense of humour,
- Let yourself be humbled by weakness,
- Pause to reflect.



6 Life Lessons from the Camino, Sue Dwan, 'The Kiwi Sisters on the Camino Frances.'

- Get over yourself,
- Self care,
- Let go,

- Be in the present,
 - Receive gracefully,
 - Ask for help,
- (Available from; Rakuten kobo \$ NZ 2.74 e-book)

14 Life Lessons from the Camino, 'Walking the Camino, Learning Life Lessons,' iMovie documentary, a film by Philip. (Life Lessons source: a magpie collection.)

- Realise life is a journey, not a destination; with highs and lows...easy and difficult sections.
- That every person's journey is unique.
- Letting Go; step out...let go of expectations...and control ...and see what eventuates
- Living Simply; A pack weighing 7 kg... is sufficient for 6 weeks. It is surprising how little we need.
- Reconnect; The Camino provides time ...to reconnect with nature, sacred spaces and places...pilgrims who have gone before...their energy...others and yourself.
- Respect; being kind to yourself...appreciating the body's resiliency.
- Keep walking; As in life ...the Camino is full of highs ...and lows, ...conquering challenges leads to transformation.
- Pausing to reflect;...acknowledge your achievements...and the help of others.
- Finding meaning in suffering; walking the Camino is tough...with blisters and injury ...overcoming adversity helps keep us in the present.
- Sharing; share and you'll never be without.
- Gratitude/Thanks; every day give thanks forand willingly accept...all that we receive.
- Look for the silver lining.
- Nature; the difficult path...with perseverance ...obstacles are overcome...the cycles of the seasons...like life...a time to shine ...a time to take stock...A demonstration of transformation.
- Tomorrow is another day....No matter what, ...tomorrow births another opportunity... to begin again.

(The link for this documentary is available from Philip: chchcaminogroup@gmail.com)

Several Life Lessons from the Camino. 'The Day Was Made for Walking, An Aussie's Search for Meaning on the Camino de Santiago,' Noel Braun. Christchurch City Libraries.

- Slow down, take your time, value what matters.. p50
- Out of suffering emerges strength p55
- A glossy exterior is nothing if compassion and kindness are missing. Poem 170

Life Lessons Resources

'Walk In A Relaxed Manner, Life Lessons From The Camino,' Joyce Rupp, Christchurch City Libraries.

'The Kiwi Sisters' Camino de Santiago, Sue Dwan,

'The Kiwi Sisters Camino Portugues,' Sue Dwan,

Both available from; Rakuten kobo (e-books).

Featured Topic

36 Camino Memoirs by Route

Here is a selection of previously reviewed Camino memoirs arranged by route.

Camino de Santiago, (various Routes)

'It's About Time, A Call to the Camino de Santiago,' Johnnie Walker, Kindle, \$US 8.86, or Confraternity of St James \$NZ 14.30 approx.

Frances

'Walking in a Relaxed Manner, Life Lessons from the Camino,' Joyce Rupp, Christchurch City Libraries, 263 RUP (may have been deleted.)

'Towards Compostela, Walking the Camino de Santiago,' Catharina van Bohemen (2020), Christchurch City Libraries, 946 Van, (2 copies).

The Way, My Way - a Camino memoir,' Bill Bennett, Jennifer Cluff, ebook (kindle), \$US 8.67. (2013)

'The Year We Seized the Day – A true story of friendship and renewal on the Camino,' Elizabeth Best and Colin Bowles, Christchurch City Libraries, 796.51 BES, (2 copies).

'Just a Mum on the Camino de Santiago, Put down the peeler and have an adventure,' Rachel Goodman, Christchurch City Libraries, 946 GOO (4 copies).

'Kiwi on the Camino, A Walk That Changed My Life,' Vivianne Flintoff 2017, Christchurch City Libraries, 946 FLY (4 copies).

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

'Women of the Way: Embracing the Camino (Woman on Her Way,)' Jane V Blanchard, 2012. Kindle \$US 3.53.

'The Only Way is West: A Once In a Lifetime Adventure on the Camino de Santiago,' Bradley Chermerside, Kindle \$US 5.79

'Walking Home, A Pilgrimage From Humble to Healed,' Sonia Choquette, Christchurch City Libraries, 946 CHO, (3 copies)

'God's Cocaine: The Addition of the Camino,' Terry Wilson, Christchurch City Libraries, 946 WIL, (3 copies)

'Dancing Around Cancer,' Sheila Hailstone, Christchurch City Libraries, 362.196994 HAI, (3 copies)

'Memoirs of a Pilgrim, Footprints on the Road to Santiago,' Brad Kyle, Christchurch City Libraries, 946 KYL, (1 copy)

'Camino de Santiago In 20 Days, My Way on the Way of St James,' Randall St Germain, Christchurch City Libraries, 946 ST, (4 copies)

'The Kiwi Sisters' Camino de Santiago,' Sue Dwan, Rakuten Kobo, \$NZ 2.74

'Road of Stars to Santiago,' Edward Bennett, 1994 Download.

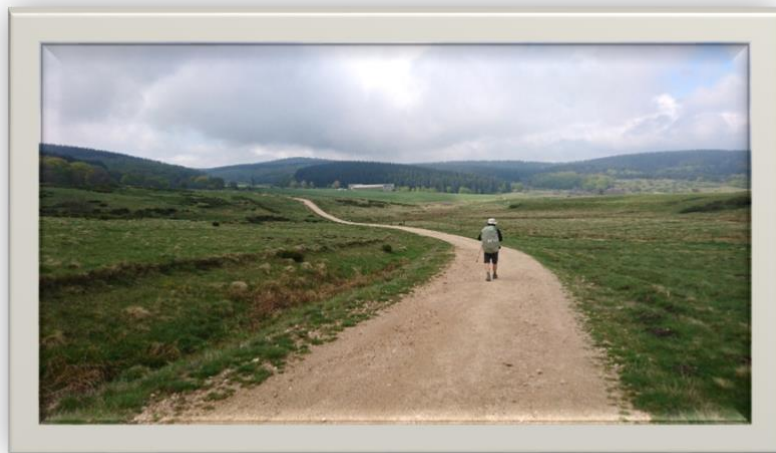
'I'm Off Then, Losing and Finding Myself on the Camino de Santiago,' Hape Kerkeling, 2006, \$NZ 17.00 Book Depository. (Review will appear in May edition.)

'Into the Thin, A Pilgrimage Walk Across Northern Spain,' Stephen Drew, 2020, Christchurch City Libraries, 946 DRE, 3 copies]

'There's Something Going On! Walking the Camino de Santiago,' Simon Donlevy, Christchurch City Libraries, 946 DON, [5 copies].

'The French Way, Trekking the 40 – day El Camino de Santiago,' Lorraine Thomson, Christchurch City Libraries, 946 THO, [4 copies]

'A Slow Walk Across Spain, Walking the Camino de Santiago,' (Second Edition, 2015), Karen Manwaring, Christchurch City Libraries, 946 MAN, [3 copies]



Del Norte/Primitivo

'The Santiago Pilgrimage, Walking the Immortal Way,' Jean-Christophe Rufin, Christchurch City Libraries, 946.1 RUF

'The Man With the Camino Tattoo, Searching for Sanctuary on the Camino de Santiago,' Dermot Breen, Kindle, \$5.04. (To be reviewed.)

Le Chemin Stevenson

'Travels With A Donkey in the Cevennes,' Robert Louis Stevenson, Christchurch City Libraries, Audio Book.

Portugues

'The Kiwi Sisters' Camino Portugues,' Sue Dwan, Rakuten Kobo, \$NZ 2.74

Le Puy/Frances

'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, (2 copies), and available in eBook.

'The Road to Santiago, Walking the Way of St James,' Rene Freud, Christchurch City Libraries, 941.6048 FRE, (2 copies).

'The Journey In Between, A 1000-mile Hiking Adventure On El Camino De Santiago,' Keith Follett, eBook, Amazon NZ \$12.96

Camino Mozarabe/Via de la Plata

'Sinning Across Spain, Walking the Camino,' Ailsa Piper, Audiobook, Christchurch City Libraries (10 hours).

Cluny/Le Puy/GR 10 to Hendry/del Norte/Primitivo/Frances (from Melide)

'Two Steps Forward,' Graeme Simsion, Anne Buist, 21017, Christchurch City Libraries, SIM, (16 copies)

Written as a novel and structured as two hero's journeys with a romantic comedy subplot. [Guests on Episode 1 of podcast, 'Coffee and Camino']

(Cluny), Chemin d'Assise, Via Francigena

'Two Steps Onward,' Graeme Simsion, Anne Buist, 2021, Christchurch City Libraries, SIM (15 copies)

Written as a novel, Martin and Zoe reunite and make their way to Rome. (Review will appear in May edition)

Vezelay(to Autun)/Cluny/Le Puy-en-Velay

'Paris to the Pyrenees, A Skeptic Walks the Way of St James,' Downie David, 944 DOW Christchurch City Libraries, (3 copies).

La Via Tolosana (Chemin d'Arles)/Camino Aragones/Caminho Portugues (La Via Lusitana)/Finisterre

'I Guess I'll Just Keep on Walking, Continuing the Search for Meaning,' Noel Braun, Christchurch City Libraries, eBook, 2017.

Via de Vezelay and Via de Vezelay via Gebennensis (From Geneva to le Puy-en-Velay)

'Keep Pressing On, Brother,' Noel Braun, Christchurch City Libraries, 946 BRA, (3 copies).

This is the third in a series of memoirs recounting the author's inner and outer journeys and is reviewed in the next issue.

Via Francigena from Canterbury

'A Pilgrimage to Eternity, From Canterbury to Rome in Search of a Faith,' Timothy Egan, 2019, Christchurch City Libraries, 263 EGA, [1 copy]. (Review will appear in May edition.)

Camino Poem

The Way of St James

An inexplicable calling is heard
a powerful force beckons.
The Way of St James must be traversed!
Across mountains, tended fields and urban landscapes
pilgrims play out this age old ritual.

Time worn wayside crosses
vie for attention in a modern world,
providing a connection to the spiritual.
A tangible reminder of the seeker's purpose.

Ancient cloisters reverberate.
A black clad nun sings with joy,
bringing tears to the faces of many.
Santiago de Compostela!

Having returned to familiar shores,
a path of transformation continues,
long after the footsteps have fallen silent.

© Philip, 2013



Article

Things to Do In Finisterre

- Obtain the colourful **Certificate of Achievement** from the municipal albergue or tourist office upon presentation of the credential. (Credential available from the tourist office next to the Pilgrim Office in Santiago de Compostela.)
- Watch the sunset from the **lighthouse headland** an approximately 3 km walk each way.
- Have your photo taken at the **000 km way marker** near the lighthouse.
- Watch the sunset from the **Hippy beach**. Sit on the sand, listen to the crashing waves. (Swimming is dangerous due to rip currents.)
- Take a (reasonably priced) **sunset cruise**.
- Walk along the **marina** and visit a shoreline restaurant. (Water front dining)

- Go for a paddle on the long **sandy beach** before entering Finisterre. There is a bar at the non-town end.
- Eat at **One World restaurant**, a wonderfully quirky dining experience. (Located at the beginning of the township.)



Article

Useful Camino de Santiago References

The following books are a great source of information when preparing to walk the Camino de Santiago. Each contributes from a different perspective. They are all available from Christchurch City Libraries.

'Returning From Camino.' Alexander John Shaia, 263 SHA (1 copy)

A book about preparing for the inner journey, maximising the benefits while on the pilgrimage, and options to deal with inner changes brought about by the journey.

A **must read** if your interests extend beyond preparation for the physical journey.

'A Pilgrims's Guide to the: Frances, Portuguese, Finisterre and Muxia, John Brierley, Christchurch City Libraries, 946 BRI (1-2 copies.)

These guides contain a wealth of information regarding the route (easy to follow hand drawn maps), key sights/sites, accommodation and restaurants etc. The guides' subtitle is: 'Practical & Mystical Manual for the Modern Day Pilgrim.' Some dislike these inclusions, however his ponderings can be thought provoking and help see beyond the physical.

'**My Camino – the podcast,**' has a very informative episode devoted to guide book writer John Brierley, dated around 2 years ago, 'Camino guide book author John Brierley.'

'Sacred Sites, Historic Villages, Local Food and Wine,' Beebe Bahrami, 2019, 498g.

Christchurch City Libraries, 946 BAH, (4 copies)

A book about the Camino Frances to explore and savour.

'Walking in a Relaxed Manner, Life Lessons from the Camino,' Rupp Joyce, Christchurch City Libraries, (Has been culled.)

This is an account of a journey along the Camino Frances as a pilgrimage, written around themes/life lessons rather than days walked.

'A Slow Walk Across Spain, Walking the Camino de Santiago,' (Second edition, 2015,) Karen Manwaring, 946 MAN (3 copies)

This is a 'go to' manual to be read prior to walking the Camino Frances.. It includes helpful preparation tips, recounts life lessons learned and 5 Spanish recipes. The factual material is supplemented with diary entries from her 3 Caminos. There is a useful chapter on the history of the Camino, and suggested readings and websites.

'The Art of Pilgrimage, The Seeker's Guide to Making Travel Sacred,' Phil Cousineau, 203.5 COU (3 copies).

If your interest is in making your walk a pilgrimage this is a great resource. This is a substantial literary work about pilgrimage encompassing a number of faiths, to be dipped into, rather than as a solid read.

'The Soul of a Pilgrim, Eight Practices for the Journey Within,' Christine Valters Paintner, 263 PAI, (3 copies).

As the title indicates this is a practical guide to making an inner pilgrimage, from a Christian perspective. Paintner sets out a number of practices to assist with the journey. Each chapter deals

with a different aspect of inner pilgrimage closely following the stages of a physical journey. The same practices are utilised in an exploration of each chapters' theme. This helps simplify the actions required and allows the seeker to focus more easily on the task in hand.

'Pilgrimage Road to Santiago, The Complete Cultural Handbook,' David Gitlitz and Linda Kay Davidson, 2000, 946.1.GIT, (1 copy).

This book is also available as an e-book which would be more practical to carry as the paperback is weighty. Although rather dated it carries a wealth of interesting historical and architectural information about the Camino Frances. (This is not a guide book.)

'Just a Mum on the Camino de Santiago, Put down the peeler and have an adventure,' Rachel Goodman, 946 GOO, (4 copies).

Part Two focuses on a 39 day chronological account of Kiwi Rachel Goodman's journey on the Frances while Part One explores the reasons for making the journey. An Afterword containing; an Epilogue, Glossary, Pack List and visit to Muxia complete the book.

Or as an alternative;

'Kiwi on the Camino, A Walk That Changed My Life,' Flintoff, Vivianne, 2017, 946 FLY (4 copies).

Vivianne recounts her journey of transformation amidst the pain, fears, anxieties, challenges, and fun as she walks to Santiago and on to Finisterre.

'A Philosophy of Walking,' Frederic Gros, Christchurch City Libraries, 128.4 GRO, (3 copies), This book is about different types of walking. Especially relevant are the chapters on the philosophy of long distance walking.

Camino Story

A Memorable Night Amidst the Ruins of San Anton Monastery



All pilgrims on the Frances walk under the arch over the road just a few kilometres shy of Castrojeriz.

Few take the track behind the ruins. There they are greeted by the magnificent ruins of the once proud 14th century monastery. Originally founded in the 12th century, this was an important facility for pilgrims, being a hospital which treated amongst other things the disease known as 'St Antony's fire.'

During the season a humble albergue operates from a lean-to building, staffed by a volunteer hospitalier.

On the night I stayed an impromptu concert was held amongst the ruins. This followed a tasty meal

prepared by all four pilgrims under the supervision of

our host. The stay was enhanced by the lack of electricity, the comradery of the pilgrims and the magical quality of the surroundings.

Camino Resources

Emergency Number Spain, Portugal, France and the rest of the EU

The emergency contact number for emergency services (ambulance, police, rescue team, fire fighters) is 112. English is spoken.

'Camino Tips: How to get the most out of 'The Way' (Woman on Her Way Book 3), Jane V Blanchard. (Unreviewed)

Christchurch City Libraries

The **Christchurch City Libraries network** holds an extensive collection of Camino books. Being creative with the 'Subject' search in the catalogue will yield good results. eg. Pilgrimage, Spain, Camino etc. They operate a rigorous policy of culling underutilised books!

Camino Café, Leigh Brennan

A Facebook resource which may be accessed via You Tube. One of my favorites is the interview with author and former podcast host Bradley Chermiside, (Camino de Santiago Pilgrims' Podcast), and author of **'The Only Way is West: A Once in a Lifetime Adventure Walking 500 Miles On Spain's Camino de Santiago,'**

Camino Movie

'The Way,' Christchurch City Libraries has 4 DVD copies, also streaming on Kanopy via the library, and on Amazon Prime. (See below: **Camino Movie - The Way - How Realistic Is It?**)

Reviews of Key Camino Frances Guide Books

'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, 280g, Christchurch City Libraries, 2015, 12th edition, 946 BRI,

(2 copies)

This quintessential guide is subtitled, 'A Practical and Mystical Manual for the Modern-day Pilgrim.' I am reviewing from my copy, the 16th edition, fully revised and published in 2019. While the library copy will provide an idea of what to expect from this guide, the latest editions are an improvement. For instance they contain a very handy daily route profile, alternative rustic options and more handy town maps. And the guide fits into the cargo pocket of my trousers so is always within easy reach.

One of the biggest criticisms of Brierley's guides is his inclusion of matters mystical. He says in the Introduction on p8, 'I have endeavoured to find a balance between the *inner* and *outer* journey by paying equal attention to both. He goes on to say, 'I urge you to find a spiritual purpose for taking this journey.' I enjoy reading his daily, 'The Mystical Path' entries and the prompts they contain. The hand drawn route maps contain a wealth of information in summary form; references to the text, items to look out for, route options, positioning of accommodation etc. I much prefer these to the guides which superimpose the route on standard topographic maps.

The guide is updated annually, however things do change so the user will need at times to be resourceful and maybe check internet accommodation listings. I utilised my copy as a working document, highlighted aspects, asterisked items and made notes prior to, and during my walk.

Important Consideration. Pilgrims tend to walk the stages as suggested. Adherence to these can mean pilgrim bottlenecks, putting pressure on accommodation. Consider 'walking off' Brierley, perhaps major cities being an exception. (Another option for cities and towns with sites of importance is to stop short, and arrive early the next day to view the sights and then head out of town.) It's advisable to ascertain the consequences of moving on, or stopping short though as the available accommodation may be expensive, the village may have limited facilities etc.

A valuable tool to be utilised before, during and after the journey.

Interview with John Brierley, My Camino – the podcast [56 mins], 6 August 2019).

Camino de Santiago, Sacred Sites, Historic Villages, Local Food and Wine,' Beebe Bahrami, 2019, 498g. Christchurch City Libraries, 946 BAH, (4 copies)

Looking for an alternative to Brierley, then look no further! Bahrami's guide to the Frances is a weighty tome at 520 pages, so perhaps best utilised as a pre-Camino planning resource. Each section of the Camino is visited under the following headings: Highlights, Recommended Overnight Stops, Planning Your Time, Getting There, Local Markets, Highlights of Local Food and Wine. There are also chapters on: Planning Your Trip, Make the Trek, History and Essentials. There is a pullout map of the route, and a bonus chapter devoted to Finisterre and Muxia

(Beebe was a guest on **'My Camino the Podcast,'** [60 mins] on 8 December, 2020, and **'The Camino Podcast Episode 46 – 'The Newest Guidebooks to the Camino Frances,'** [1 hr 9 min])

A mine of information. Read the paperback, take the eBook?

Note:

There is a new version of the Cicerone Camino Frances guidebook, which has been published in two volumes: **'Camino de Santiago: Camino Frances, Guide and Map Book'**, Sandy Brown (Rev), January, 2020, 530g. (Unreviewed)

I'm not a fan of the format of Cicerone guides (I own two), particularly the maps which have the travel route superimposed on topographical maps. Perhaps the maps have been redesigned?

Review of a Key Pilgrimage Inner Guide Book

'The Soul of a Pilgrim, Eight Practices for the Journey Within,' Christine Valters Paintner, 263 PAI, (3 copies).

As the title indicates this is a guide book for those interested in utilising their Camino as an aid for their journey of inner transformation. Like a guide book for the physical journey this slim volume (144 p) sets out the key stages of the journey ahead. Within each chapter there is an explanation of the intention, followed by practical exercises to develop it.

Paintner writes in a simple and yet profound way. The book is user friendly and is a great resource to dip into. There is step by step guidance so this book is a great primer for those setting out on a spiritual quest. For those with more experience in this area there will be some familiar and perhaps new techniques and approaches. I have made do with borrowing from the Christchurch Libraries growing collection of books on all aspects of pilgrimage. I would consider it to be a worthwhile addition to any seekers' book shelf. (This is a second review for this key guide book for the inner journey.)

Reviews

Books

'Women of the Way: Embracing the Camino (Woman on Her Way,)' Jane V Blanchard, 2012. Kindle \$US 3.53.

Jane walks the Camino and on the way speaks with women from many nations. These conversations are woven into her journey. She is very honest about the life lessons she is learning as she makes her way to Santiago.

An insightful book told in an interesting and unique manner.

'The Road to Santiago, Walking the Way of St James,' Rene Freud, Christchurch City Libraries, 941.6048 FRE (2 copies).

This book was first published in 2006 as, 'On Foot to the End of the World.' Rene and his wife Barbara commenced their walk in Le Puy-en-Velay, France on 22 September, 1998.

At only 131 pages for a 1500 km journey this account of the physical journey is written beautifully and economically.

Fits into the travel adventure category.

'Paris to the Pyrenees, A Skeptic Walks the Way of St James,' David Downie, 944 DOW Christchurch City Libraries, (3 copies).

A scholarly work which weaves into a rich tapestry various strands of the history of the area David and his wife Alison are walking through complemented by detailed accounts of their experiences. However I chose not to complete it. I felt it was more of a record of an historical walk than a pilgrimage.

Of particular interest to those wishing to find out more about the history of the area the route traverses.

'I Guess I'll Just Keep on Walking, Continuing the Search for Meaning,' Noel Braun, Christchurch City Libraries, eBook, 2017.

This is the second of three books by eighty year old Australian Noel Braun. This time he is walking the Chemin d'Arles, Chemin Aragones and the Caminho Portugues. Once again he describes the route, landscape, places to stay, and encounters with both locals and pilgrims. As I'm interested in walking the first two, I appreciated the level of detail.

In Chapter 15 Noel recounts his time volunteering as a hospitalier at Refugio Gaucelmo in Rabanel del Camino before he leaves for Portugal and the Caminho Portugues. Having stayed for 3 days at the guest house of the monastery I was quite familiar with his description.

(The library has purchased the third in the series, 'Keep Pressing on Brother.')

'Into the Thin, A Pilgrimage Walk Across Northern Spain,' Stephen Drew, 946 DRE, 2020, Christchurch City Libraries, (3 copies.)

This memoir is very well written and will bring back memories as Stephen describes his Camino journey. As promised in the title he does deliver regarding his inner journey.

Stephen discusses his book in the following podcasts.

Episode 47 - Into the Thin, The Camino Podcast, [54.14]

An interview with Stephen Drew. A walk towards love and away from guilt and shame.

Stephen Drew, - 'How the Camino helps us process grief and life's many challenges,' Camino Café podcast, July 3, 2021, [56 min].

Website

www.efrengonzalez.com

This is the website for pilgrim vlogger Efren Gonzalez. He has an engaging personality and his videography is superb. His vlogs include: El Camino de Santiago, El Camino del Norte, El Camino Portugues Coastal, Via Francigena, San Salvador, Primitivo, Ingles, plus other non-Camino expeditions. A noteworthy aspect is his use of the drone to give another perspective. Extraordinary viewing.

You Tube

'Camino San Salvador,' Vlog Series, Efren Gonzalez, You Tube, October 11, 2021

Here is a great opportunity to feast on Efren Gonzalez's latest series.

Great visuals.

San Salvador Camino Update

Efren Gonzalez has published his long awaited San Salvador Camino compilation, **'Solo Hiking 122 km along the Camino San Salvador in Spain,'** You Tube, [36.05]

This complements Philip's short film screened during his San Salvador Camino '10 Minute Talk,' at our meeting in August. Efren is a professional vlogger and his films are beautifully filmed with great drone clips which show where the pilgrims walk using a bird's eye viewpoint. He rarely includes other pilgrims, and tends to focus on the scenery, albergues, churches and his meals while avoiding personal commentary. His scenes with the mist rolling demonstrates possible dangers pilgrims need to factor in to their planning while traversing the mountain section.

Rewarding viewing.

Camino Portuguese Update

Efren Gonzales has just released his Coastal Portuguese compilation, **'Solo Hiking 280 km along the Costa da Morte | Porto to Santiago,'** You Tube, Nov 8, 2021, [57.44]

Danger, viewing will lead to falling in love with this Camino!

Superbly presented.

Camino Movie - The Way - How Realistic Is It? robscamino [25 mins 20 secs]

Rob discusses the movie 'The Way,' the scenes which appeal, and points he feels it gets completely right, eg. It represents a transformational journey of Tom the main character, he meets and bonds with wonderful people, etc. He also discusses the points people find annoying. Usually just a talking head chat with occasional explanatory clips.

An interesting introduction to the movie.

'Camino Frances | Navarre Drone Compilation,' Efren Gonzalez 9 Episodes

See the Camino from a Birdseye view point! Each episode focuses on one of the provinces the pilgrim passes through. To get the Playlist gain access through his YouTube channel by scrolling to the Camino required. Great for views of the landscape and clearly labeled features of the built environment.

Tip: Try viewing with the sound off. Stunning views.

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Article: Reviews of Key Camino Frances Guide Books, Vol. 1. No. 3.

'I remember my first lesson on the pilgrimage was the lesson of receiving.
I needed to learn to accept as gracefully as I had been able to give.' Peace Pilgrim.



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

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