

## Worthwhile Camino Books Available from Christchurch City Libraries



**Image:** Pilgrims on the trail near Manjarin, Camino Frances

### Introduction

The following Camino books have been reviewed in our newsletters. In my opinion these are key books, and are on my essential reading list. The 2023 list has been updated particularly with regard to the number of library copies available. In most cases the number of copies of each title has been reduced. Borrowing lessens the likelihood they will be culled from the city collection. One borrowing every two years keeps them on the shelves! ['The Art of Pilgrimage...'] has gone from 3 to 1 copy!]

### Inner Journey/The Journey/ Homecoming

**'Estrellas Moments of Illumination Along El Camino de Santiago: a memoir,'** Suzanne Maggio, (2021), 946 MAG, Christchurch City Libraries, [4 copies]

**'Into the Thin, A Pilgrimage Walk Across Northern Spain,'** Stephen Drew, 946 DRE, 2020, Christchurch City Libraries, (2 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.

**'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, once home to deal with inner changes brought about by the journey.

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

### Kiwis Camino Frances Memoirs

**'Just a Mum on the Camino de Santiago, Put down the peeler and have an adventure,'** Rachel Goodman, 946 GOO, Christchurch City Libraries, [2 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,'** Vivianne Flintoff, 2017, 946 FLY Christchurch City Libraries, (6 copies).

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

### **Thoughtful Frances Journey Accounts**

**'Walking in a Relaxed Manner, Life Lessons from the Camino,'** Joyce Rupp, Christchurch City Libraries, [3 copies]

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

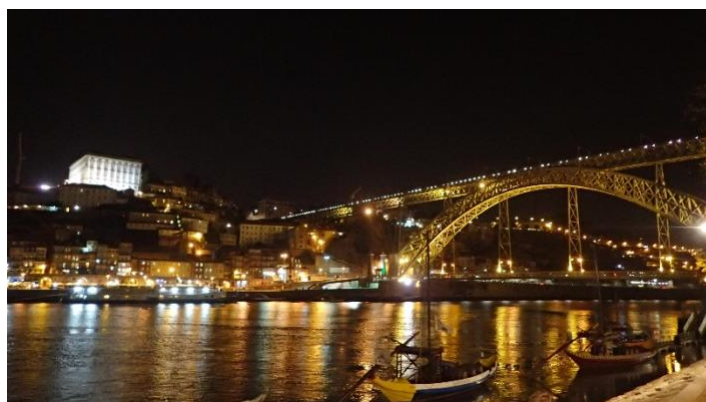
**'A Slow Walk Across Spain, Walking the Camino de Santiago,'** (Second edition, 2015,)

Karen Manwaring, 946 MAN ,Christchurch City Libraries, [2 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.

### **Pilgrimage**

**'The Art of Pilgrimage, The Seeker's Guide to Making Travel Sacred,'** Phil Cousineau 203.5 COU, Christchurch City Libraries [1 copy].



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

**Image:** Porto on the Camino Portuguese

**'The Soul of a Pilgrim, Eight Practices for the Journey Within,'** Christine

Valters Paintner, 263 PAI, Christchurch City Libraries, [2 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.

### **Guidebooks**

**'A Pilgrims's Guide to the: Frances/Portuguese/Finisterre and Muxia,** John Brierley, 946 BR Christchurch City Libraries, [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.

**'Sacred Sites, Historic Villages, Local Food and Wine,'** Beebe Bahrami, 2019, 498g. 946 BAH, Christchurch City Libraries, (2 copies)

A book about the Camino Frances to explore and savour.

## **Naming and Understanding Buildings and Monuments on the Frances**

**'Pilgrimage Road to Santiago, The Complete Cultural Handbook,'** David Gitlitz and Linda Kay Davidson, 2000, 946.1 GIT Christchurch City Libraries, [2 copies]

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 a reference book, not a guide.)



**Image:** St Jean Pied de Port, France.

## **Changes on the Camino**

**'Pilgrim Stories On and Off the Road to Santiago, Journeys Along an Ancient Way in Modern Spain,'** Nancy Louise Frey, 1998, 946 FRE, Christchurch City Libraries, (3 copies).

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.

## **Walking**

**'A Philosophy of Walking,'** Frederic Gros, Christchurch City Libraries, 128.4 GRO, (2 copies),

This book is about different types of walking. Especially relevant are the chapters on the philosophy of long distance walking.

