

Ultreia et Suseia! The Newsletter.

Vol 4. No 4.

Christchurch Camino Group, November, 2024



‘Whatever your reason for saying yes to the Camino, one thing is certain. The person who arrives in Santiago is no longer the same person who set out for it weeks or months before.’
Karin Kiser.

Editorial

Euphoria, Blues or Something Else?

The traditional journey has three parts namely separation, journey and reintegration. I’ve made the flight to Europe, the Camino has been walked so what happens next! Walking into Obradoiro Plaza was fun, but now my Camino Family has dispersed and I’m feeling a little blue after such a mind shifting experience. Does it have to be like this? Our arrival, return home and reintegration from Camino may be left to chance, or indeed overlooked rather than being carefully researched. One option before returning home, if time and budget allows, is to take a few days as a time out to process the journey before normal life imposes its usual restrictions and commitments. In our “Returning Pilgrims’ Ceremony” mention is made of arriving home and seeing things as if for the first time, signaling there are likely adjustments ahead. There are several templates available designed to guide the returning pilgrim through an evaluative process. (See John Brierley guidebooks, Pilgrim House website, Alexander John Shia, heroscaminos.com) If all else fails one can begin planning the next Camino!

References

Leigh Brennan **My Camino the Podcast 21/4/21**. Leigh explicitly discusses her reintegration following her Camino.

Ultreia Suseia,
Philip

Banner Image: Via de la Plata Camino

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Noticeboard

Scheduled 2025 Christchurch Camino Group Meeting Dates

The following are the scheduled meeting dates for 2025: Monday 24 February, Monday 9 June, (subject to confirmation), Monday 25 August, Monday 17 November. **Our venue for 2025 will be meeting Rooms 2 & 3 Upper Riccarton library**, entry via the library main doors. The rooms are to the right.

Christchurch Camino Walking Group

The Christchurch Camino Walking Group meets on the second Sunday of the month, usually at 10 am. The Walking Group was established for people who attend our meetings and intend or have walked a Camino. They provide an opportunity to try out new walks, and exercise with people who share a love for the Camino. The walks are a mixture of flat and hill walks around Christchurch and surrounding areas. Walks are usually completed by around 3 pm. Please contact Cecilia for more information regarding the 2025 Walking Programme and to join the separate mailing list: chchcaminogroup@gmail.com



Image: Waipara Vineyards Walk

Camino Website

Are you familiar with our website: www.chchcamino.net? Alan has worked diligently to provide us with an excellent website and repository for key documents. The latest additions are an index for meeting presentations and a comprehensive index for each newsletter. Do you have ideas for improvement or a pilgrim story? Contact Alan: chchcamino@gmail.com for stories, chchcaminogroup@gmail.com for photographs.

Advice Given to Pilgrims

We wish to emphasise that all information and answers given by our presenters, organisers, meeting participants and in our newsletter and website 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 adapt to suit individual circumstances.

Christchurch Camino Group Meeting Follow Up *Monday, 25 November 2024*

Apologies: The following apologies were received; Sheldine, Jan, Nikki J, Sally & Alec, Nicky C, Deb S, Emma, Colleen and Helen, Murray.

Returning Pilgrims' Ceremony: A Returning Pilgrims Ceremony was held for those pilgrims who have returned since our last gathering. There was an opportunity for them to **recount a highlight** of their Camino. Most said the kindness of others was their key take away. **Departing Pilgrims (Including Shell) Ceremony:** There were no pilgrims departing before our next meeting in February, 2025.

Christchurch Camino Walking Group Report: Cecilia reported on the latest activities of the Christchurch Camino Walking group. Since our last meeting in August the following walks have taken place: September; Rakaia Gorge Walkway, October; Otukaikino, November; Te Kuru Wetland & Kennedys Bush Track.

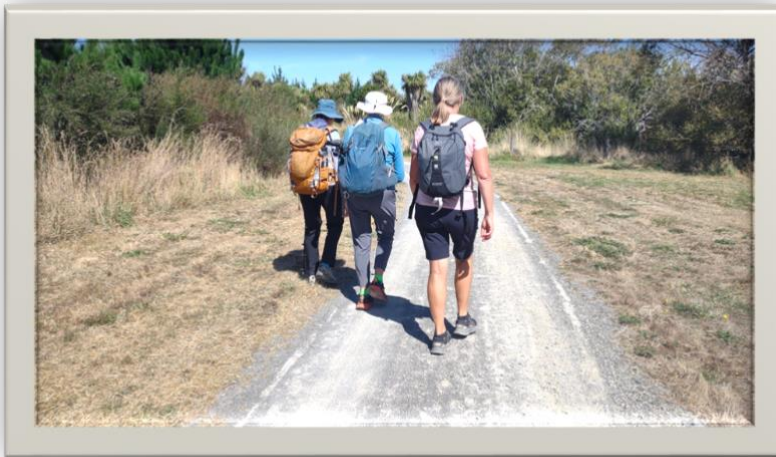


Image: Pegasus to Ashley River via Waikuku.

Journey Presentations:

Presentation One
'Camino Invierno ~ Walking the Winter Way, from Ponferrada to Santiago de Compostela.' ~ Philip
Wish to avoid the Sarria Circus? Fancy 10 to 15 days on a fairly solitary Camino?

The Invierno is an alternative route to Santiago de Compostela from Ponferrada. At 267 km it is a Camino in its own right. It is also a traditional route dating back to the Middle Ages where pilgrims walking during winter

would by-pass the snow bound route to Santiago de Compostela via O'Cebreiro. Philip walked this route in August this year. He arrived by train in Ponferrada, and stayed overnight at Albergue Guiana Hostel. Immediately over the road was the first Camino Invierno signpost. So it was a matter of crossing the road, walking across the bridge over Rio Sil and turning right ... This route has all the amenities but carries few pilgrims, (the majority Spanish apparently) although numbers are increasing. A feature of the route is its litter free tracks, beautiful landscapes and hilly terrain. There is a pack carrying service. Philip stayed in a range of accommodations, from a Bishop's former holiday palace, to a boutique donativo with the most comprehensive breakfast, and a recently converted school house in Villavieja (825 m) an almost deserted alpine village with a distant view of Castillo Corantel. Brierley's Guide has 10 days for completion with a median of 28.5 km! Philip took 14 days to complete it. He'd been walking for over 2 months, had a foot injury and was reluctant to walk more than 22 kms per day. At A Lax the Invierno joins the Camino Sanabres for the final two days into Santiago. Philip wholeheartedly recommends this route but not for first timers who would be wise to experience the original Frances. Experienced walkers would enjoy the challenges of the terrain and the rural nature of this Camino.



Image: Enroute to Las Medulas, Camino Invierno.

He found Gronze Maps App was useful as a travel guide, Mapy.cz for route guidance and confirmation, and Google Maps for local directions. Google Translate was invaluable as a translation device when in direct conversation, and for reading menus and instructions. He also carried the Brierley guide, '**A Pilgrim's Guide to the Camino Sanabres & Camino Invierno.**' He travelled via Singapore. During the 6 hour stopover he purchased a ticket to the Aerotel swimming pool. On his return he took a room for 6 hours in the Aerotel, and then spent several hours at the rooftop pool before walking to the Departure Lounge.

References

'**Day 1 – Camino Invierno – Ponferrada to Villavieja,**' robscamino, YouTube [21.36]

The first in a series of 14 filmed on the Camino Invierno. This is one of many series by YouTube vloggers walking this Camino.

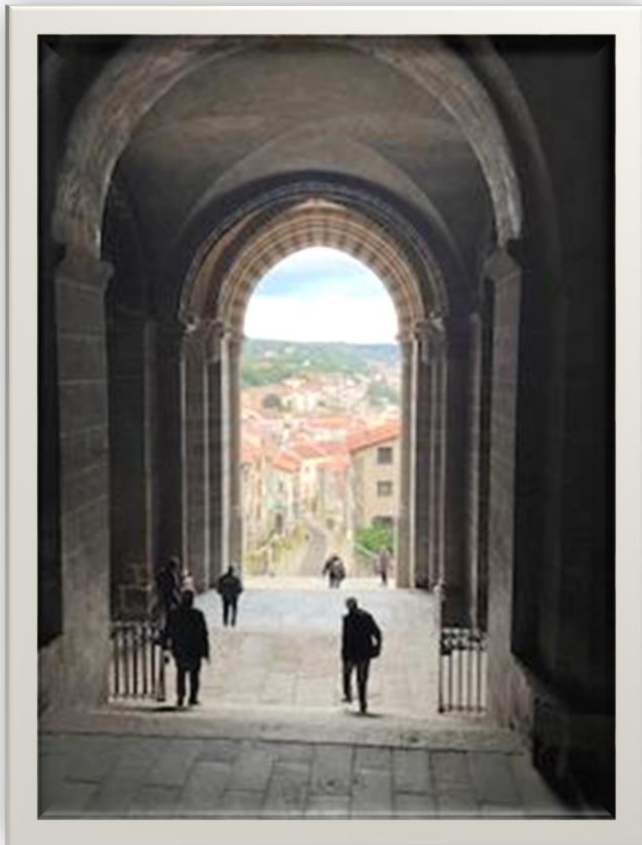
Presentation Two

Walking the Chemin Le Puy.' ~ Gythlian and Elizabeth

Walked the Frances and Portuguese? Looking for your next Camino? How about the Chemin Le Puy one of four French traditional pilgrim routes; from Le Puy-en-Velay to St Jean Pied de Port?

Gythlian and Elizabeth set out in September/ October for their 745 km Camino to avoid possible heatwaves. This was later than usual and would have a profound influence on their journey. Problem solving skills were the name of the game as they attempted to salvage their Camino in

the face of a set of demanding challenges. Some were insurmountable or necessitated adaptations to the route. In the end Gythlian walked 460 km and Elizabeth 300 km. So what were the challenges to be faced? The list included: End of Season, health, weather, lengthy stages unfamiliar daily rhythms. At the outset Elizabeth developed pneumonia and the need to recover in place. (Towards the end of the journey she contracted another infection and this coupled with the floods resulted in them calling it a day). Gythlian faced the decision of waiting it out or going solo. She walked 160 km solo and rather enjoyed the experience. The trail was well signposted although crossing fields containing bulls was daunting! She enlisted the aid of other walkers as she made her way through the silent admirers, Walking late in the season meant supports like luggage transfers and gites were closing. They found the daily rhythm of this Camino quite different from their previous Camino experiences. Breakfast was around 8 am and dinner was late resulting in going to bed on a full stomach. The practice of closing shops midafternoon limited the chances of replenishing supplies. The guidebook suggested quite lengthy stages of 30 plus km. These were adapted to suit Elizabeth and Gythlian's preferences.



Finally they encountered serious rain and floods with washed out tracks etc. This led to the decision to finish walking a week earlier than planned although they did keep their original accommodation booking at St Jean Pied de Port albeit arriving by train on the day. For the spare days they went to the city of Pau located on the northern edge of the Pyrenees where they enjoyed being immersed in the French culture.

Gythlian enjoyed the beautiful churches and their stained-glass windows, and the beauty of France; landscapes, medieval villages, wine, food and people. Elizabeth found reactivating her school girl French fascinating, enjoyed visiting boulangerie/patisseries, Conques - the village and abbey, two standout gite stays; Condom and Aire-Sur-l'Adour and a concert in La Romieu

In summary the Le Puy Camino proved to be more costly than their other Caminos, between \$100-\$150 per day. They pre-booked accommodation prior to commencing utilising, email, Whats App and Airbnb. (It is customary to book in advance in France), and stayed in a variety

of establishments; Airbnb, gites, chambre

d'hote etc. Cash was king necessitating the carrying of €400 to manage between ATMs.

Elizabeth and Gythlian utilised Dave Whitson's, 'Walking the Camino de Santiago - Via Podiensis, Le Puy to the Pyrenees on the GR65.' They had downloads and a physical copy.

Image: The portal of the cathedral in Le Puy-en-Velay utilised by pilgrims as they leave to commence their Caminos. ~ Photo – Elizabeth.

Reference

Via Podensis | Vlog Series, Walk with Efren Playlist, YouTube, 37 videos.

The introductory video has stunning views of Le Puy-en-Velay.

The meeting concluded with **Small Group Discussion**.

Featured Topic

Recalling Arrival in Santiago de Compostela: Euphoria or Blues?

Can you recall wishing you were walking backwards 2 or 3 days out from the cathedral to postpone the inevitable, the end of the physical journey? How was Santiago? An anticlimax after the excitement and hype? How did the tourist tat available in countless stores appeal? Or were you feeling euphoric, having completed the trip of a lifetime. Maybe there was a dash of both? Visiting the English Room (R6) above the Pilgrims' Office for a cup of tea and discussion facilitated by the 'Faithful Companions of Jesus,' representatives may help bring some closure to this phase of the journey. If possible schedule a quiet, reflective time before travelling home. I enjoy relaxing at Finisterre. On five occasions I've extended my pilgrimage to include the walk to this coastal fishing town, including three to Muxia thus postponing blues onset.



Image: Pilgrims' Office Room 6 discussion circle seating.

Article

Inner Journey Support ~ Pilgrim House Welcome Centre

'The Pilgrim House – Faith and Nate', Camino Café, YouTube, [55 min 58 secs]

Pilgrim House's stated purpose is to provide pilgrims with practical, spiritual and emotional hospitality. It's a great haven from the hustle and bustle of Santiago and less than 200m from the cathedral and near Ivar's new office/shop. And it's a great place for reflection, and a space where the Camino spirit and comraderie continues. I have visited Pilgrim House several times, been welcomed and never prosletised.



Image: A "quiet room" in Pilgrim House.

Pilgrim House Retreat Guide/Pre and Post Camino Reflection Guides

Faith and Nate have put together a **Retreat Guide** which can be downloaded and/or printed. (It's 38 pages.) It is Christian based. I found it to be a great framework for piecing together the

snippets or gems I have collected over the years that have rung true for me. If there is discomfort with the "God" language used try substituting "the source of all that is," or a term with which you are comfortable. There's so much wisdom in this guide!

I was alerted to it whilst reading 'I have lost myself,' a very raw and honest post on Ivar's Camino Forum. (The response by natefaith had links to the retreat guide.)

Helpful **Pre and Post Camino Reflection Guides** are also available to download.

www.pilgrimhousesantiago.com/

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Article

I've Reached Santiago, What Now?

Once the destination has been reached, what happens next? This will depend to a large extent on the time available and the budget. If time is an issue probably travelling to the overseas departure point is the next step. For those without time limitations it is tempting to fit in some tourism in another country.

At least two days can be set aside to "fully arrive" in Santiago de Compostela. Sitting in front of the cathedral can be a rewarding experience as pilgrims from past encounters along the Way gradually appear and receive the traditional embrace. I often sit at an outdoor table in Rua Vila and it's great to recognize faces in the crowds as pilgrims pass by as I partake of refreshments. Increasingly pilgrims include walking to Finisterre and Muxia so they will have a checklist of sights to visit over one or two days allocated to Santiago.

For those who have much to contemplate as a result of walking their Camino there are possibilities which should help with the processing of experiences.

Options include;

- Walking to Finisterre and or Muxia for a period of rest and reflection. In 2019, 23 and 24 I rented a room for several days at Hospedaje (or Pension) Lopez Hostel in Finisterre with a view (distant!) of the sea for €25 per night. (Shared toilet etc.)
- Spending several days **resting/contemplating** at 'Albergue Bela,' in Central Muxia, or 'The Little Fox House,' (A Casa Do Raposito,) around 4.5 km out of Muxia in Morpeguite. (5 places). Walkers qualify for a certificate. The Finisterre- Muxia bus stops outside. Directions on website.
- Walking another shorter Camino, eg. The final stages of the Sanabres Camino, English Camino etc. See article below for further options.

- Returning to Rabanal de Camino and take a 3 day retreat with the Benedictine Brothers at the guest house/monastery. (See Camino Story newsletter May 2021.)

Image: View from my room at 'Pension Lopez' overlooking the marina and restaurant area, Finisterre.



Discussion amongst a number of returned pilgrims revealed that for those who travelled on as a tourist to undertake a variety of activities this probably had an inhibiting effect on the next stage of their Camino. A flurry of additional new touristic experiences tended to interfere with contemplation upon the myriad learnings on the Camino.

Article

I've Completed My Camino, What Next?

In 2016 following my Camino Nordt I had decided to return home by train. Well to Singapore at

least. I recruited two friends from my overland expedition in 1972/3 and together we planned the journey. It was decided I would travel on the Eurostar from London to Paris where we would all catch the Paris to Moscow express. We took the train to Sergiev Posad to visit the Zagorst Russian Orthodox monastery.



Image: A Russian Orthodox church in Sergiev Posad, Russia.

Next, we would board the Trans-Siberian to Lake Baikal. We would say goodbye to that train and catch the

Trans Mongolian which would take us to Ulaanbaatar, the capital of Mongolia and then further east to Beijing. Finally we would board a plane and fly to Osaka in Japan. (Rather than continue to Singapore). After utilising a rail pass and exploring Japan for 3 weeks I would fly home to New Zealand from Tokyo while my English friends returned to London. I decided my Camino clothes would suffice having become use to the "one on, one day off" routine.

In Paris I purchased a large soft case for my pack as I'd become injured whilst on the Camino and it hurt to lift anything. Rolling my luggage was an inviting option although manhandling it up into the carriage was another matter!

This all sounds rather routine but there had been moments of high drama. Before leaving home I'd already kicked into Camino mode where "all would be well." It didn't phase me that a late return of my passport from the New Zealand Russian embassy saw me picking it up from New Zealand Posts' airport mail processing plant on my way to catch the plane! (There was no plan B!!) A downstream consequence was that there wasn't time to obtain in Christchurch my Chinese visa. So I booked an appointment at the London Chinese processing centre. Once inside I was informed that until I purchased my Eurostar train ticket I couldn't have a visa. I said I can't purchase a ticket until I have the visa, so how many processing days should I plan for? That was my issue I was told. I was informed if I left the building it would be 3 weeks until I would be given a new appointment. Fortunately they provided a computer, I guessed a departure date, purchased a ticket and was granted the visa.

Was it all worth it? Yes. I'm pleased I revisited Moscow and St Petersburg. (I'd previously driven a van across Europe to the USSR and on into Scandinavia in the early '70's.) Living on the train for 6 nights plus stopovers was memorable. There was plenty of time for Camino reflection while traveling from Europe into Asia. Each day I'd take up a seat in the restaurant car and ponder post Camino questionnaires.

Cruising on Lake Baikal, in Siberia was a highlight, as was staying in a yurt in Mongolia's Terelj National Park and riding horses on the steppe. Japan was an exciting and interesting place to visit too; Hiroshima, Toyota car factory, temples amongst others, and for aching limbs, the onsen. The extended journey probably didn't make the processing of the Camino learnings any easier!

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Article

Options for Walking the Last 100 Kilometres on the Camino de Santiago

Have a touch of the Post Camino Blues? Not quite ready to stop walking?? Keen to add to your Compostela collection? Do you have some time after completing your main Camino route? Want a different experience walking into Santiago? Then consider walking one of these compostela qualifying paths into Santiago de Compostela:

Camino Ingles

From Ferrol on the Camino Ingles;

Distance 116 km.

Opportunity to walk a complete Camino. Historic route.

Portuguese Central

From Tui in Spain or Valença do Minho in Portugal on the Portuguese Central.

Walk over the River Minho bridge into Spain, and continue on to the beautiful old Town of Tui.

Variation; take the Variante Espiritual turn off the Central just after Pontevedra.

Primitivo;

From Lugo on the Primitivo;

Distance, 99.583 km

This is the tricky one!
Officially this is now 99.583 km. Apparently this distance qualifies for a Compostela, but to be on the safe side it might be best to obtain your first stamp before Lugo.

Camino Frances

From Sarria on the Frances. Distance, 116 km. This section is incredibly busy with pilgrims as it is the favoured last 100 km route.



Image: Sanabres (Galician)

landscape.

Sanabres

From Ourense on the Sanabres. Distance, 116 km Has the reputation for being the most beautiful of the last 100 km.
Beauty, lush Galician countryside.

Invierno

From Chantada to A Laxe on the Invierno, (2 days) and then on the Sanabres, (2 days). Distance 107 km. Includes 2 longish days. Wonderful views following a demanding climb on day one.

El Camino del Norte;

From Baamonde 102.2 km. The second overnight is in the town of Sobrado dos Monxes the home of the monastery Santa Maria de Sobrado dos Monxes. This Camino joins the Camino Frances at Arzua.

Article

Things to Do In: Puente la Reina

Puente la Reina lies between Pamplona and Estella on the Camino Frances. It is also the final town on the Camino Aragonés.

- Walk across the iconic pedestrian “bridge of the Queen.”

- Photograph the bridge from the adjacent traffic bridge to capture the reflections.
- Visit the Iglesia del Crucifijo with its goose print crucifix.

Image; Queen's Bridge over the River Arga, Puente la Reina.



- Visit the 12th Century Romanesque Iglesia de Santiago and locate the statue of St James. Note the stunning main portal.
- Take the detour to Church of Saint Mary Eunate whilst walking to Puente La Reina. (The trail leads back to the Camino.) One of the iconic Camino churches. Entry is free for pilgrims, and there is a stamp.

Camino Story



Mitigating the Post Camino Blues Relaxing/Winding Down In Finisterre

What to do once the formalities have been completed in Santiago? How can the "end of Camino" blues be softened?

In 2013 I walked to Finisterre for the first time. It was late September and being Galicia it rained all the way from Santiago. I had taken a couple of days rest in the city staying at San Martin Pinario. It had rained so heavily duck boards lined the entrance corridor of the old monastery. At that time I was in the minority as most

Image: My sunset cruise boat, Finisterre.

pilgrims called it a day upon reaching Praza Obradoiro and the cathedral in Santiago de Compostela.

Since then I've walked a further 5 times, rain free! (And on to Muxia on 3 occasions). In 2023 I decided to maximize my time in Finisterre and so took a bus. (I had bookings for 7 nights in the Canary Islands and 8 in Madrid, my port of departure.)

I've stayed at the Albergue Oceanus, and more recently at Pension Lopez. The former increased the likelihood of rubbing shoulders with pilgrims, while the latter almost guaranteed a separation. I was looking forward to a restful stay so opted for Pension Lopez. I was offered a double room on the top floor with an enclosed balcony 180° views of Finisterre. It was €40, the most expensive room. (Other rooms €25). There were two bathrooms on each floor catering for around 5 rooms. So what to do in Finisterre?



A walk out to the lighthouse to view the sunset is a must. On the way a photo by the 00,00 milestone makes a great keepsake. I sailed on a sunset cruise. Our night was above average, but not as clear as on my previous night's viewing from the lighthouse headland. The skipper took the boat fairly close to the bluffs so it was a memorable view of the sun setting. We encountered pods of dolphins and they put on a great display.

Image: Cross near the lighthouse, Finisterre.

My third sunset was from the hippy beach.(Mar de Fora) This was the cloudiest night but the rugged coastline and crashing waves more than made up for a patchy sunset.

Dining, or having a drink at one of the restaurants overlooking the marina and sea is a pleasant way to rest and observe life.

A great morning activity is to spend until around 2 pm (to avoid the sun) at one of the local beaches.

The water is very cold, but great for soothing aching muscles and swollen joints. Fossicking on the foreshore will realise a harvest of small scallop shells. There is a new bar/restaurant towards the far end of the very long beach (Playa Lagosteira.) Note: Ask to check the fire escapes before committing to any accommodation. Whoops!!



Image: Almost sunset (10.15 pm) in 2024, lighthouse, Finisterre.

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Camino Poem

In 2012 I travelled solo around Brazil for 5 weeks. At times the language barrier coupled with the solo aspect verged on being an overpowering force. So I was moved to write, 'New Town, Same Feeling.' While on the Camino I recognise the sentiments expressed in the poem. I'm often reluctant to leave my newly created "home" at the albergue and step out into the darkness of dawn, and the unknown...

New Town, Same Feeling

I am a stranger upon arrival, and alone.
Misgivings about having moved on cloud the horizon.
With the dawn and first light
I begin to make friends with my surroundings.
That is my corner shop where the smile was received,
and look, the path to now familiar settings.
My dark feelings and insecurities have retreated.
Confident, I sit on the park bench,
nodding a greeting of welcome to a newcomer.

© Philip 2012

Stepping out into the darkness of dawn is a slight stretch on my 2024 Camino. Still ...

Article

Post Camino Blues Resources

'Post Camino Blues – Yes It's a Thing,' robscamino, YouTube, [27.04]

An interesting read is: **'13 Ways to beat the Post- Camino Blues – Wayfaring Sarah,'**
sarahjustinepackwood.com

'Last Night Before Arriving in Santiago- Camino de Santiago,' robscamino, YouTube, [4.23]
Rob reflects on his Camino.

'Final Day Thoughts – Camino de Santiago - Camino Frances,' robscamino, YouTube,
[5.59] Further reflections.

'Camino Completion & the Camino de Santiago Anti Climax,' robscamino, YouTube, [20.38]
Rob reflects on his own onset of Camino Blues.

'Walking a Rainbow Chapter 40 Post Camino Blues,' Michael Shearer, YouTube, [26.51]
Michael reads from his Camino memoir about post Camino developments.

'Post-Camino Blues in Porto, Portugal,' Stefanie Hurtado, YouTube, [7.33]
Stefanie adopts a novel solution as she attempts to decompress before returning to impersonal New York. Judging by the footage I'm not sure if her selected transition venue delivered. Includes great footage of Porto. [This reference appeared previously in the April, 2023 newsletter].

'Beat the "Post-Camino Blues" | Camino de Santiago, (2019),' Adventures With Annie,
YouTube, [10.31]
Annie share some great ideas.

'My Post Camino Hangover,' Samantha Plavins, 2019, YouTube, [26.00]

Interesting post Camino thoughts for all, from a mother. (Includes 7 great tips.) She also discusses how she is bringing lessons learned into her everyday life. (There is also a daily Camino Frances vlog.)

'Samantha Plavins - Camino Frances: 1 Year Later,' Samantha Plavins, YouTube, [20.47]
Samantha reports on her journey.

'Post-Camino Changes: Leaving my career and starting over, Midlife,' Samantha Plavins, YouTube, [28.06]

A visit to Samantha's channel reveals that she has undertaken fantastic journeys since her Camino. These include walking in Africa.

Camino Tip: Power Bank

Apps on your Smartphone utilising GPS, particularly when two are running simultaneously may deplete your battery. Having a light PowerBank in your pack is a great solution. Or, shut down apps after use including those using GPS. Open them as required.

'Best Ways to Keep Your Devices Powered On The Camino,' Mike On The Camino, YouTube, [10.24]

Reviews

Books

'Returning From the Camino: Lessons from a Life-Changing Journey,' Theresa A. Fersch, 2021, eBook, Amazon, US\$ 6.99.

This book was written 5 years following Theresa's return from Camino. (She had published an account of her journey in the meantime, see below.) In my experience it is rare to find a book which is devoted to: 'So I've reached Santiago what next!' For Theresa it was post Camino blues and brain fog. In the following chapters we hear about her disconnect from almost everything. She had difficulty in finding anyone who was firstly interested and secondly could relate to her experiences. The book includes the lessons she learned, and the steps Theresa took to find her new direction and purpose.

A positive read which may help with some guidelines for those pilgrims who find themselves in similar situations.

'Sunrise in Spain: Finding the Good Life Hiking the Camino de Santiago,' 2014, Theresa A Fersch, Jessica Heid which is a day by day account of her pilgrimage, and published soon after.

YouTube

'Donativo Albergues on the Camino de Santiago,' robscamino, YouTube, [15.35]

'Post Camino de Santiago Blues – Yes It's a Thing,' robscamino, YouTube, [27.03]

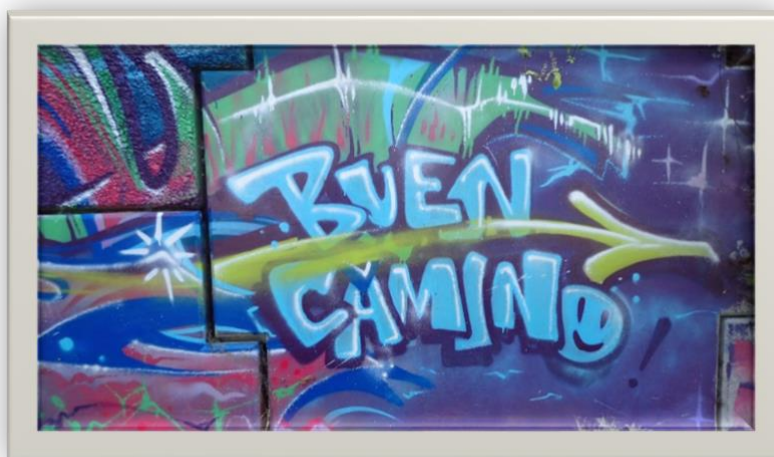
Rob takes a sensitive look at this topic based on his Camino experiences. He presents some great ideas to overcome this. Well worth viewing.

'Post Camino Blues – What happens after your Camino de Santiago?' The Fast Hiker, YouTube, [12.08] The malady is discussed and possible remedies explored and illustrated.

'Let's Discuss Those Very Real Post – Camino de Santiago Transition Blues,'

Wanderlusting Lawyer, YouTube, [9.03]

'They say the real Camino, though begins after you arrive in Santiago, when you take your experiences home with you.' Karin Kiser



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Philip, 2024

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