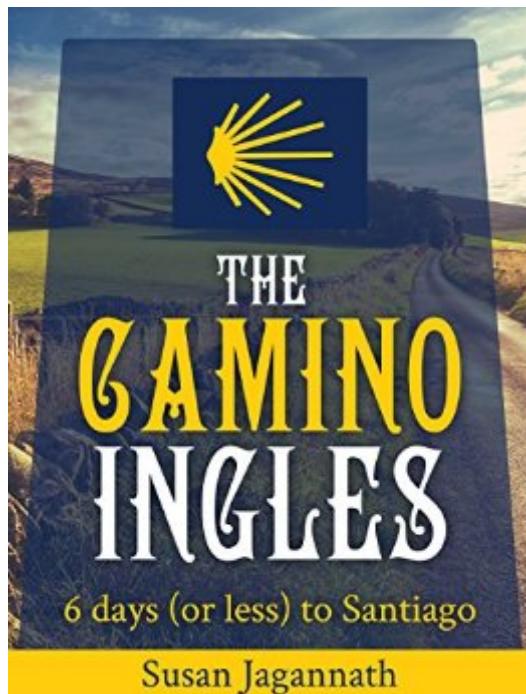


The book was found

The Camino Ingles: 6 Days (or Less) To Santiago



Synopsis

Do you think you are too old, too young, or not fit enough for an adventure? What about if it's a walking adventure in Northern Spain? Do you want to hike the famous pilgrimage trail, the 500 mile/800 km Camino Frances in Spain, but don't have 30+ days for that trek? Or are you terrified of the fitness, research, and planning that is required? The Camino Ingles is the answer! The Camino Ingles is one of the Northern Caminos, a Galician pilgrimage trail ending in Santiago de Compostela, a great doable walking adventure for anyone of moderate fitness. You may have heard of the Camino, called variously, St. James Way, or Jacobsweg; but there are in fact, many Caminos, and the English Way or Camino Ingles is one of them. Walking the Camino was a goal of mine last year, and the year before that, and the year before that. I had never even walked five miles, but I wanted to walk the Camino to prove to myself that I could achieve a goal. But, I didn't have the time for 500 miles, then, I heard of the Camino Ingles. No more excuses! The shorter time and distance of the Camino Ingles was the clincher, and I set out on a quieter, less travelled and less well documented hike through Spain. This book helps you to set a practical goal and achieve it, by showing you exactly how to: Walk the Camino Ingles, a Galician route as old as the Camino Frances. Prepare your mind, body and feet to enjoy the long walk. Pack and what to discard to travel light. Plan your travel and arrival in Spain in the shortest time. Decide on strategies to overcome obstacles. Find the medieval way posts for an authentic experience. Enjoy the food of the region. Book, or not book your bed for a good night's rest. Get your Compostela in Santiago. Find more information if you really want it. Follow this book to complete a real pilgrimage trek in only 6 days, there is enough detail to guide you each day. Go on, what's stopping you? It's only one step at a time! Scroll to the top and click the "Buy now" button.

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Customer Reviews

As a Camino enthusiast I was anxious to read Susan Jagannath's The Camino Ingles - she did not disappoint! A comprehensive guide to this centuries old, lesser known route, Ms. Jagannath takes her reader from beginning (packing and training prep) directly to Santiago de Compostela. And, shows it can be done in only 6 days of adventure walking! For those people unable to garner the month often needed for the Camino Frances, or Camino Portuguese, or those not sure of their physical capability for a month long trek, the Camino Ingles is a brilliant answer. Grab this new book and prepare for the joy and camaraderie that is 'Camino'. Well done and thank you, Susan Jagannath!

I was expecting another spiritual journey story. Instead this is a clear guidebook to walking the shorter (144 km) Camino Ingles. This adventure has intrigued me for some time, but being 60+ in poor physical condition, I wasn't sure I could handle this type of challenge. This author describes the day to day walking challenges, where to stay, where to eat and how far you can expect to walk each day. It still sounds quite daunting, but the clarity of her information gives me more food for thought...maybe??? Then she explains how you can get your stuff from point A to point B without carrying it all. There are people who will take care of this for you!!! Yay! If you have any desire to walk any stretch of any of the caminos, this book certainly makes this camino sound like a plausible and manageable adventure. If you decide to do the walk, carry this book as your guidebook and you won't get lost, hungry, or cold. She says to leave your books at home, but I wouldn't leave this one at home. It's basically the Bible to the Camino Ingles. You'll be happy you had this one with you. Once you read it, you'll understand why.

Just finished reading this amazing little book. I've read 4 other books on Camino's, and although this is shorter and less descriptive - I know it's the book I'll come back to the most. Like the shorter

Camino itself, the book is still packed full of everything you'll need for a great experience - without anything you don't. From the very beginning the book unfolds just how doable this shorter but exciting adventure is for the layperson. Especially when the training schedule starts out with a 1km walk each day and very simply, slowly and easily builds up to 15-20kms per day with back pack in toe. I had no idea how I was going to manage that and hold down a job/life etc, but the author really helps you factor those things in. For me personally, I really appreciated the complete packing list and the Spanish phrases I would need to learn for the trip, as well as the route summary's with accommodation notes for each leg of the journey at the end of each chapter.

A great guide to break out of your everyday life and embark on this exciting hike! Simple, clear and thorough steps anyone can follow. I would recommend this to anyone who is interested in traveling or someone who has recently retired and is looking to go on some adventures. Yes, you can do this!

If you are adventurous and love to walk, consider walking the Camino Ingles. Susan Jagannath helps you plan and prepare for your dream adventure. And it will take preparation to get your body in shape, and she tells you how. This book is very practical at every level. The author even includes maps for your journey. You can use many of Ms. Jagannath's suggestions for many kinds of travel. I highly recommend this book for anyone who likes adventure and travel.

I love walking, so picked up a copy of this book. I've read previous books on the subject, but this was the best so far. It takes you from training, tells you what to pack, and continues with you all the way to Santiago. Plenty of tips along the way about what to wear, where to stay and how not to get lost. Whatever you pack, make sure this excellent guide is included in your luggage! Recommended.

What an excellent step by step instructional guide to prepare for this Camino walk! Personally, I'm good for a couple of miles around my neighborhood with my pup. But if walking a Camino has ever been your dream, this book is a must have. Susan Jagannath doesn't miss a beat when she lays out what to do, what you need, and what you'll find along the way. Put this in your personal library and have a wonderful experience!

A superb guide with a very clear step by step approach to get ready for the Camino Ingles. I love to hike and I would love to consider this hike as my first Camino. She covers all the details on how to get started and what you will be up against along the way. I am so glad I found this book.

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