

Seven Tips to Make the Most of the Camino de Santiago: Second Edition

Cheri Powell

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Cheri Powell : Seven Tips to Make the Most of the Camino de Santiago: Second Edition before purchasing it in order to gauge whether or not it would be worth my time, and all praised Seven Tips to Make the Most of the Camino de Santiago: Second Edition:

0 of 0 people found the following review helpful. Camino NotesBy slovavaI just returned from walking the Camino from Sarria to Santiago de Compostela. I only had the chance to read "Seven Tips to Make the Most of the Camino de Santiago" once I returned. We were a small group of 5 women and did not stay in hostels but instead had reserved hotel space ahead of time, however, all the tips provided were very good indeed. I would make one more suggestion: Paper Tape to prevent blisters. I never had one blister using paper tape. It can be purchased in a drug store, like CVS, etc. I even found it in our supermarket! There are plenty of places along the camino to stop for something to eat or drink but always take water with you. Stay hydrated! Use the paper tape!!! I was glad I had two walking sticks (poles) along as I used them in slippery places for balance otherwise didn't need them. Buen Camino! 0 of 0 people found the following

review helpful. Outstanding bookBy Appalachian-AmericanCheri Powell writes a very useful book for anyone who wants to walk all or part of the Camino. She covers everything of importance from the socks to the spiritual. Every chapter is filled with useful information. There is no fluff. She knows truly what she writes about. Attention to this book can help ensure a better experience on the Camino. Thank you for it. I studied it before my own pilgrimage found it very useful, including information you will not find anywhere else.8 of 9 people found the following review helpful. Excellent OverviewBy L. HuttonWhat I found especially helpful were the preparatory recommendations and guidelines on hiking distances loads; the "daily schedule," which helped provide a mental picture of what to expect; what gear to take and pack; and the the emphasis on the packing "weight". I also liked the comments on what type of 'shoes' to wear. I'd planned on taking traditional hiking boots, but realized that the terrain does not really require them, quality cross-trainers or comfortable trail shoes are sufficient. Well-written, good job; very helpful.

Now with pictures! Updated with the latest information! Links to services on the trail! Answers to questions from readers of the first edition. The second edition still has all the pertinent information from the first edition. It has been expanded to be more relevant to pilgrims making the journey now. Seven Tips to Make the Most of the Camino de Santiago is unique among Camino books. It is not a guide book for the trail. Instead it gives practical advice about preparing for a spiritual pilgrimage. This second edition has been updated to reflect the current needs of anyone thinking about walking or biking the Camino. Preparation covers the physical, mental, emotional, spiritual, and logistical requirements for a successful journey. The reader is invited to look inward, reflect on individual expectations, and set realistic goals. The spiritual journey starts with you. This book will help you get there.

About the AuthorCheri Powell has walked the Camino de Santiago twice. The first time in 2005 with her husband was the inspiration for the first edition of this book. She walked it again in 2012 and has updated this book to reflect the changes that have taken place on the Camino. Cheri has traveled and lived abroad, volunteered for Peace Corps in Africa, and Taught English as a Second Language in Belize and Mexico. She currently lives with her husband, Rick, and cat, Sadie, in Louisville, Kentucky, USA.