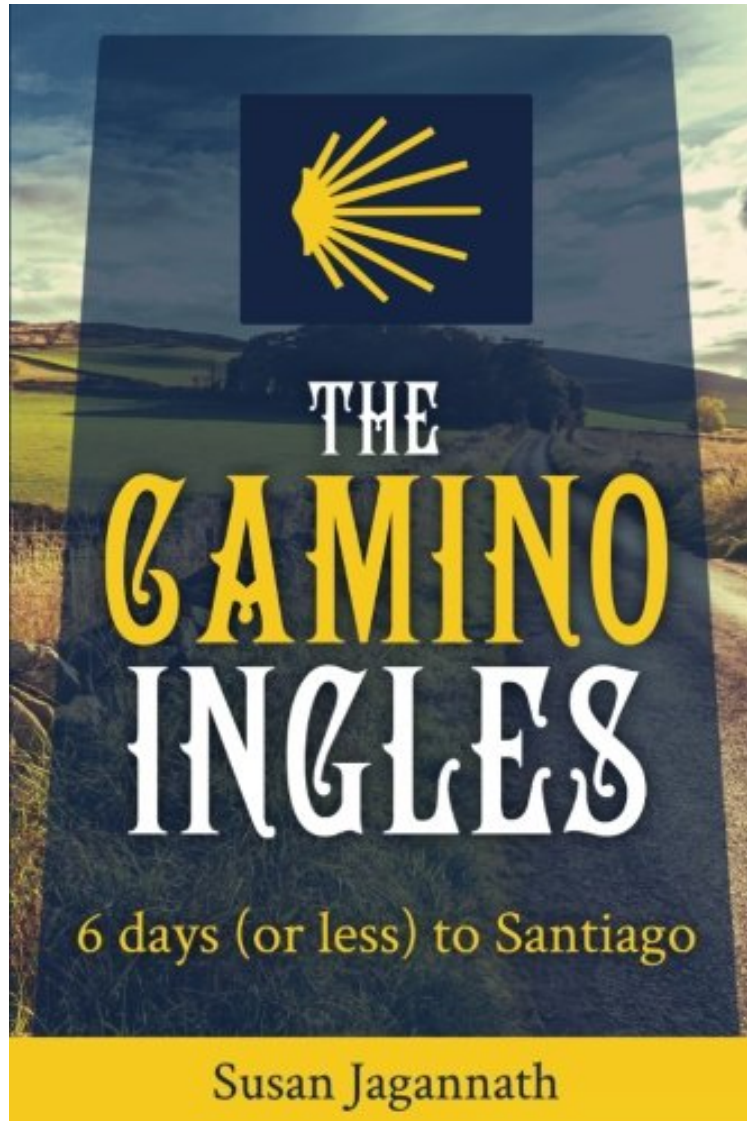


[Download free ebook] The Camino Ingles: 6 days to Santiago

The Camino Ingles: 6 days to Santiago

Susan Jagannath

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Susan Jagannath : The Camino Ingles: 6 days to Santiago before purchasing it in order to gage whether or not it would be worth my time, and all praised The Camino Ingles: 6 days to Santiago:

2 of 2 people found the following review helpful. The Bible to the Camino InglesBy MJ ChiversI 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.
2 of 2 people found the following review helpful. The Perfect Guide
By Wendy Van de Poll, MS, CEOL - Center For Pet Loss Grief
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.
0 of 0 people found the following review helpful. Essential reading for anyone who would like to walk the Camino Ingles!
By SANJIVA WIJESINHA
For anyone who would like to walk the Camino Ingles (the 'One Week Camino' - or the 'Road less traveled by'), Susan Jagannath's book is the ideal companion. I liked the way she began each chapter with an apt quotation. In addition to encouraging and motivating the reader to undertake this journey, she provides much practical advice about planning and preparation - and then proceeds to describe her own journey together with much useful information about places to stay and things to see as well as addresses, phone numbers and webpages. Essential reading for the prospective pilgrim!

Do you think you are too old, too young, or not fit enough for an adventure? This bestselling book has helped many a Camino Dream come true 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 nights' 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!

"Amazing level of detail." - MD Ramaswami, TravelGeek
"This is brilliant....straightforward, easy to comprehend and ACCURATE....and THAT is the key!" Katharine Eliot, Author, A Camino of the Soul.
"Susan hit the sweetspot for those people dreaming to experience the joy of an adventure like this." Sandy Peckinpah, Author, How to Survive the Worst that can Happen.
"Loved the Spanish words, easy to get the flavour of the wonderful experience."
Meera Sathyamurthy, IT Entrepreneur
About the Author
Susan Jagannath successfully combined a passion for reading, a love of writing and a fascination for technology, to create a career in technical writing. With over 50 technical manuals (not) to her name, "RTFM" could have been the motto for her life; but she didn't let the idea that no one ever reads the manual stop her from thoroughly enjoying her work. As an army brat, her childhood included seven different schools, three universities and a couple of emergency evacuations from conflict zones. Travel and adventure were a normal part of life. She now believes in seizing every opportunity to have a new adventure. Whether it's camping on the beach in Australia, trekking in the Himalayas, kayaking in Queensland, whitewater rafting down the Ganges, or walking the Camino in Spain, her philosophy is to pack it into one or two weeks to create memories for a lifetime, (and disconnect from television and computer games). Susan is now on the next adventure of her life, writing books that are not technical manuals, training to be an awesome grandmother, and planning her next getaway.