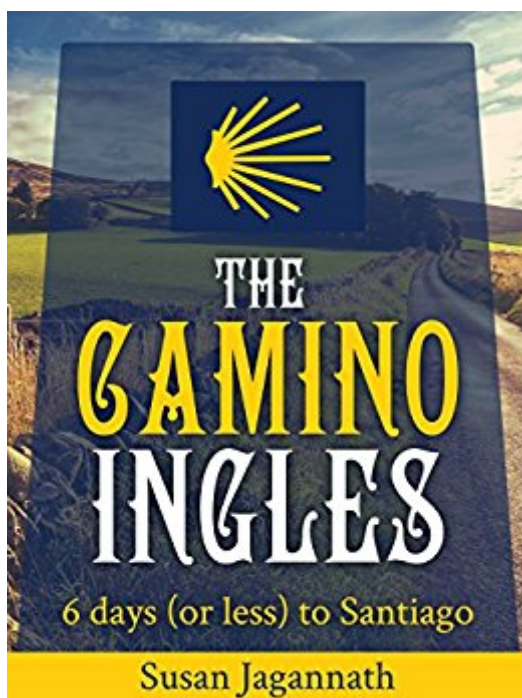


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The Camino Ingles: 6 Days (or Less) To Santiago



Synopsis

Updated for 2017! El Superlativo! "The most authoritative, short book on the Camino Ingles I've ever come across! Laid out the journey in easy-to-understand steps. Took what could be an overwhelming 140 kilometer trek and made it manageable (author said she had already done all the research for a successful pilgrimage and she meant it!)" - Don Kidwell TOP 500

REVIEWER Dreaming of walking a Camino, but time or physical health offer challenges? "As a Camino enthusiast myself, Susan Jagannath did not disappoint! A comprehensive guide to this centuries old, lesser known route, it takes you from beginning 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 those not sure of their physical capability, the Camino Ingles is a brilliant answer." Kate Elliott "The book that saved me" "As a novice walker this was a lifeline. I did Camino Ingles alone and having this book in my hand all the way was like having a personal guide. At times more like a guardian angel. I cannot recommend this book highly enough - it brought the route to life and encourages you to keep on walking." Kenny A Gem. Different than the Normal Camino Literature. "I liked the two central themes - that we can still obtain the pilgrim experience in our busy modern lives and just because the Camino Ingles is short does mean it is easy. The book is full of practical advice and instructions with a quirky sense of humor which I found engaging, I felt as if the author was speaking directly to me." Peter Moy "Yes - You can have an adventure because you are never too old, too young, or not fit enough for this adventure! 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 the most accessible and doable 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

lightPlan your travel and arrival in Spain in the shortest timeDecide on strategies to overcome obstaclesFind the medieval way posts for an authentic experienceEnjoy the food of the regionBook, or not book your bed for a good nightsâ™ restGet your Compostela in SantiagoFind more information if you really want itIt's easy for you to follow this book and complete the Camino in only 6 days, there is enough detail to guide you each day. Go on, whatâ™s stopping you? It's only one step at a time!Scroll to the top and click the âœBuy nowâ• button

Book Information

File Size: 2466 KB

Print Length: 137 pages

Simultaneous Device Usage: Unlimited

Publication Date: August 24, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01L0TXL32

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

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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!

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.

Read like the most authoritative, short book on the Camino Ingles I've ever come across! Laid out the journey in easy-to-understand steps leaving out virtually any guesswork including illustrations of the route both from town to town each day as well as the gradient to expect (in event you would choose to taxi/bus that short part instead). Took what could be an overwhelming 140 kilometer trek and made it manageable by providing detailed info on training, clothing/shoes, gear to bring, finding potable water along the way, porting your backpack, where to stay/eat along the route, etc. (author said she had already done all the research for a successful pilgrimage and she meant it!) While no photos of the sites you're likely to see are provided, once I scoured the net for places like the Monastery of San Marti o Pinario, Andrade Tower, Praza da Constitucion, Iglesia of Maria Azoque, and Parque El Pasatiempo it only made me wanting to go all the more. Final word - Excelente!

I'm devouring James Michener's "Iberia" in bed at night and savoring Dee Nolan's gorgeous "A Food Lover's Pilgrimage Along The Camino to Santiago de Compostela" on the couch during the day. But when I lifted it out of the mailbox today, I eagerly bit into Susan Jagannath's gift for those of us who had given up the hopes of doing The Way because we didn't realize that the 800 km Camino Franc s was not the only route. I was born in England (but live in USA) so learning of the Camino Ingl s seemed like a sign that this was a doable option. Susan holds your hand the whole way and offers options and alternatives so people with impediments (real or imagined) don't give up. Thanks to for sending me this teaser. It's amazing how it remembers things I've looked at and is always

ready to send reminders or alternatives. "Six days or less" caught my eye. I reckon that if I allow two weeks to stop and smell the roses I just might make it. I'd like to have the time to visit churches and museums and talk to people (I'm fluent in Spanish.) The only "problem" is that I KNOW it's wiser to take the e-version on my iPhone 6+ (not taking the 7" tablet, let alone the iPad). I find reading kindle books on the 6+ OK, but nothing beats paper in my grubby little hands.

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.

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.

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!

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