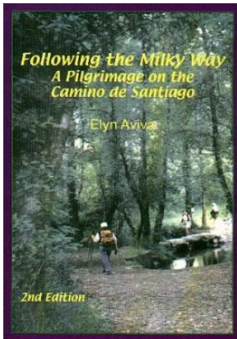
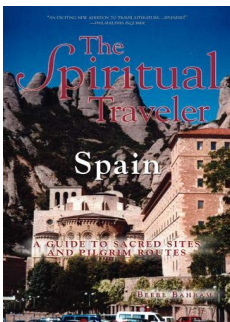
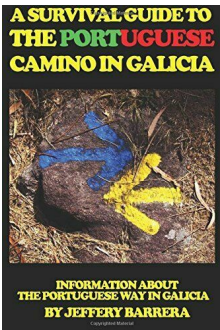
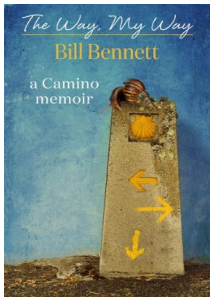
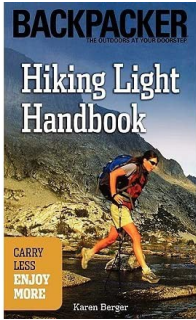
	<p>Mantiendo Vivas Las Flechas Amarillas by Eduardo Almajano</p> <p>The exhibition is made up of some 60 color photographs in panoramic format that present surprising and unpublished images of the long-traveled route of the French Way, from the Pyrenees to Compostela, also visiting the sea of Fisterra. The images were captured by Eduardo Almajano throughout the pilgrimage that he carried out in 2002 with a duration of six weeks. The snapshots that we present show an unusual sharpness, which is difficult to repeat, constituting a unitary and very suggestive set about the Camino de Santiago itself and the people with whom the photographer was meeting on his journey.</p>
	<p>Following The Milky Way by Elyn Aviva</p> <p>Following the Milky Way is the story of Elyn Aviva's 500-mile-long journey on foot on the Camino de Santiago. This 1000-year-old pilgrimage road stretches from the French Pyrenees across northern Spain to Santiago de Compostela, supposed tomb of St. James the Apostle. It is a journey that crosses the landscape of the soul as well as the mountains and mesetas of Spain. This book is a vivid memoir of a life-changing adventure, chance encounters, unforeseen dangers, and unexpected pleasures. Spanish history, wine, food, literature, art, architecture, and legend share equal time with the stories of pilgrims that Elyn meets along the way.</p>
	<p>The Spiritual Traveler-Spain by Beebe Bahrami</p> <p>The Spiritual Traveler: Spain is an exploration of Spain's many sacred sites and routes, from the land's deepest past to its most immediate present. While a rich and vast undertaking, the routes and sites selected here are those that have the deepest spirit in Iberia.</p> <p>The Spiritual Traveler: Spain reveals that the sacred is strong in Spain, preserved in living histories and practices, timeless sacred routes, and subtle but still vibrant folkloric traditions and mythologies</p>
	<p>A Survival Guide to the Portuguese Camino by Jeffery Barrera</p> <p>The only Camino guidebook written by a person who works as a guide on the Camino and who gets to walk regularly to Santiago de Compostela. A Survival Guide to the Portuguese Camino in Galicia provides you with simple, concise and to-the-point information about the route you are following, This is also a guidebook that provides insider insight and information about the Camino; information on where you are walking, why you are looking at things and how to make the most of your experience</p> <p>Please note that this guidebook only covers the <u>last section</u> of the Portuguese Camino, in Galicia, It does NOT cover any of the stages in Portugal.</p>
	<p>The Way, My Way. A Memoire by Bill Bennett</p> <p>Bill Bennett, an Australian based film director, set off on an 800 kilometre walk across Spain to Santiago de Compostela, not sure why he was doing it, and not feeling entirely comfortable. His discomfort increased markedly a few days later when his knee gave out – so the rest of the walk was a “pain management pilgrimage.” But he kept his sense of humour, and his memoir is at times hilarious but also deeply moving, and insightful. In the vein of Bill Bryson and Eric Newby, The Way, My Way takes you on a unique spiritual journey, and gives you a hearty laugh along the way.</p>



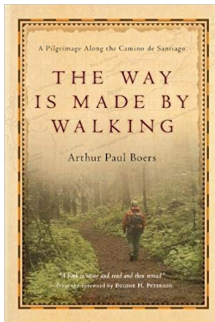
Backpacker-Hiking Light Handbook by Karen Berger

Lightweight hiking strategies apply to everyone, says master hiker Karen Berger: the less weight you have on your back, the more comfortable you'll be on the trail whether you're hiking five miles or five hundred. She's not talking about extreme strategies (such as cutting the handle off your toothbrush to save a few ounces). It's all about evaluating and analyzing what you carry, whether you truly need it and really use it.



The Year We Seized the Day by Elizabeth Best & Colin Bowles

The utterly compelling and inspirational account of two very different writers journeying side-by-side along the great Camino de Santiago de Compostela, the legendary medieval pilgrimage across Spain. After meeting briefly at a writers festival, 27 year old Elizabeth Best, pairs up with legendary historical fiction writer, Colin Bowles (aka Colin Falconer), in a last minute undertaking to complete a shared goal. This is an inspiring, moving, and blackly funny account of two hapless pilgrims on an extraordinary journey to the end of the earth... and beyond.



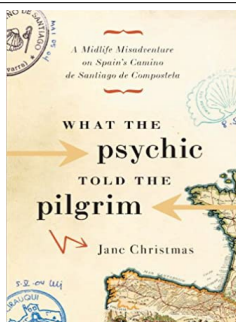
The Way is Made by Walking by Arthur Paul Boers

Pilgrimage is a spiritual discipline not many consider. In these pages Boers opens to us his incredible story of renewed spirituality springing from an old, old path walked by millions before him. It's a story of learning to pray in new ways, embracing simplicity, forming community, living each day centered and focused, depending on God to provide. Joined by hundreds of others from all over the world, Boers points the way to deeper intimacy with God--a way made by walking in faith.



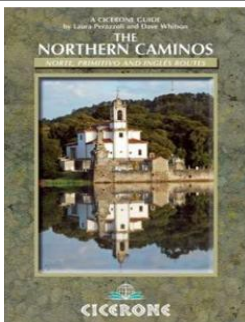
Walking Home by Sonia Choquette

Life was falling apart. Within the space of three years, *New York Times* best-selling author and six-sensory spiritual teacher Sonia Choquette had suffered the unexpected death of two close family members, seen her marriage implode, and been let down by trusted colleagues. In this riveting book, Sonia shares the intimate details of her grueling experience, as well as the unexpected moments of grace, humor, beauty, and companionship that supported her through her darkest hours. While her journey is unique, the lessons she learned—about honoring your relationships with others as well as with your own higher self, and forgiving all else—are universal.



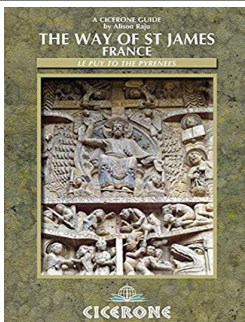
What The Psychic Told The Pilgrim by Jane Christmas

To celebrate her 50th birthday and face the challenges of mid-life, Jane Christmas joins 14 women to hike the Camino de Santiago de Compostela. Despite a psychic's warning of catfights, death, and a sexy, fair-haired man, Christmas soldiers on. After a week of squabbles, the group splinters and the real adventure begins. In vivid, witty style, she recounts her battles with loneliness, hallucinations of being joined by Steve Martin, as well as picturesque villages and even the fair-haired man. *What the Psychic Told the Pilgrim* is one trip neither the author nor the reader will forget.



The Northern Caminos by Dave Whitson & Laura Perazzoli (Cicerone Guide Books)

This guidebook is a comprehensive, pocket-sized guide to walking the pilgrimage routes through northern Spain to the sacred city of Santiago de Compostela. The Camino del Norte is an 817km five-week coastal route from the town of Irún, close to the French border. Its alternatives are the Camino Primitivo (which splits from the Norte near Oviedo for the next 355km) and the Camino Inglés (a five-day 116km route from the city of Ferrol on the north-west coast).



The Way of St. James by Alison Raju (Cicerone Guide Books)

Guidebook to the Way of St James pilgrim route, describing the 730km French section of the Camino de Santiago route from Le Puy-en-Valey in central France to Saint-Jean-Pied-de-Port in the Pyrenees, including pilgrimage history, points of interest, links to other routes and accommodation. Suitable for all abilities but basic fitness is required.

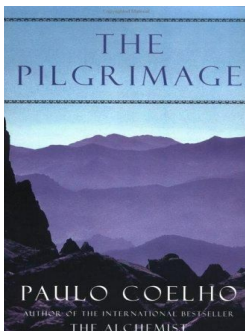


Miam Miam Dodo by Lauriane & Jacques Clouteau (*en français*)

One of the best resources for Santiago pilgrims and other long-distance walkers in France is a series of guides called Miam Miam Dodo (MMD).

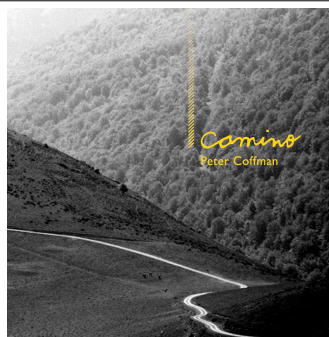
MMD is not a trail guide, per se. Rather, it's a supplementary guide filled with information about where to find food (*nourriture*), drink (*boissons*), sleep accommodations (*hébergements*, *logements*), provisions (*ravitaillement*), water (*l'eau*), other services and transportation.

If you plan to walk one of the trails covered by Miam Miam Dodo, these are the single best and simplest guides to the services you'll need.



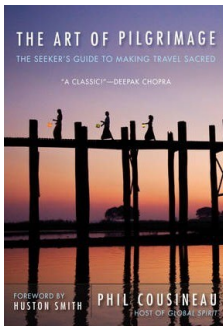
The Pilgrimage by Paulo Coelho

Step inside this captivating account of Paulo Coelho's pilgrimage along the road to Santiago. This fascinating parable explores the need to find one's own path. In the end, we discover that the extraordinary is always found in the ordinary and simple ways of everyday people. Part adventure story, part guide to self-discovery, this compelling tale delivers the perfect combination of enchantment and insight.



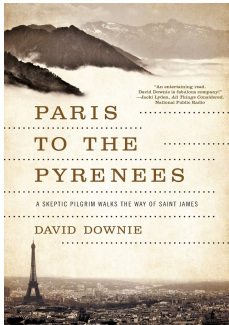
Camino by Peter Coffman

"Camino" is a book and an homage to an exceedingly long walk, music played en route, and four friends who are now three. It is a stunning book to behold, not just because of the grand photography and the quiet, beautiful prose, but because of the size, the shape and the texture of this lovingly crafted book.



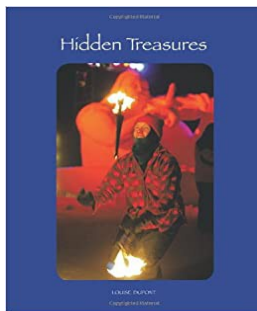
The Art of Pilgrimage by Phil Cousineau

"The Art of Pilgrimage" is a guide for travelers ready to embark on a sacred journey and for armchair travelers curious to know what it means to travel with soulful purpose. Geared toward the modern-day pilgrim looking for inspiration and a few spiritual tools for the road, it combines stories, myths, parables, and quotes from famous travelers of the past with practical suggestions and contemporary accounts from people traveling the sacred way today.



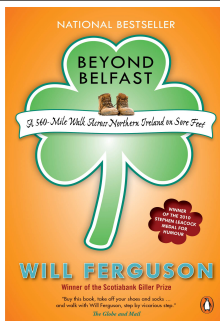
Paris to the Pyrenees by David Downie

Driven by curiosity, wanderlust, and health crises, David Downie and his wife set out from Paris to walk across France to the Pyrenees. Starting on the Rue Saint-Jacques and trekking 750 miles south to Roncesvalles, Spain, their eccentric route takes seventy-two days on Roman roads and pilgrimage paths—a 1,100-year-old network of trails leading to the sanctuary of Saint James the Greater. For Downie, the inward journey met the outer one: a combination of self-discovery and physical regeneration. Downie had a goal: to go from Paris to the Pyrenees on age-old trails, making the pilgrimage in his own maverick way.



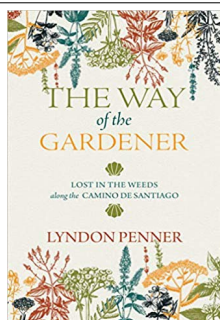
Hidden Treasures by Louise Dupont

This is the true story of Andre, a young man who touched the lives of many people in many different ways, though his own life ended far too soon. It is also the story of Louise's transformation as she grappled with her son's death and gradually came to see their relationship in a new light. If you are trying to make sense of significant and defining moments in your life, this moving story of love and hope may be just what you are looking for."



Beyond Belfast by Will Ferguson

Offbeat, charming, and filled with humour and insight, Beyond Belfast is the story of one man's misguided attempt at walking the Ulster Way, "the longest waymarked trail in the British Isles." It's a journey that takes Will Ferguson through the small towns and half-forgotten villages of Northern Ireland, along rugged coastlines and across barren moorland heights, past crumbling castles and patchwork farms. From IRA pubs to Protestant marches, from bandits and bad weather to banshees and blood sausage, he wades into the thick of things, providing an affectionate and heartfelt look at one of the most misunderstood corners of the world.

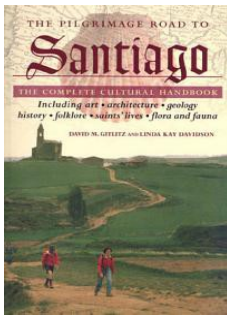


NEW

The Way of the Gardener by Lyndon Penner

Reverence takes on a new meaning in this original memoir of an avid gardener walking the Camino de Santiago.

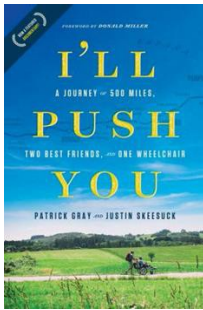
The Camino de Santiago has been a journey for pilgrims for more than 1,000 years, testing-to varying degrees-their spirit, faith, and physical endurance. Lyndon Penner's attention lies elsewhere. A renowned gardener and lover of literature, he revels in the plants, trees, and flowers that tell the history of the people and ecology of northern Spain.



The Pilgrimage Road to Santiago by David M. Gilitz & Linda R. Davidson

The road across northern Spain to Santiago de Compostela was one of the three major Christian pilgrimage routes during the Middle Ages, leading pilgrims to the resting place of the Apostle St. James.

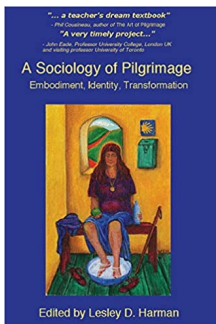
The Pilgrimage Road to Santiago, a fascinating step-by-step guide to the cultural history of the Road for pilgrims, hikers, and armchair travelers alike. Organized geographically, the book covers aspects of the terrain, places of interest, history, artistic monuments, and each town and village's historical relationship to the pilgrimage.



I'll Push You by Patrick Gray & Justin Skeesuck

Friendship takes on new meaning in this true story of Justin and Patrick, born less than two days apart in the same hospital. Best friends their whole lives, they grew up together, went to school together, and were best man in each other's weddings. When Justin was diagnosed with a neuromuscular disease that robbed him of the use of his arms and legs, Patrick was there, helping to feed and care for him in ways he'd never imagined.

So when Justin heard about the Camino de Santiago, a 500-mile trek through Spain, he wondered aloud to Patrick whether the two of them could ever do it. Patrick's immediate response was: "I'll push you."



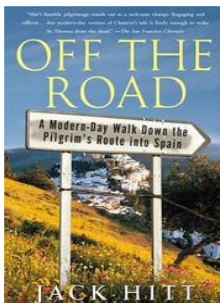
A Sociology of Pilgrimage by Lesley Harmon

"We are all on pilgrimage. On a voyage of spiritual discovery, enlightenment, self understanding, or physical mastery, we share in the search for "something more".

What is unique about this text is that practically every author and reviewer has been on pilgrimage during the birthing of the book.

I am grateful to all of the participants for their commitment to following through with the project. It is far better as a result, just as a physical pilgrimage is deepened by the twists and turns on the road".

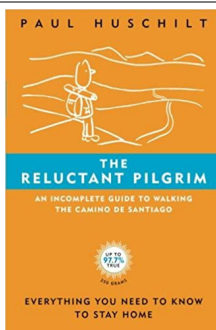
-Lesley Harmon, July 2014



Off the Road by Jack Hitt

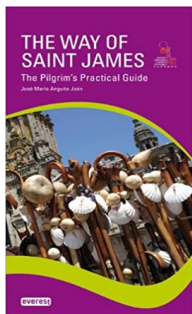
When Jack Hitt set out to walk the 500 miles from France to Santiago de Compostela, Spain, he submitted to the rigorous traditions of Europe's oldest form of packaged tour, a pilgrimage that has been walked by millions in the history of Christendom.

Off the Road is an unforgettable exploration of the sites that people believe God once touched: the strange fortress said to contain the real secret Adam learned when he bit into the apple; the sites associated with the murderous monks known as the Knights Templar; and the places housing relics ranging from a vial of the Virgin Mary's milk to a sheet of Saint Bartholomew's skin.



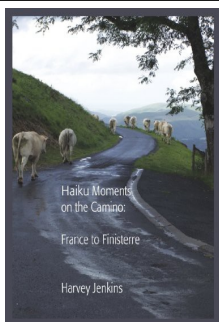
The Reluctant Pilgrim by Paul Huschilt

The Reluctant Pilgrim offers up for your pleasure a journey of incredible personal sacrifice. In an act of utterly unselfish authorship Paul Huschilt forfeits as few creature comforts as possible while undertaking a trek that pushes him beyond his limits and almost over the edge. The result is a series of entertaining misadventures on one of the world's most beloved and sacred paths, and a gathering of life lessons along the way.



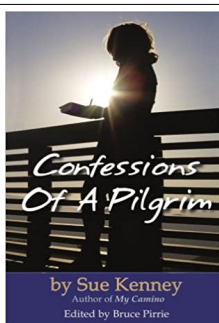
The Way of St. James by José Maria Anguita Jaén

Along with a separate pack of (48) independent map cards, this title is compiled by The Road to Santiago Study Centre. It also offers guidance for pilgrims travelling with bicycles, and includes a section with alternative routes: Northern Roads; Via de la Plata; Portuguese Roads; the Aragon Route; and extensions to Fisterra and Padron.



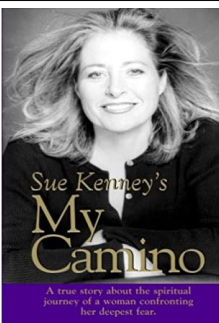
Haiku Moments on The Camino by Harvey Jenkins

In the summer of 2010, Harvey Jenkins and his wife left the French city of St-Jean-Pied-de-Port and, for (39) days, walked the 800 km Camino Francés which ends in the Spanish city of Santiago de Compostela. In haiku prose and pictures, Harvey gives an account of that personal journey.



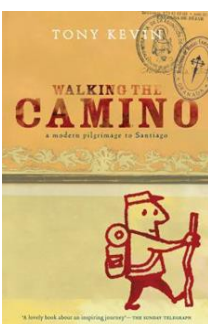
Confessions of a Pilgrim by Sue Kenney

Pilgrim, inspirational speaker, documentary filmmaker and Canadian author of the bestselling book *My Camino*, Sue Kenney returns to the Spanish medieval pilgrimage known as the Camino de Santiago de Compostela and walks 500 kilometers alone on the Portuguese Route. Prior to leaving, she is entrusted with a sacred Eagle Feather that is given to her by a Native friend as a result of a vivid dream. Her pilgrimage turns into a mystical quest when she is confronted with the challenge of finding a worthy recipient for this great honour before returning back home.




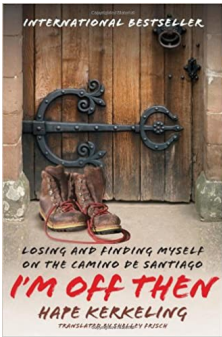
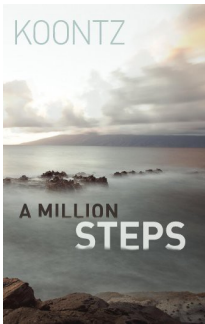
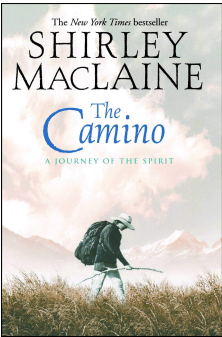

My Camino by Sue Kenney

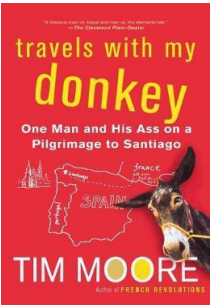
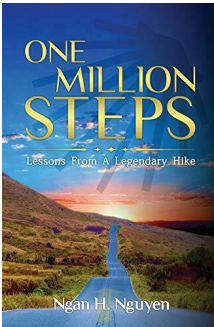
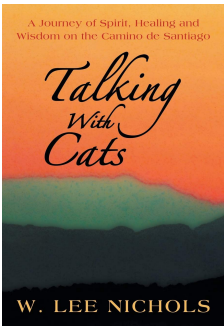
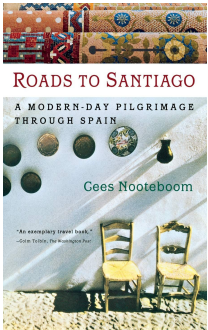
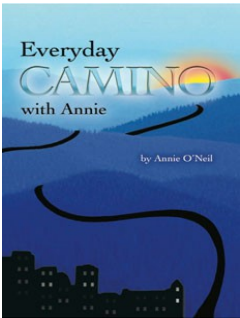
Suddenly downsized from her corporate telecom career, Sue Kenney walked 780 kilometers on a medieval pilgrimage route in Spain known as the Camino de Santiago de Compostela. She went alone in the winter on a quest in search of more meaning in her life. This is her story.

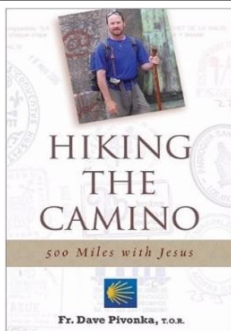


Walking The Camino. A Modern Pilgrimage by Tony Kevin

Filled with fascinating observations and anecdotes about the nature of contemporary Spain, this intriguing account tells the story of Tony Kevin, an overweight 63-year-old former diplomat who set off on an eight-week trek across the country armed only with a small rucksack and a staff. Rich with the history, politics, and culture of the region, this travel narrative follows two of the many pilgrim trails that crisscross Spain and Portugal and lead to the cathedral city of Santiago de Compostela, Europe's most famous center of pilgrimage.

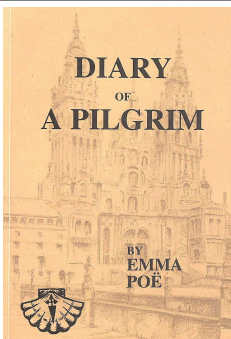
	<p>Ich bin dann mal weg (I'm off for a bit, then)</p> <p>The original German edition of Hape's journey on the Way of St. James (Meine Reise auf dem Jakobsweg).</p>
	<p>I'm Off Then by Hape Kerkeling</p> <p>From one of Germany's most beloved celebrities, a cross between Bill Bryson and Paulo Coelho. Overweight, overworked, and physically unfit, Kerkeling was an unlikely candidate to make the arduous pilgrimage across the French Alps to the Spanish Shrine of St. James, a 1,200-year-old journey undertaken by over 200,000 people every year. Filled with quirky fellow pilgrims, historic landscapes, and Kerkeling's self-deprecating sense of humor, <i>I'm Off Then</i> is an inspiring travelogue, a publishing phenomenon, and a spiritual journey unlike any other.</p>
	<p>A Million Steps by Kurt Koontz</p> <p>Kurt Koontz thought he was well prepared for his 490-mile walking trip on the historic Camino de Santiago pilgrimage route in Spain. He was fit and strong. He had a good guidebook and all the right equipment. His pilgrim passport would grant him access to the shelter of hostels along the way. But all that, however helpful, did not begin to encompass the grandeur of his external or internal adventure. A Million Steps is a journey within a journey all the way to the Cathedral de Santiago de Compostela and beyond.</p>
	<p>The Camino by Shirley MacLaine</p> <p>This is the story of a journey. It is the eagerly anticipated and altogether startling culmination of Shirley MacLaine's extraordinary -- and ultimately rewarding -- road through life. The riveting odyssey began with a pair of anonymous handwritten letters imploring Shirley to make a difficult pilgrimage along the Santiago de Compostela Camino in Spain. With rich insight, humility, and her trademark grace, Shirley MacLaine gently leads us on a sacred adventure toward an inexpressibly transcendent climax.</p>
	<p>The Pilgrim Route to Compostela by Abbe George Bernes, Georges Veron, L. Laborde Balen</p> <p>How could the Archbishop of Santiago de Compostela offer anything less than a warm welcome to this new guide. It is a worthy addition to the many remarkable handbooks to this route issued over the centuries. There is much to indicate that the unique and historical values of Compostela are appreciated as much today as at any time in its history.</p> <p style="text-align: right;">His Excellency Monseigneur Antonio M. Ronco Varela Archbishop of Santiago de Compostela</p>

	<p>Travels With My Donkey by Tim Moore</p> <p>Traces the author's journey by donkey across Spain to the cathedral at Santiago de Compostela, a spiritual pilgrimage marked by a motley crew of modern travelers, his donkey's wayward personality, and the crypt of St. James.</p>
	<p>One Million Steps by Ngan H. Nguyen</p> <p>"It was by fate that I found this path and it became one of the greatest adventures of my life. Over a million steps crossing the rugged Pyrenees and spanning undulating plains before winding through lush hillsides. The path was a unique window into historical, natural and cultural beauty, but even more than that, it was a walk into more depth within my own being. It became a journey of healing and self-love"</p> <p><i>Buen Camino – Good Way to You.</i></p>
	<p>Talking With Cats by W. Lee Nichols</p> <p>In "Talking With Cats," Nichols takes us on a personal journey that enriches the spirit, informs the mind and becomes a map for healing and finding true inner happiness. The author does talk with cats.</p> <p>More importantly, he talks with the people who have come to the Camino de Santiago to heal their spirit and find a meaningful life.</p>
	<p>Roads To Santiago by Cees Nootboom</p> <p>An elegant and richly detailed chronicle of Nootboom's exploration of Spain, conducted over three decades. His ultimate destination is Santiago de Compostela. Humorous, affecting, and reflective, these essays beautifully describe the author's journeys through this mysterious and mystical land. Black and-white photographs. Translated by Ina Rilke.</p>
	<p>Everyday Camino With Annie by Annie O`Neil</p> <p>In the summer of 2008, documentary filmmaker Lydia Smith asked her friend Annie O 'Neill to sign on as a pilgrim and co-producer of a film to be called <i>Walking the Camino: Six Ways to Santiago</i> which she was going to shoot in the spring of 2009. This paperback is O'Neil's account of her 40-day pilgrimage experience.</p> <p>At the end, O'Neil encourages us to "find a way to keep the Camino alive in your life. Keep walking, meditating, keep going within, and allow your intuition to flourish."</p>



Hiking The Camino by Fr. Dave Pivonka T.O.R

You might reasonably wonder why anyone would shoulder a heavy backpack, grab a walking stick and hike across Spain. But Father Dave Pivonka knew that the Camino—the ancient pilgrim path to the tomb of St. James the Apostle in Santiago—offered an opportunity to focus on God in the stripped-down environment typical of the religious journey known as a pilgrimage. Father Dave takes you along with him, eager to show that God wants to take care of you whether or not you can see down the road or, if tired and sore, you're tempted to quit. His Camino hike holds real lessons for your own life's journey.



Diary of a Pilgrim by Emma Poë

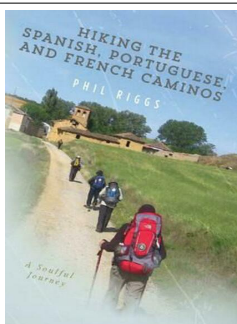
A very personal reflection of pilgrimage by three ordinary middle-aged women who decided to walk across Spain. Written as a day by day journal it is complete with pencil sketches of the villages and country-side as they walk to Santiago.



Seven Tips to Make the Most of the Camino de Santiago by Cheri Powell

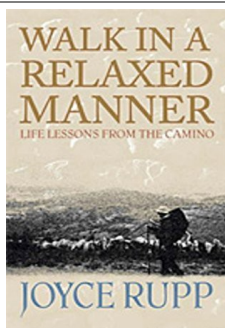
The book is unlike any other about the Camino. It is not a travelogue or guide, but rather a preparation manual that gives practical advice on the different aspects of undertaking the journey of a lifetime. Guidance is offered on preparing mentally, physically, emotionally and spiritually for the trip.

"You will leave this book at home after reading it," Powell notes in the book's introduction. "It will probably be dog-eared and have notes written in the margins. That is its intended use ... this is your workbook for getting to the Camino."



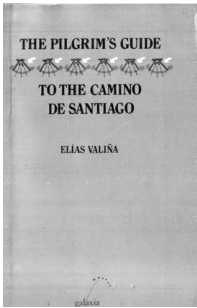
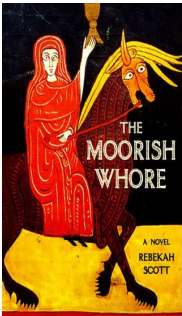
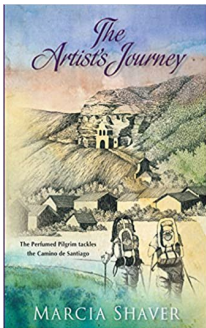
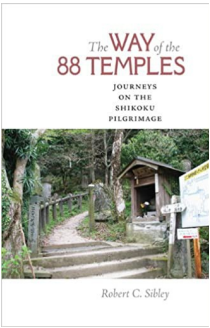
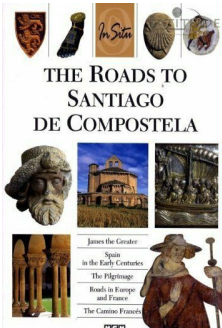
Hiking The Spanish, Portuguese and French Caminos by Phil Riggs.

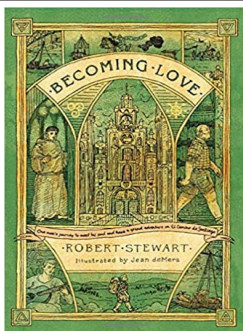
My book is a collection of events that I experienced as I walked along the Camino trails. First of all, it's about the relationships that were developed along the trail and many of the personal experiences that people shared with me as we were strolling along together on the Camino. Secondly, I've included some of the legends and stories that have grown up around the different villages and areas over the many years of pilgrimage. Finally, I've written down some of my musings that came to mind in moments of solitary meditation after an encounter with some interesting fellow pilgrim or it may have been when I was just communing with Mother Nature, decked out in her finest array.



Walk in a Relaxed Manner by Joyce Rupp

At age 60 Joyce Rupp didn't know what she was getting into when she began a 47-day pilgrimage along the Camino de Santiago in Spain. Joined by a friend, Joyce learned lessons that can help all of us travel on life's up-and-down journey with more grace and lightness. She shares them in this enjoyable recounting of her journey across mountains and valleys, cities and farms.

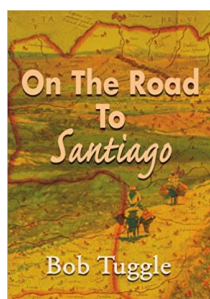
	<p>A Pilgrim`s Guide to Camino de Santiago by Elias Valiña Sampedro (translated by Laurie Dennett)</p> <p>This latest edition incorporates the results of thirty years of research and countless personal journeys along the Camino de Santiago. This complete book on the pilgrimage is divided into (4) parts; a preliminary section, a guide to the route, historic and cultural notes and useful information on associations & accommodations.</p>
	<p>The Moorish Whore by Rebekah Scott</p> <p>Plucked as a prize of war from the palace of the poet-king of Sevilla, princess Zaida lost her name, her religion and her family in a single day. Isolated in San Facund, the monastic heart of the Castilian king`s vast realm, Isabel`s Psalter and folio of Islamic poems kept her spirit alive in a town that considered her "a Moorish whore." Betrayal and a clever escape led her to a new life, and a chance to write her colorful tale. "The Moorish Whore" is based on the true story of an 11th century princess.</p>
	<p>The Artist`s Journey by Marcia Shaver</p> <p>Trials, tribulations, and testy travelers only spurred Marcia Shaver on in her 1,299,851 steps across Spain, from St. Jean Pied de Port, France, to Finisterre, Spain. Choosing well her walking companion, setting a practical pace with time to draw and drink in the revitalizing countryside, Marcia rediscovered her physical strength-and more. From the depths of her soul rose her true nature, as the Pilgrim's Way nurtured it and let it shine forth. Marcia's can-do, let's-have- fun spirit transports the easy-chair traveler along on this adventure. After reading The Artist's Journey, you will want to put on hiking boots, grab a backpack, and travel the road to Santiago de Compostela</p>
	<p>The Way of The 88 Temples by Robert C. Sibley</p> <p>Compelled to seek something more than what modern society has to offer, Robert Sibley turned to an ancient setting for help in recovering what has been lost. The Henro Michi is one of the oldest and most famous pilgrimage routes in Japan. It consists of a circuit of eighty-eight temples around the perimeter of Shikoku, the smallest of Japan's four main islands. Sibley's descriptions of the natural surroundings, the customs and etiquette, the temples and guesthouses will inspire any reader who has longed to escape the confines of everyday life and to embrace the emotional, psychological, and spiritual dimensions of a pilgrimage.</p>
	<p>The Roads to Santiago de Compostela by Société MSM</p> <p>The ultimate compendium of the history of pilgrimage to Santiago de Compostela, the influences of Christian, Muslim and Roman Deities on the Iberian peninsula and the significance of humanity in the quest for salvation.</p>



Becoming Love by Robert Stewart

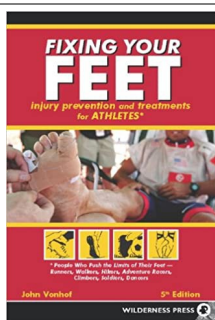
When Canada's go-to peace guy Bob Stewart receives a shocking wake-up call from his soul mate, he kicks into action-man mode. Determined to achieve his goal to be "peace, love and light" and have an adventure while he's at it, he embarks on a 500-mile pilgrimage along the famed El Camino de Santiago.

Among his many lessons he discovers love can be found in the most unexpected places and that he is part of an evolving family.



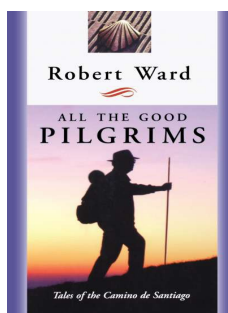
On The Road to Santiago by Bob Tuggle

A travel journal relating the experiences of a hiker on an ancient historical trail from the French border across Northern Spain. The interesting day-to-day adventures of a trek along the thousand-year-old pilgrim's trail which stretches 500 miles across Northern Spain.



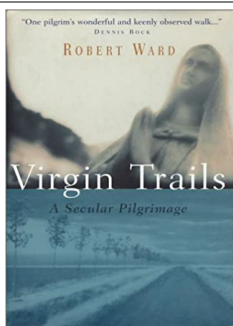
Fixing Your Feet by John Vonhof

Foot pain and injuries can thwart even the most experienced athletes. Foot expert John Vonhof discredits the conventional wisdom of "no pain, no gain," teaching instead how the interplay of anatomy, biomechanics, and footwear can lead to happy or hurting feet. With a focus on individual and team care, this fifth edition covers everything that an active person needs for immediate and long-term foot care solutions. Vonhof's advice comes not only from his own experience but also from many foot experts and endurance athletes.



All The Good Pilgrims by Robert Ward

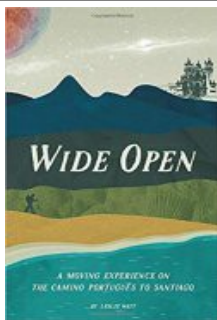
In *All the Good Pilgrims*, Ward returns to Spain to walk the Camino for the fifth time. He thinks he knows what he's getting into but, as his many Camino journeys have taught him, the Camino never runs out of surprises. Each day brings new lessons, friendships, questions, memories, gifts and challenges, reminding Ward that it isn't the pilgrim who walks the Camino – it's the Camino that walks the pilgrim.



Virgin Trails by Robert Ward

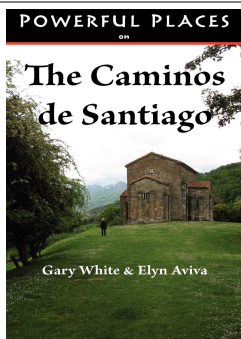
Virgin Trails is a fascinating, colourful and often mesmerizing journal of one man's quest to understand the sacred and profane. It is a story that takes us along thousands of miles of streets, roads and alleyways, following the routes taken by thousands of devout travellers each year to the legendary shrines of the Virgin Mary in Paris, Lourdes, along the Camino de Santiago to Barcelona and Rome.

His journey is a ceaseless series of epiphanies — probing the shadowy reaches of his own soul and the lives of his fellow travellers — ending where all roads lead: Rome.



Wide Open by Leslee Watt

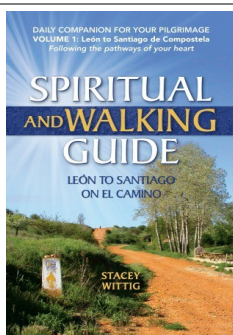
In this moving memoir and vivid travelogue, the reader is invited to journey alongside the author as she navigates a serendipitous pilgrimage to and through the Camino Portugués to Santiago. An intimate account of personal transformation, this is a story of what is possible when one walks their path with an open heart



Powerful Places on The Camino de Santiago by Gary White & Elyn Aviva

Powerful Places on the Caminos de Santiago is not your usual guidebook to Spain. It's not about visiting places, it's about experiencing them. It invites you to explore a carefully chosen selection of places on the roads that lead to the pilgrimage shrine of Santiago de Compostela. These remarkable sites include the mountaintop shrine of a Black Virgin, a Knights Templar chapel concealed in a canyon, a hidden valley in the Pyrenees-to name a few.

If you have a nagging feeling that there's more to some places than meets the eye, then this is the travel guide for you.

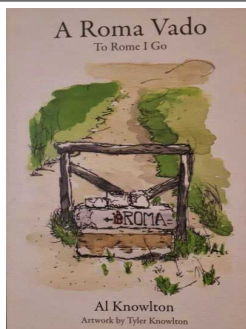


Spiritual and Walking Guide by Stacey Wittig

Here then is a guide ideally suited to you, the pilgrim, who is seeking direction, both spiritually and geographically while walking El Camino from León, Spain to Santiago de Compostela.

While designed for pilgrims on El Camino, this lightweight manuscript is equally suitable as a spiritual guide for any trekking, biking or camping adventure.

With space to journal thoughts and revelations, you'll hold onto this book as a keepsake for many years to come.

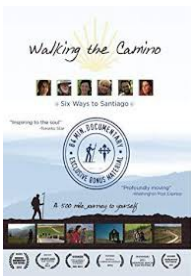
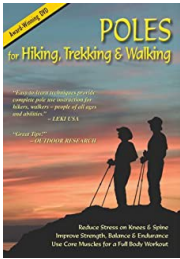
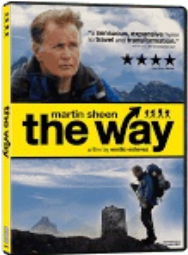
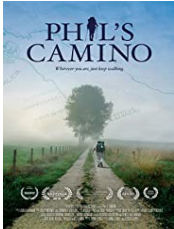

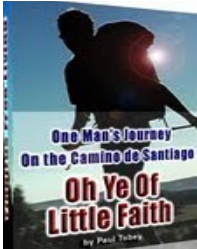


NEW

A Roma Vado (To Rome I Go) by Al Knowlton

Al Knowlton is a retired accountant living in Fredericton, NB. This is his first book (self-published) and third and longest pilgrimage. He recounts his experiences walking in Italy on the Via Francigena from Aosta to Rome.

Al acknowledges that his (908km) Italian pilgrimage in 2018 was "a life affirming experience. Unforgettable"

	<p>Walking The Camino; Six Ways to Santiago. A film by Lydia Smith</p> <p>Walking the Camino is an up-close look at one of humanity's most time-honored traditions. By following pilgrims from all walks of life as they attempt to cross an entire country on foot with only a backpack, a pair of boots and an open mind, we witness the Camino's magnetic and miraculous power to change lives</p>
	<p>This is an outstanding video! It is absolutely packed with information -- even more than I would have imagined. The instruction is very comprehensive and very easy to follow. There is enough here to watch multiple times. I would very strongly recommend this video to anyone who uses trekking poles for hiking, even if you already have some experience. The instruction is great and there are lots of good tips.</p>
	<p>The Way. A film by Emilio Estevez</p> <p>An American father travels to France to retrieve the body of his estranged son, who died while attempting the pilgrimage to Spain's Santiago de Compostela. He resolves to take the journey himself, in an effort to understand both himself and his son. The film honors the Camino de Santiago and promotes the traditional pilgrimage. Saying he did not want the film to appeal to only one demographic, Emilio Estevez called the film "pro-people, pro-life, not anti-anything".</p>
	<p>Phil's Camino. A film by Annie O'Neil</p> <p>A colorful and affecting short documentary about a free spirit who wants to walk the Camino de Santiago in Spain, while facing Stage 4 cancer in his hometown of Seattle. Told he shouldn't do the walk, he builds his own camino in the forest behind his house and ends up walking the same distance (about 500 miles).</p>
	<p>Las Peregrinas. A film by Sue Kenney</p> <p>Sue Kenney, veteran pilgrim, author, and inspirational speaker returns to Spain, to shepherd a group of first-time women pilgrims (in Spanish known as, Las Peregrinas) on their own individual journeys of self-discovery, where Sue's philosophy and values, as well as the Camino's legendary power to transform lives, will be put to the test.</p>
	<p>Oh Ye of Little Faith. A film by Paul Tobey</p> <p>Paul Tobey is both a renowned film-maker and a pianist. This is evident in his movie with some beautifully composed music. In this film we get sample the stunning scenery along the route of Camino Frances</p>