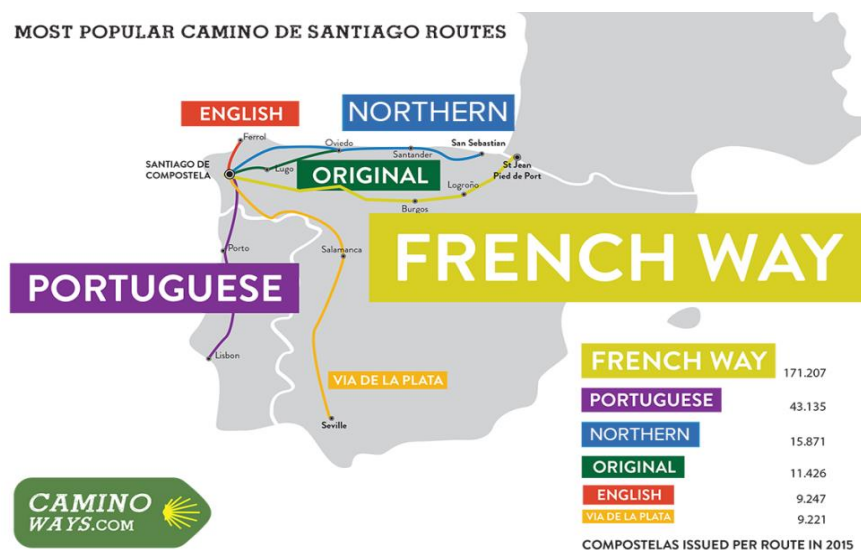


The Pilgrimage to Santiago

For more than one thousand years, people have walked a pilgrimage in Northern Spain called The Camino de Santiago. In its earliest years, it was said that Christians walking this pilgrimage would be forgiven of sins. However, the Camino pilgrimage has been embarked on by followers of other religions, spirituality seekers, atheists and adventurers alike. In 2017, 301,036 people from around the world traveled the various routes, which run through cities, across mountains, and along Roman roads.



There are twelve major pilgrimage routes through Spain and Portugal; four connecting routes through France; additional routes that begin in Germany, Italy and other countries throughout Europe; as well as starting points around the world. No matter what route a *peregrino* (pilgrim) takes, all roads lead to Cathedral of Santiago de Compostela in Galicia, where the remains of the Saint James are said to be buried.

Before setting foot on “terra firma” in Spain, it is important to decide where and when to go, to know something about the Camino history and symbolism, and to prepare yourself for a journey that is not only physically strenuous, but also, a journey within that will inevitably be life-changing for many.

I hope that the content that I share can be of some benefit to others who are considering walking a Camino. By planning ahead for the magnitude of the Camino’s physical and mental challenges, you will be able to enjoy the journey and have a “buen camino,” a friendly phrase that is used by pilgrims when they greet each other on the Camino.

This is an excerpt from the Camino Planning series at: <http://thecaminoprovides.com/?s=planning+part+1>

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[Part 2: Camino Routes](#)

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[Part 5: Hospitaleros, Volunteers of the Camino](#)

[Part 6: Training and packing for the Camino](#)

[Part 7: What inspired me to want to walk the Camino](#)

Questions? Email laurie@caminoprovides.com.