

# Support Camino Cleanup



## KARIN KISER, BESTSELLING AUTHOR & TRANSFORMATIONAL COACH

During my first Camino in 2011, I was disheartened by the amount of trash I saw along the route. I was determined to play a part in leaving the Camino in better condition than when I found it. That opportunity came six years later when I served as a hospitalera in Galicia. During the two-weeks there I took responsibility for the 3km stretch on either side of the pilgrim hostel and rounded up a dozen bags of waste.

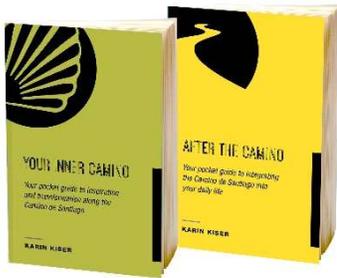
The experience was not without its surprises. More than one passing pilgrim snapped a photo of me collecting trash. Another pilgrim, despite the obvious weight of his backpack, bent down to pick up an empty can on his side of the path, walked over to me with a huge smile and deposited it in my bag. Not a word was spoken between us. It was a moment in equal parts touching and humbling. It inspired me to continue.

Rather than hike the northern routes as planned, I returned to Roncesvalles to resume my cleanup effort, collecting 65 bags of trash along the *camino francés*. The experience added a new dimension to my work. I decided then that part of the proceeds from my books would be used to support cleanup efforts along the Camino.

## Here's how you can make a difference too

### BUY A BOOK

Part of the proceeds from the sale of each book goes toward keeping the Camino clean. Paperback editions are available at [CaminoChroniclesPress.com](http://CaminoChroniclesPress.com). Digital editions are available at [Amazon.com](http://Amazon.com)



#### **Your Inner Camino** *Your Pocket Guide to Inspiration and Transformation Along the Camino de Santiago*

Some walk the Camino as an adventure or physical challenge. To make it a pilgrimage requires something more – the inner journey. With *Your Inner Camino*, you'll discover how to let go of the thoughts and behaviors that limit your growth and happiness. Use it to inspire you along the way. You'll discover how walking the Camino is a once-in-a-lifetime opportunity to clean the slate and start anew.

#### **After the Camino** *Your Pocket Guide to Integrating the Camino de Santiago into Your Daily Life*

The real camino begins after you arrive in Santiago, when you take your experience home with you. How will you keep the spirit of the Camino alive in your daily life? *After the Camino* will help you avoid returning to the old habits and routines of your pre-Camino life. You'll discover how to simplify your life and live the pilgrim way at home.

### JOIN ME ON THE TRAIL

Spend a week with me in Spain as part of my [Camino Cleanup Program & Retreat](#), where we take care of ourselves and the planet. We will pick up trash and recyclables along a section of the *camino francés* while giving our bodies and minds a welcome break from our everyday routines and concerns. Enjoy daily exercise, a digital detox, stretching, light therapy sessions, massage and more. Includes a two-week prep period online to set a powerful intention, identify “cleanup areas” in our own lives and prepare our minds and bodies for journey. Limited to 6 adventurers. Email [support@KarinKiser.com](mailto:support@KarinKiser.com) for program details.



[www.karinkiser.com](http://www.karinkiser.com)

*Radical transformation for your body, mind and being*