



Jul 28, 2022

Dear Goddess,

By its very nature, a pilgrimage walk reconnects travellers with themselves, nature, and other pilgrims from all cultures and walks of life. This year is a very special one for the Camino de Santiago, also known by the English name 'Way of St. James' because it is also a Holy Year, which only occurs 14 times every century. If you'd love to walk it but are wondering if you can, the answer is YES! To get you started, this special issue is stocked full of Camino content — inspiring stories from women who have completed a pilgrimage, packing advice, a feature on the PEI Island Walk (Canada's Camino), and books to add to your reading lists. You can do it! Buen Camino!

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Featured Editorial: Camino de Santiago



Expect the Unexpected on Spain's Camino de Santiago by Carolyn Ray: You can travel solo in a group, as Carolyn discovers on her first (but not her last) Camino walk last fall.

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When the Camino de Santiago Calls, Listen to Your Heart by Carolyn Ray: We share the stories of women over 50 who have walked the Camino, sharing their motivations, stories, and tips.

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Have you shared a travel tip this year?

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PEI's Island Walk, "Canada's Camino," is Ready to be Discovered by Carolyn Ray: The 700-km PEI Camino wraps around Prince Edward Island, and might just be the perfect place for aspiring solo trekkers to boost your confidence.

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Journeys of the Heart: Women Share Stories of Walking the Camino de Santiago by Amanda Burgess: Get the lowdown on what walking the Camino is really like from women who have done it (some more than once).

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Camino Packing Tips by Carolyn Ray: Tried and tested products, and tips gleaned from women who have walked the Camino, like lambs wool!

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Ready to go? Check for flights now!

[Check Flights Here](#)



Six Books Written by Women Who Walked the Camino by Carolyn Ray: Six books that might inspire you to walk your own Camino, recommended by women who have done it! (*Our pick: Jane Christmas' "What the Psychic Told the Pilgrim"*)

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Limbering up for Solo Travel by Amanda Burgess: We sit down with health and wellness expert Dr. Nekessa Remy to glean tips on getting your body ready to hit the Camino.

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**Looking for a women-friendly Camino tour?
Visit our Women's Travel Directory for travel inspiration!**

Helpful Links

- Ready to pack your bags? [Check for flights now on Expedia.](#)
- Don't forget travel insurance! [Compare quotes here.](#)
- Find somewhere to stay along the way on [Hostel World.](#)
- Traveling around Spain and Europe? [Plan your train travel with Omio.](#)

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