



Dear JourneyWoman,

This year, we've been exploring **Once-in-a-Lifetime Travel Experiences** in our editorial, based on places around the world you told us are on your Travel Dreams shortlist. The Camino de Santiago, the world-renowned pilgrimage that traverses parts of Southern France, Portugal, and Spain, was number-two behind the Northern Lights. The topic has been so popular in this community that our **private Facebook Group** has been dominated by Camino conversations.

This special issue is stocked full of Camino content — inspiring stories from women who have completed a pilgrimage, packing tips, a feature on the PEI Island Walk (Canada's Camino), and books to add to your reading lists. You'll want to save this issue for the time when your Camino dreaming turns to planning.

Buen Camino!

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

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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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**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 confidence.

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**What's in Your Backpack: Camino Packing Tips by Carolyn Ray:** As she sets out for the Camino de Santiago, Carolyn shares her own tried and tested products, and tips gleaned from women who have walked the Camino.

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**Walking the Camino de Santiago in Support of Period Equity by Carolyn Ray:** In October, Carolyn is walking the Camino de Santiago raise funds for The Period Purse to help increase awareness of period stigma. Please support our efforts and learn more!

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**Six Books Written by Women Who Walked the Camino by Carolyn Ray:** Six books that will 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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**The Long Game: 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 road.

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