

Camino de Santiago



The English Way

In the footsteps of ancestral pilgrims.

THE CAMINO INGLÉS IS KNOWN FOR ITS
STEEP TERRAIN, ROCKY PATHS, AND
SCENIC COASTAL VIEWS.



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About US

Hi! We're Dan and Kristin Conard, and we're excited to share our passion for hiking with you. A few years ago we did our first joint trip through Spain along the Camino de Santiago. We came out of the experience changed and inspired. After talking with many of our friends and family about the trail and our experiences, we noticed that lots of folks expressed the desire to do a trip with us, and we couldn't be more thrilled! Instead of just talking about it, we're going to do something about it! So here it is- we're proposing a group trip along the English Route in the spring of 2025.

Learn more about us online at:
www.theconards.com

Buen Camino



LEADERS

Daniel Conard

Dan grew up in California just outside of LA, where he enjoyed family camping and fishing trips as a child inspiring a love for the outdoors. As a young adult Dan worked as a hiking guide for the Biggest Loser Resort, and Wellfit Malibu, after which he went on to become a park ranger in Yosemite National Park.

After moving to Washington state, Dan became an active mountaineer and has climbed 10 mountains between 7,000 - 10,000 ft including Cotopaxi in Ecuador, and Mt. Rainer in Washington.

Kristin Conard

Kristin grew up enjoying yearly camping and hiking trips with her family in northern Minnesota. However her love for long distance hiking didn't start until after her first Camino in 2014, where she through-hiked 680 kilometers. Since then Kristin has returned to hike the camino 2 additional times, and explored other long distance hikes such as the West Highland Way, and the European Peace walk.

For her Master's degree, Kristin attended seminary where she studied Transformational Leadership, completing her thesis in pilgrimage practice.

Just a note...

It has been many years now since the first camino (and long distance hike) I ever took back in 2014, and yet I find myself continually called back both to the long-hike and its arduous, and the practice of pilgrimage and its stretching and pacifying of the soul.

For many years now friends and family have been interested in my camino wanderings,

and often remarked that they'd like to join me to journey sometime in the future. After taking Dan (aka the hubs) with me for the first time in 2021- we both agreed that the magic of the camino is something we'd like to share with others. This not-hike, long walk is the most demanding thing we've ever done, and by far the most rewarding. *Will you join us for another chapter?*

♡
Kristin





The Great pilgrimage

PILGRIMAGE

pil·grim·age
'pilgrəmij

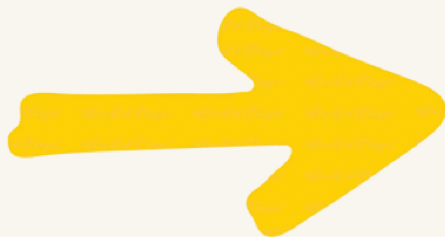
- 1: a journey of a pilgrim
especially one to a shrine or a sacred place
- 2: the course of life on earth

About the Way

TRANSLATIONS OF “CAMINO” (NOUN): WAY, PATH, ROAD

Those from the Iberian peninsula will be the first to tell you that during his life, Jesus visited their shores making port in Gibraltar and Finisterre (this is believed to have occurred during the “missing” 30 years of Jesus’ life, when he went off to trade for the ‘new metal’ (aluminum) with his uncle in the ‘new world’ of the time- the British Isles).

Later in his life, when discussing with his disciples areas to go out and preach- Iberia was on the table. After Jesus’ death, Saint James the Greater walked from Jerusalem over land to Hispania, which today we call Spain.



Buen Camino

St. James ministered to people, spreading the news of the gospel and helping to establish hospitals and universities. For this reason, St. James is often depicted as a pilgrim- with a walking stick, wearing a cloak, and holding a book (assumed to be the bible). After St. James’ death, he was interred in modern day Santiago de Compostela. The city gets its name from the saint himself. Santiago meaning St. James, and Compostela meaning field of stars.



*If any of you lacks wisdom, let him ask
God, who gives to all men generously
and without reproaching, and it will be
given him* -ST. JAMES

*"To go in a spirit of prayer from one place to
another,
from one city to another,
in the area marked especially by God's intervention,
helps us not only to live our life as a journey
but also gives us a vivid sense of a God,
who has gone before us and leads us on,
who Himself set out on man's path,
a God who does not look down on us from on high
but who became our travelling companion."*

St Pope Jean Paul

ON PILGRIMAGE



The English Way

119 kilometers through Galicia, Spain

The English way was re-certified by the dean of the cathedral of St. James in 2016 as a route that's eligible for the Compostela. Though the route was only recently formally reacknowledged, it was accepted in large part due to its historical significance as the primary route traveled by pilgrims from the British Isles. This route is not as populated as the French Way, providing for peaceful pilgrimage, and less crowding in the overnight accommodations.



Culture of the Camino



A variety of experiences to enjoy

When asked about the Camino, Pope Benedict XVI said, "It is a way sown with so many demonstrations of fervour, repentance, hospitality, art and culture which speak to us eloquently of the spiritual roots of the Old Continent."

Part of the charm of the Camino de Santiago is that every day is a bit different. Some days the way itself will be challenging and take hours to surmount. Other days, the way will be shorter and the sights more varied.

Throughout the walk you'll meander through small towns, take in European coffee and pastries, enjoy meals from holes-in-the-wall, stories from locals, and home-cooked meals with new friends; not to mention enjoy some of Galicia's best alcohol- *sidra* (cider) and home-made hot chocolate!

In a given day you may climb a mountain, cross a field, go through a small town, walk the beach, stop at small churches and lighthouses, or pop into a museum highlighting art, culture, local history and music.

Many stores also offer discounted prices for typical pilgrim fare like bread, water, bananas etc...

order to receive the
 pilgrim certificate from
 the Cathedral of St.
 James, each pilgrim must
 prove they walked at
 least 100 kilometers



St. James Cathedral



Daily Routine

A GLIMPSE INTO THE DAILY ROUTINE ON THE CAMINO

6:00am

Wake up & snack

7:00am

Start the daily walk
Get in 5-8 Kilometers (3-5 miles)

9:00am

Stretch and snack break | 30 mins
Walk another 3-5 Kilometers (2-3 miles)

10:30am

Breakfast stop | 1 hour
Be sure to add sunscreen!

11:30am

Continue walking 3-5 kilometers (2-3 miles)

1:30pm

Arrive at overnight accomodation

2:00pm

Shower & Change

2:30pm

Hand wash hiking clothes & hang to dry

3:00pm

Siesta | 1 hr 30 mins

4:30pm

Lunch. aka "la Comida"
It is around this time that Spaniards eat the biggest meal of the day

5:30pm

Time to see the sights, journal, or sip some coffee

7:00pm

Pilgrim meal (5 courses)

8:00pm

Pack for next day, group check-in





9:00pm

Lights out!



Buen Camino

Legend

Daily altitude gain shown in meters (m) and Feet (')	
Difficulty expected in daily route	
Albergue with bunkbeds in common room, price per person	
Double room available at price per room	
Family style private rooms available with 3+ beds	
Apartment style acomodation, at price per whole apartment	
Spanish breakfast cost (typically coffe & either toast or crackers)	
American breakfast (typically fruit, cereal, eggs, meat, cofee, juice)	
Bag lunch available	
Pilgrim dinner (sometimes communal) typically 5 courses with wine	
Kitchen available for pilgrims to cook	
Bar on site	
Free wifi	
Cost to use washer on site (may not be a dryer)	
Groceries or small store onsite	
Resturant on site	
Luggage transportation	

Pace Yourself

The pages that follow outline the expected pace for our group. If you've ever done a long distance hike, you may be asking- don't we need to walk more each day to make it to Santiago? This is a normal wondering- however its important to keep in mind that pilgrimage differs from long-distance hiking. A pilgrimage is a sacred journey, a journey inward as well as outward. The first demand of pilgrimage is to shed old ways of being, and to slow down into the here and now.

Stages of the English Way



0

Ferrol



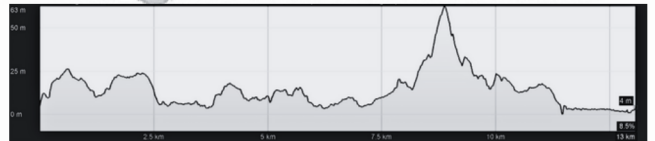
Hostal Zahara

31 45 81



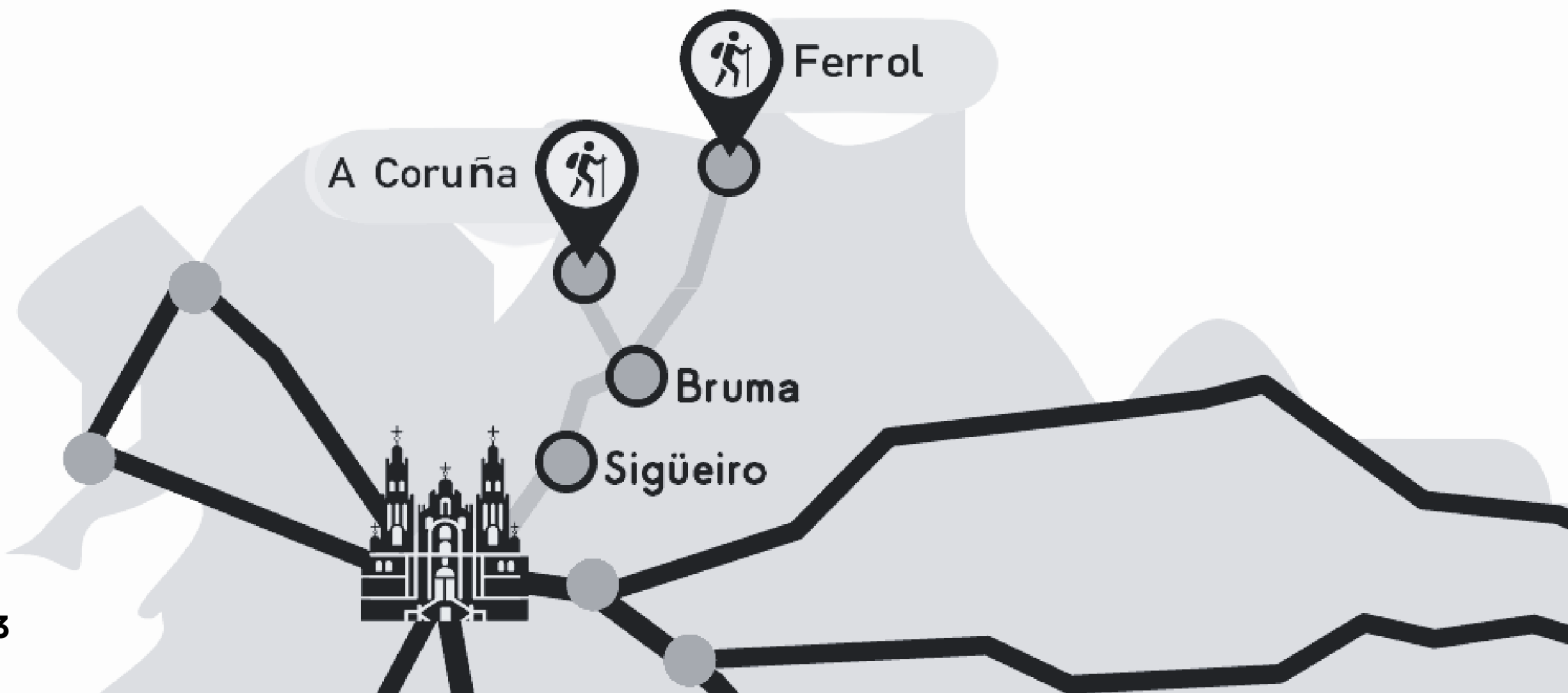
Neda 15 KILOMETERS | 9.3 MILES

1



63 meters. | 207 feet

Pension Residencia Maragoto
3.80 7 20 40



2

Pontedume

14 KILOMETERS | 8.6 MILES



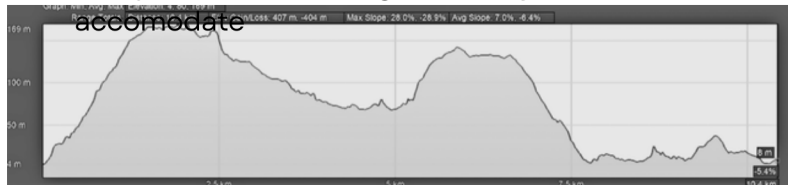
Albergue Rio Eume



182 m | 597'



Steep terrain throughout day - low distance to accomodate



317m | 1040'

3

Miño

10.9 KILOMETERS | 6.77 MILES



Hotel la Teraza



Booking.com



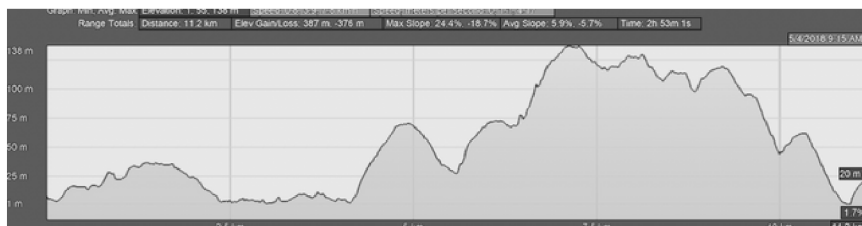
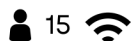
4

Betanzos

11 KILOMETERS | 7 MILES



Albergue Santa Maria del Azogue



135m | 442'

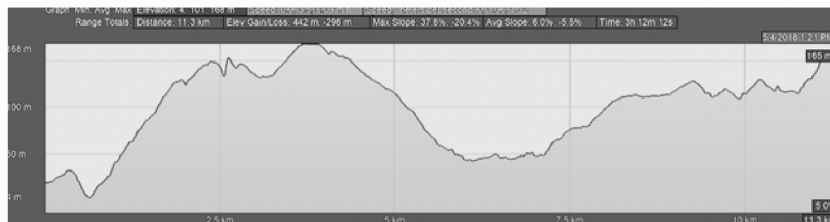
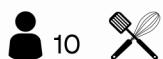
5

Presedo

11 KILOMETERS | 7 MILES



Albergue de Peregrinos de Presedo (16)

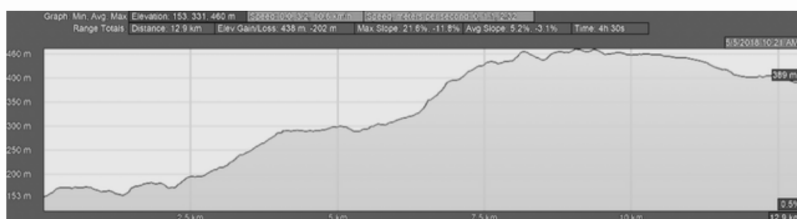


135m | 442'

Hospital de Burma

13 KILOMETERS | 8 MILES

6



307m | 1007'



Albergue de Peregrinos de Burma (22)



10

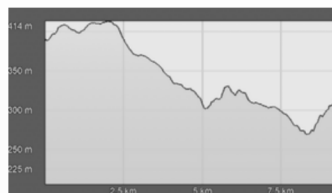
7

O Outeiro

9 KILOMETERS | 5.5 MILES



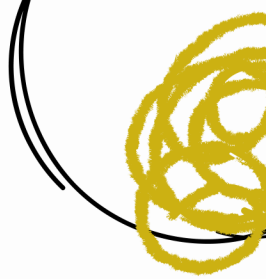
Albergue de Peregrinos de Poulo



~100m | 328'



17



8

Sigüeiro

14 KILOMETERS | 8.6 MILES



Albergue Camiño Real



~100m | 328'

9

Santiago

15 KILOMETERS | 9.2 MILES



Albergue the Last Stamp



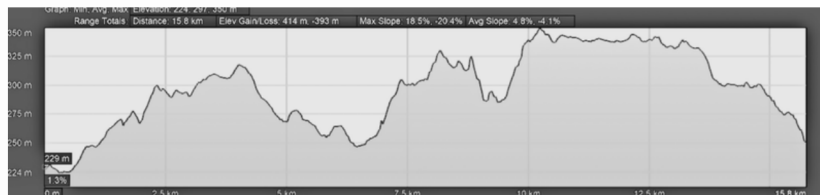
Hotel Rua Villar



Caris Casa de la Troya



de Ending #1



400m | 1400'

Utreia et Suscia!

We will take a day to go to pilgrim mass at the cathedral, and collect our pilgrim credentials at the pilgrim office. We'll have time to shop for souvenirs, as well as see some tourist attractions if so desired. If continuing onward we will collect our new pilgrim passports from the tourism office.
Trains and planes depart daily.

10

Rest Day / Flex Day

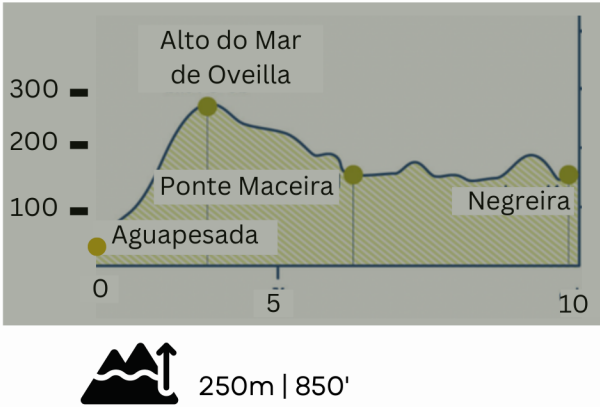
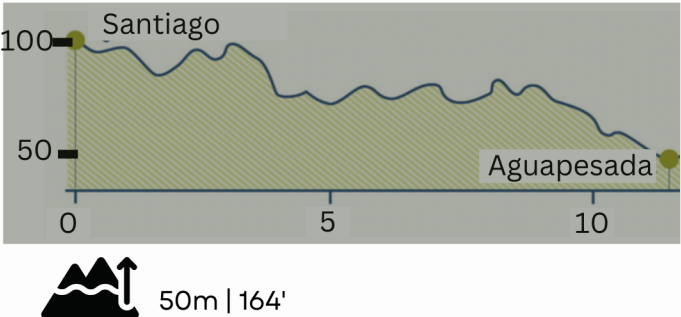
EXPLORING SANTIAGO

11

Ventosa

11 KILOMETERS | 6.8 MILES

Casa Camino Santiago-Finisterre, Ames
Sleeps(6)
167



12

Negreira

10 KILOMETERS | 6 MILES

Albergue Turistico San Jose (50)

14 / 25 45 65+

5



350 | 1148'



Steady climb all day without many stops!

Vilaserio

13

12.2 KILOMETERS | 7.62 MILES



Albergue Casa Vella (22)



14 / 35



50



10



3.5

0



14

Oliveiroa

20 KILOMETERS | 12.42 MILES



Pension As Pias (8)



40



60



Albergue de Oliveiroa (40)



8



300m | 984'



One of the longest days of our journey!
Steep climb and descent around 12k in



300m | 984'



A grixá

15

15.8 KILOMETERS | 9.8 MILES



Albergue O Cabanel



14



40





100m | 328'



Muxia Ending #2

11 KILOMETERS | 6.8 MILES

16



Albergue Bela Muxia (20)



18



65



Lires

15 KILOMETERS | 9 MILES

17



As Eiras, Lires Hotel Restaurante



55



55



100



Pool onsite



330m | 1082'



330m | 1082'

Ending #3

Finisterre

13 KILOMETERS | 8 MILES

+ 10K FOR LIGHTHOUSE WALK

18



Albergue Pension Finistellae



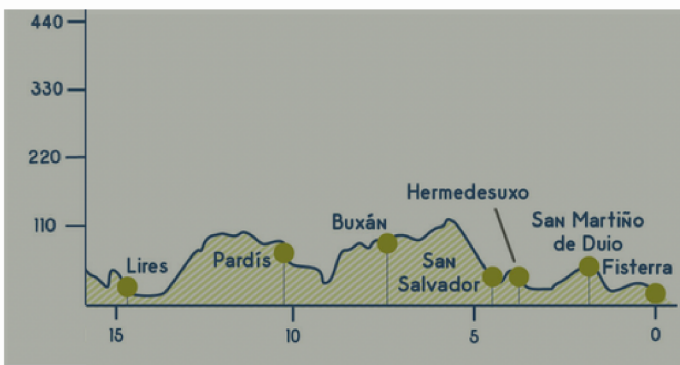
12 / 30



35



55



110m | 360'



Ending our Journey

CLOSING GROUP CEREMONY | FINISTERRA LIGHTHOUSE

As we end our journey together we will take a last day of rest in Finisterre. We'll share together our insights and reflect on what the journey has meant to each of us. We'll sing songs, and reflect on the different credentials we've earned through our labors.

We will also talk about the ways pilgrimage can apply to life and how to take the spirit of the Camino with us as we move forward on our own separate journey's.

There will be time to exchange contact info, take pictures with friends, and enjoy some snacks. Lastly we'll sit, as so many pilgrims have before us to watch the sun set on our journey above the sea.

The following day, for any who would like there will be time for fun and reflection on the beach, as well as to walk around the town before heading back to Santiago de Compostela to catch trains back to Madrid.

**1**

WALK MORE

In a typical day on the camino you can expect to walk anywhere from 10-20 kilometers (6 - 12 miles). While it will be hard to get to a point in your training that you're covering this distance daily, it's a good idea to work toward walking between 10,000 to 20,000 steps. Keep in mind that 10,000 steps is around 8 kilometers. Get comfortable on as many terrains as possible- flat, hilly, rocky, sandy, wet, dry. When you start walking, increase your distance without a backpack. Over time add your empty backpack, then gradually increase the weight of your pack until you're comfortable carrying about 10% of your body weight (this is the most your pack should weigh). 1 litre of water = 2.2 lbs

2

STRETCH DAILY

Just as important as physical strength is flexibility. Your body's ability to stay flexible will decrease strain on bones and joints, and help with overall rebound time after a hike. We recommend looking up a yoga flow to adopt, our favorite is the Sun Salutation.

3

RELAX MUSCLES

Muscle massage for sore spots can greatly improve safety and quality of life while on the trail. Learning some self-massage techniques is a good idea both for training leading up to your trip, and during the trip itself. Foam rollers, massage balls, or a good tennis ball on a sore spot can provide some serious relief!

Physical Stamina

3 simple ways to prep for your walk



Ultreia et Suseia

Seek and keep seeking





Packing

When packing for the camino, its important to focus on less being more. Unlike a backpacking trip, or a hike- the camino requires endurance day after day taxing muscles and joints differently than a long hike. It is recommended that your daily pack for the camino be no more than 10% of your body weight. Keep in mind that this also includes the weight of the water you'll be bringing along! A litre of water will add 2.2 lbs of weight to your pack. Plan to drink 1-2 litre's per day of water, as the physical demands of the trail will have you working up a sweat in no time! (The average american weighs 180 pounds, so accounting for your water weight (2 lbs) and gear (lets say your pack weighs around 2 lbs)- you're down to just having 14 lbs of weight to pack along, and it adds up quick!)

Modifications: If you are worried about carrying your pack every day, you can typically send your bag ahead to your next accomodation for about \$15

* For Kids

- ☐ We reccommend using a backpacking day pack, or a camelback back pack
- ☐ 1 litre camelback with filter

✓ What to bring

- ☐ 20-30 litre backpacking backpack
- ☐ 3-season sleeping bag, or liner
- ☐ 2 litre camelback with filter
- ☐ rain coat with windbreak
- ☐ collapseable hiking poles
- ☐ light weight hiking boots
- ☐ hiking sandals
- ☐ rain coat
- ☐ 1 bar body soap, 1 bar shampoo
- ☐ travel toothpaste and toothbrush
- ☐ medications
- ☐ journal
- ☐ sunblock
- ☐ deoderant
- ☐ ear plugs
- ☐ 1 pair pant or legging, 1 pair short or capri

- ☐ 2 pairs toe socks
- ☐ 2 pairs lightweight wool socks
- ☐ 3 pairs underwear
- ☐ warm long sleeve shirt
- ☐ 2 t-shirts or 1 tee & 1 tank
- ☐ pajamas (lightweight!)
- ☐ microfibre towel or robe
- ☐ camera or smart phone & charger
- ☐ headlamp with red light function
- ☐ buff, bandana, or beanie hat
- ☐ bug repellent or tea tree oil
- ☐ sun hat or baseball cap
- ☐ polarized sun glasses
- ☐ headphones
- ☐ RFID wallet & change pouch
- ☐ passport, passport card, & 1 copy of each

Small First Aid Kit:

Compeed, band aids, tums, ibeuprofin, KT tape or sports tape, nail clippers, disinfectant wipes, needle & thread, melatonin

to consider: tennis ball, lightweight wrap scarf, yoga mat, music player, tablet, small walkie talkie

* Brands to Shop

For Socks: Smartwool, Injiji
For Sandals: Chaco, Keen
For Boots: Altra, Keen, Solomon, Ahnu
For Clothing: Smartwool, Underarmor
For Backpacks: Deuter, Gregory, North Face
For Rain Gear: Frog togs, XL backpack poncho





Cost

Other Expenses to Consider:

- Souvenirs
- Gifts
- Transportation from airport to starting point
- Transportation from airport to ending point

Airfare: 1500

Food: 450 end in Santiago | 765 end in Muxia | 855 end in Finisterre.
(\$45/day)

Accommodation:

209 end in Santiago | 322 end in Muxia. | 389 end in Finisterre

Certificates::

6 Compostela | 6 Miles Certification
5 Muxiano
5 Finisterrano

Total Trip Estimates: *These will be cheaper if sharing rooms, or flight deals!

End in Santiago: \$2182 per person (+10% incidental \$2399)

End in Muxia: \$2294 per person (+ 10% incidental \$2523)

End in Finisterre: \$2361 per person (+ 10% incidental \$2597)

*If you decide to join us
we'll have multiple info
sessions leading up to the
trip!*

Info Session in

Sign Up

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visit: www.theconards.com/camino

