Camino Portugu S Maps Mapas Karten Lisboa Porto Santiago

Father Dave Pivonka recounts the experiences he had on his five hundred mile journey hiking the Camino, the ancient path to the tomb of Saint James the Apostle in Santiago.
Spiritual seekers and travelers will find all the resources they need to walk the Way of Saint James in this complete set of maps and town plans translated into English, Spanish, and French. Light enough to carry while walking long distances, the maps show all pilgrim hostels en route and the distances between all villages and points of interest.
Over 1,200 years old, 500 miles long, and rich with tradition and sacred history: Embark on the trip of a lifetime with Moon Camino de Santiago. Inside you'll find: Strategic trekking guides for walking the Camino, including where to start to get the Compostela certificate and excursions to gateway cities like Santiago, Léon, and Pamplona Unique ideas for enriching your experience: Admire folkloric art and Romanesque churches, stroll through the stone archways and winding alleys of medieval cities, and soak up mountain views as you cross over the Pyrenees and descend into green valleys. See the archaeological site where Europe's oldest humans were uncovered and breathe in the salty ocean air as you finish your journey at the shores of the Atlantic Savor the local flavors: Enjoy authentic jamón serrano, tapas, and Galician wine, or grab fresh cheese and bread for a picnic lunch The best detours, festivals, and villages along the way: Linger in Estella, witness the running of the bulls in Pamplona, visit the monastery in Nájera, or sip wine in Cacabelos Essential planning information on when to go, how to get there, where to eat, and where to stay, from pilgrim dorms to private hotels, plus tips on hazards, precautions, and gear Valuable insighton the history and context of the pilgrimage from expert Beebe Bahrami, who has walked the Camino many times since 1995 Full-color photos and detailed maps throughout, plus a handy fold-out map of the entire route Thorough background information on the sacred sites and history of the Camino, as well as the landscape, culture, and local etiquette Handy tools including Spanish and French phrasebooks, visa information, volunteer opportunities, and tips for seniors, women traveling alone, religious and secular travelers, and LGBTQ travelers Start your transformative journey with the expert insight, unique suggestions, and practical advice of Moon Camino de Santiago.
A complete set of maps and town plans make up this indispensable guidebook for spiritual seekers and travelers wishing to walk the way of Saint James. Covering the sacred route from St. Jean Pied de Port to Santiago, this portable book of maps makes the perfect companion for adventurers attempting to heed the spiritual calling. Revised and updated to offer the most recent information, this exploration is light enough to carry while walking long distances each day. The maps show the location of all pilgrim hostels en route, the distances between villages, and points of interest, as well as counter guides, alternative routes, and accommodations. In eight languages: English, Spanish, German, Italian, French, Portuguese, Dutch and Polish. Includes 33 stage maps, 33 contour guides, alternative routes, 14 town plans, accommodation.
A Pilgrim's Guide to the Camino Finisterre
I'm Off Then
CAMINO DE SANTIAGO
A Pilgrim's Guide to the Camino Portugues
The Way of St Francis
Lost and Found
From Racecar Driver to Pilgrim, from Soweto to Findhorn

Updated to include newer maps and photos and weighing less to support carefree traveling, the latest edition in these comprehensive guidebooks to the Camino de Santiago and its offshoots contains all the information needed by modern-day pilgrims wishing to walk the sacred Way of Saint James. Overview route planners plus all 23 daily stage maps and detailed town plans help sojourners with as much advance preparation as they need. The completely redone maps feature contour guides to help distinguish the terrain that will be crossed each day, while full information on all pilgrim hostels, as well as details for alternative accommodation, allow travelers to plot adequate nightly stopping points. All reference information is accompanied by helpful spiritual guidelines to support the seeker's inner journey as well as the outer pilgrimage. For travelers who wish to walk the coast of Portugal, this volume has been expanded from its previous edition to cover the entire pilgrimage from Lisbon to Porto to Santiago.
Now updated to include newer maps and photos and weighing less to support carefree traveling, these comprehensive guidebooks to the Camino de Santiago and its offshoots contain all the information needed by modern-day pilgrims wishing to walk the sacred Way of St. James. Overview route planners plus daily stage maps and detailed town plans help sojourners with as much advance preparation as they need. The maps feature contour guides to help distinguish the terrain that will be crossed each day, while full information on all pilgrim hostels, as well as details for alternative accommodation, allow travelers to plot adequate nightly stopping points. All reference information is accompanied by helpful spiritual guidelines to support the seeker's inner journey as well as the outer pilgrimage. Otherwise known as the Camino Francés, the main route covered in this volume is the most popular sacred route through Spain, from St. Jean Pied de Port to Santiago.
Guidebook to the Camino del Norte (Northern Caminos) pilgrim route through northern Spain to the sacred city of Santiago de Compostela. Includes stage-by-stage descriptions to the Camino del Norte (800km), Camino Primitivo, Camino Ingles (116km route) and the Camino de Finisterre, and provides advice, information on pilgrim hostels and more.
A complete set of maps and town plans in English, Spanish, French, German, Portuguese, Italian, Dutch and Polish make up this indispensible guidebook for spiritual seekers and travelers wishing to walk the way of Saint James. Covering the sacred route from St. Jean Pied de Port to Santiago, this portable book of maps makes the perfect companion for adventurers attempting to heed the spiritual calling. Revised and updated to offer the most recent information, this exploration is light enough to carry while walking long distances each day. The maps show the location of all pilgrim hostels en route, the distances between villages, and points of interest, as well as counter guides, alternative routes, and accommodations.
Lisbon - Porto - Santiago
Summit 8000
Life and Death with Australia's Master of Thin Air
A Cultural and Natural History of Tinajas Altas
The Hereford Mappa Mundi
From Seville to Santiago and Astorga
Via di Francesco: From Florence to Assisi and Rome

The author and actress chronicles her extraordinary journey along the Camino de Santiago de Compostela in Spain--the famous pilgrimage route that has been taken by pilgrims ranging from St. Francis of Assisi and Charlemagne to Dante and Chaucer. 200,000 first printing.
A guidebook to walking the Camino Portugués (Portuguese Way), 620km from Lisbon in Portugal to Santiago de Compostela in Spain. The book gives stage-by-stage directions for the Central Camino, starting from Lisbon, Porto or Tui, the Coastal Camino between Porto and Redondela, and the Spiritual Variant route from Pontevedra to Padrón. It also describes link routes that can be used to swap from one route to another. Detailed route guidance and maps are accompanied by fascinating information about historic and religious sites passed along the way. It is packed with essential information for pilgrims, with advice on getting there, when to go, where to stay and equipment. An indispensable facilities table showing the availability of accommodation, refreshments, supermarkets, ATMs and pharmacies along the route, and a handy glossary, make this the complete guide to the Camino. Since 1211 Santiago de Compostela has been a place of holy pilgrimage and the Camino Portugués is the second most travelled pilgrim route. The largely rural journey takes in four UNESCO World Heritage Areas - the Knights Templar Castle at Tomar, Portugal's oldest University at Coimbra, and the old towns of Porto and Santiago - culminating at the cathedral at Santiago de Compostela.
Tackling the goal to walk 25,000 miles —the equivalent of the circumference of the planet — one man shares life-changing insights through his personal travel vignettes. Formerly a thrill-seeking journalist, Geoff Dalglish begins his impressive expedition after undergoing a spiritual and ecological awakening at the Findhorn center in Scotland. His deliberate journey from Timbuktu to Antarctica to Hollywood unfolds in vivid and inspiring detail, revealing a wealth of unimaginable experiences while sharing a message about treading lightly on the Earth. From the horrors of bloody civil unrest and death-defying moments at the hands of armed guerilla soldiers to close encounters with the animal kingdom and finding healing balm within spiritual communities, this roller coaster of adventure chronicles a deeper quest for meaning that culminates in the joys of a life lived in simplicity and service.
The route of St Jean Pied de Port in the foothills of the French Pyrenees to Santiago de Compostela represents one of the most popular Christian pilgrimages in the world. Walked by millions over the millennia it represents a force for spiritual transformation. This title offers a guide to the pilgrimage, including a fold out map and route planner, 33 daily stage maps with contour guides, 10 town maps including Santiago, a Sun Compass, to orientate your direction and information on all pilgrim hostels along the way together with details of alternative accommodation.
Embracing Your Higher Purpose
Walking Guide to the VIA de la PLATA and the CAMINO SANABRES
The Lowery Collection
Camino de Santiago
Camino de Santiago Maps / Mapas / Cartes
St. Jean Pied de Port - Roncesvalles - Santiago de Compostela - Finisterre
Science in the Spanish and Portuguese Empires, 1500 – 1800

Detailed guide to 800km trek along the Franco-Spanish border, from Hendaye to Banyuls-sur-Mer. The unwaymarked route is described in 45 days, with 500 GPS waymarks, information on villages, mountain huts, guesthouses, hotels and campsites and variant routes to avoid difficult sections. Also ascents of ten classic Pyrenean summits beside the route.
This guidebook describes the Way of St Francis a 550km month-long pilgrimage trail from Florence through Assisi to Rome. Split into 28 day stages, the walk begins in Florence and finishes in the Vatican City. Stages range from 8km to 30km with plenty to see, including ancient ruins, picturesque towns, national treasures, and stunning churches. This comprehensive guidebook fits in a jacket pocket or rucksack, and contains information on everything from accommodation and transport in Italy, to securing your credential (pilgrim identity card), budgeting, what to take, and where to do laundry. Stories of Francis of Assisi's life are also included. Although the route includes climbs and descents of up to 1200m, no special equipment is required - although your hiking boots and socks definitely need to get along. Following the steps of heroes, conquerors and saints on this pilgrim trail is manageable all year round, but is best done from April to June and mid-August to October. Route maps are given for every stage, and basic Italian phrases are included in the guidebook.
The only guidebook to the Camino Finisterre and its Muxía extension written in both English and Spanish, this reference contains all the information needed by modern-day pilgrims wishing to walk this sacred road. Overview route planners plus daily stage maps and detailed town plans help sojourners with as much advance preparation as they need. The maps feature contour guides to help distinguish the terrain that will be crossed each day, while full information on all pilgrim hostels, as well as details for alternative accommodation, allow travelers to plot adequate nightly stopping points. All reference information is accompanied by helpful spiritual guidelines to support the seeker's inner journey as well as the outer pilgrimage. Newly updated to include the latest maps and photos, this lightweight guide fits into a walker's pocket for carefree traveling.
You have seen the movie, you have read all the novels, now you want to walk “The Way” yourself - the Camino de Santiago. But you have questions, many questions:What does the daily life of a pilgrim actually look like? How big should your backpack be and do you need xyz? What is the best time to walk the Camino? Is it dangerous to walk alone, especially as a woman? What about the dangerous dogs you have heard so much about? Are there gender-separated showers and toilets in the pilgrim hostels? And when nature calls when you are on the trail, will there be outhouses or not? How can you prevent blisters and other health problems? Will you find enough places to buy food from or restaurants to eat in? And what about if you are vegetarian - will you find adequate food to keep you going? Do you need to speak Spanish to walk the Camino? Do you need to be religious and / or baptized to do The Way? Where does the Camino start and how long does it take to walk “The Whole Way”? And, and, and ... If these are your questions, then this book is for you. Read about what you need to know beforehand, what you need to take, and what you can leave at home - which is the most important bit! Read about how to prepare for the Camino de Santiago in a book written by two experienced pilgrims and hospitaleras that, between them, have walked more than 10,000 km / 6,000 mi on European pilgrimage routes in Spain, France and Italy and have looked after, over the years, ten thousands of pilgrims in over twenty different refugios (pilgrim hostels). Some of the many topics covered in this book are:Introduction into the daily pilgrim life - So that you know what to expect and what not. Movies like “The Way” are not always true to reality ;-)Which way and when? - Choosing the right Camino for you, and yes, there is a choice! And choosing the right time to go, plus many insider tips on how to experience a somewhat quieter Camino, even in the midst of the pilgrim season.A detailed explanation of the few things you need to take, where best to buy them and what to look out for when buying them. And a longer list of things you don't need to take and the reasons why.A lot of practical background information covering pretty much every aspect of the pilgrim life.Plus pilgrim stories out of our real life experience to make it a more entertaining read and a large appendix with many useful addresses and texts. Also included is a free download link to a template that will allow you to create your very own, personalized packing list for your very own Way.If you are still unsure if this is the book you are looking for - just use the “Click to look inside” function here on Amazon to get a good impression of it. In all cases, we want to wish you a ¡Buen Camino! - A Good Way! And yes, you will pick up a few essential Spanish pilgrim terms in this book also ...
Last Water on the Devil's Highway
Culture and Society in Medieval Galicia
Camino Del Norte and Camino Primitivo
A Descriptive List of Maps of the Spanish Possessions Within the Present Limits of the United States, 1502-1820
Walking in Spain
Pilgrim Tips and Packing List Camino de Santiago
St. Jean Pied de Port/Roncesvalles to Finisterre Via Santiago de Compostela

I'm Off Then has sold more than three million copies in Germany and has been translated into eleven languages. The number of pilgrims along the Camino has increased by 20 percent since the book was published. Hape Kerkeling's spiritual journey has struck a chord. Overweight, overworked, and disenchanted, Kerkeling was an unlikely candidate to make the arduous pilgrimage across the Pyrenees to the Spanish shrine of St. James, a 1,200-year-old journey undertaken by nearly 100,000 people every year. But he decided to get off the couch and do it anyway. Lonely and searching for meaning along the way, he began the journal that turned into this utterly frank, engaging book. Filled with unforgettable characters, historic landscapes, and Kerkeling's self-deprecating humor, I'm Off Then is an inspiring travelogue, a publishing phenomenon, and a spiritual journey unlike any other.
A portable guide to the ancient pilgrim pathway first followed by St. James to Santiago de Compostela.
The Vía de la Plata was originally a Roman Road linking Asturias in the north of Spain with the port of Cadiz in the south. Its name, which means The Silver Route, dates from the Roman period when it was used to transport silver from the mines of Asturias to the Mediterranean port of Cadiz and onward by ship to Rome. Beginning in about the 9th century, as Santiago de Compostela was becoming known as a Christian pilgrimage site, it also began to be used by pilgrims travelling to and from the tomb of St James the Apostle.In the 1980s the revival of the Camino Francés as a walking route renewed interested in the Vía de la Plata. Numbers of pilgrims increased slowly over the years peaking at 14,197 in Holy Year 2010, and since then constant at about 9,000 a year. In contrast to the Camino Francés, the busiest times on the Vía de la Plata are spring and autumn. The extreme summer heat in southern Spain makes June, July and August the preserve of a small number of hardy souls.Today the Vía de la Plata has become a popular alternative to the Camino Francés for people looking for solitude and a more authentic Camino experience (with its accompanying difficulties).This guide covers the Vía de la Plata from Seville to Astorga, and the Camino Sanabrés, which branches from the Vía de la Plata and arrives in Santiago through southern Galicia. People often use the term Vía de la Plata to refer to the combination of these two routes. This new edition, updated in January 2015, includes the following information:- Updated and improved maps- Notes on the towns and villages you'll pass through- Route descriptions and distances- Pilgrim accommodation- Services: shops, restaurants, banks, etc.It also covers the Caminos de Finisterre and Muxía, which finish at the Atlantic coast in North Western Galicia.I started writing this guide after I can back from walking the Vía de la Plata from Seville to Santiago via Astorga in the winter of 2009, and finished it after returning to walk the Camino Sanabrés in 2012. Preparing for my walk I had been unable to find any reliable information in English about the routes and accommodation along them. This didn't deter me and I managed fine with a print out of accommodation from a Spanish website and some Google maps of the towns with the route roughly sketched on them. However, if I hadn't known Spanish I would have been lost and I probably wouldn't have even attempted this walk. Based on my experience I decided to try to make information more widely available in English. I started by making the guide available as a free download from my website. Thanks to the positive feedback and encouragement I received from other pilgrims who used it, I decided to try publishing it on Amazon (with the addition of maps). This has enabled me to bring the information to a far wider audience - not free, but for a fair price.From the beginning I appealed to pilgrims to send me updates and corrections to help me keep the information up-to-date. Many people responded to my call, and this, together with online resources, allowed me to keep track of new hostels and route changes. This system isn't perfect and I would prefer (in fact I would love!) if I had the time and money to walk the Vía every year and do the updates as I go along. But I don't, and given the small number of English-speaking pilgrims walking this Camino, it's unlikely this, or any other guide, will every make enough money to cover a full, yearly update (such as the German guides manage).I set out to create a source of the essential information someone will need to walk the Vía de la Plata, and this book is still that, the essential information: distances, pilgrim hostels, places to buy food, places to eat, and notes about those few places where the yellow arrows may not be sufficient for you to find your way.
Devoted entirely to the subject of what to wear and what to carry on a Camino pilgrimage—with tips and advice on how to create a lightweight backpack so you can walk comfortably without carrying a burden on your back. Learn how to choose backpacking gear and clothing that will work best for you, the route you take, and the time of year that you'll be walking. Examine the pros and cons for difficult gear choices, like should you use a poncho, or rain jacket? water bottles or backpack hydration system? a sleeping bag, or a sleeping sheet? And what about taking a mobile phone or other tech-devices? Consider the options, and decide what works best for your journey. You'll also find a "skin-out" packing list that includes the weight of each item—including weight estimates for picnic and snack foods; and for water (because these are typically the heaviest items in your backpack). Use this comprehensive pack list as an example checklist to organize your own Camino backpack. A Camino journey can strengthen the body and refresh the soul. But to walk long distances every day you should carry as little as possible. This is the book to help you do that.
The Pilgrimage Road to Santiago
Eight Practices for the Journey Within
The Soul of a Pilgrim

Moon Camino de Santiago
Camino de Santiago Maps
The Gene Keys

Camino Portugues Maps - Mapas - KartenLisboa - Porto - Santiago
A thrilling memoir of the spectacular high-altitude mountaineering achievements of Andrew Lock: the only Australian to have summited all fourteen 8000-metre peaks in the world, including Mount Everest—twice. We learn 'why does he do it?' Why does anyone take on such a challenge, knowing how easily they might be killed?Andrew Lock gives us a gripping account of his death-defying ascents and explains his passion for climbing in small teams, or solo, without Sherpas or bottled oxgyen. His story is one of extraordinary passion, self-motivation, perseverance and resilience, as he leads us through his sixteen-year odyssey to achieve the Grand Slam of Himalayan mountaineering. We are taken through the victories, the near-misses and the tragedies. The intense human drama of the expeditions infuses Summit 8000—funny, fierce and always fascinating stories about survival, climbing rivalries and mountaineering politics. The remote and stunning landscapes and cultures that Andrew encounters on his journeys add rich texture to his tale, culminating in his 2014 trip to Everest, where he was witness to the deadliest avalanche in the peak's history.
In Culture and Society in Medieval Galicia, twenty-three international authors examine art, religion, literature, and politics to chart Galicia's changing place in Iberia, Europe, and the Mediterranean and Atlantic worlds from late antiquity through the thirteenth century.
The Devil's Highway—El Camino del Diablo—crosses hundreds of miles and thousands of years of Arizona and Southwest history. This heritage trail follows a torturous route along the U.S. Mexico border through a lonely landscape of cactus, desert flats, drifting sand dunes, ancient lava flows, and searing summer heat. The most famous waterhole along the way is Tinajas Altas, or High Tanks, a series of natural rock basins that are among the few reliable sources of water in this notoriously parched region. Now an expert cast of authors describes, narrates, and explains the human and natural history of this special place in a thorough and readable account. Addressing the latest archaeological and historical findings, they reveal why Tinajas Altas was so important and how it related to other waterholes in the arid borderlands. Readers can feel like pioneers, following in the footsteps of early Native Americans, Spanish priests and soldiers, gold seekers and borderland explorers, tourists, and scholars. Combining authoritative writing with a rich array of more than 180 illustrations and maps as well as detailed appendixes providing up-to-date information on the wildlife and plants that live in the area, Last Water on the Devil's Highway allows readers to uncover the secrets of this fascinating place, revealing why it still attracts intrepid tourists and campers today.
Camino Portugues Maps - Sixth Edition
Santiago - Finisterre - Muxia
South America
Hiking the Camino
Lisboa - Porto - Santiago
Camino Portugués Maps
A Journey of the Spirit

The book begins by introducing the reader to a fantastic possibility - that humanity may be on the verge of a major shift in consciousness rooted in a new understanding of how our DNA operates - namely that it is programmed directly by the way we think and feel. This is a highly ambitious and sophisticated system for shaping one's destiny. Based around 64 archetypes, it resembles the I Ching in its vast scope and profound importance, and in the resonant character of its symbolism. The author shows how there are two ways to approach the Gene Keys - the analogue (holistic) way and the digital (detailed) way. It is the combining of both analogue and digital that results in contemplation - the primary pathway into the Gene Keys. Since our beliefs shape our genes, when we change our beliefs, we change the chemistry of our body. The Gene Keys are an inner language whose central purpose is to transform our core beliefs about ourselves, thus raising our lives onto a new level of awareness. The book works alongside state-of-the-art online profiling software. This software will provide instantaneous free profiles known as 'Hologenetic Profiles', which uses astrological data (time, date and place of birth) to generate a unique sequence of Gene Keys that relate to many aspects of your life, including the underlying genetic patterns governing your relationships, your finances, your health and your life purpose. As the reader contemplates the 64 Gene Keys over time and applies their insights in his or her own life, so one's belief system will begin to change and our DNA will actually start to transform the way we think and feel.
This collection of essays is the first book published in English to provide a thorough survey of the practices of science in the Spanish and Portuguese empires from 1500 to 1800. Authored by an interdisciplinary team of specialists from the United States, Latin America, and Europe, the book consists of fifteen original essays, as well as an introduction and an afterword by renowned scholars in the field. The topics discussed include navigation, exploration, cartography, natural sciences, technology, and medicine. This volume is aimed at both specialists and non-specialists, and is designed to be useful for teaching. It will be a major resource for anyone interested in colonial Latin America.
Offers maps, town plans, and local information about the sacred route from St. Jean Pied de Port to Santiago.
Now updated to include newer maps and photos and weighing less to support carefree traveling, these comprehensive guidebooks to the Camino de Santiago and its offshoots contain all the information needed by modern-day pilgrims wishing to walk the sacred Way of St. James. Overview route planners plus daily stage maps and detailed town plans help sojourners with as much advance preparation as they need. The maps feature contour guides to help distinguish the terrain that will be crossed each day, while full information on all pilgrim hostels, as well as details for alternative accommodation, allow travelers to plot adequate nightly stopping points. All reference information is accompanied by helpful spiritual guidelines to support the seeker's inner journey as well as the outer pilgrimage. For travelers who wish to walk the coast of Portugal, this volume has been expanded from its previous edition to cover the entire pilgrimage from Lisbon to Porto to Santiago.
Lisboa, Porto, Santiago
The Complete Cultural Handbook
The Life of St. Teresa of Avila
What You Need to Know Beforehand, What You Need to Take, and What You Can Leave at Home
St. Jean Pied de Port to Santiago de Compostela
Sacred Sites, Historic Villages, Local Food & Wine
From Lisbon and Porto to Santiago - Central, Coastal and Spiritual caminos

The works of Spanish nun SAINT TERESA OF AVILA (1515-1582) rank among the most extraordinary mystical writings of Roman Catholicism and among the classics of all religious traditions... and her own life story is considered one of the finest autobiographies in any language. From her carefree childhood through her life as an ascetic Carmelite nun, from her visions of Satan through her worship of God, this is her passionate yet earthy retelling of her struggles with temptation, her work founding and ruling convents, and her devotion to God. Hailed by those seeking spiritual succor as one of the most accessible guides to achieving a closer relationship to God through prayer, this extraordinary book remains a commanding entry to numinous Christianity.

The road across northern Spain to Santiago de Compostela in the northwest was one of the three major Christian pilgrimage routes during the Middle Ages, leading pilgrims to the resting place of the Apostle St. James. Today, the system of trails and roads that made up the old pilgrimage route is the most popular long-distance trail in Europe, winding from the heights of the Pyrenees to the gently rolling fields and woods of Galicia. Hundreds of thousands of modern-day pilgrims, art lovers, historians, and adventurers retrace the road today, traveling through a stunningly varied landscape which contains some of the most extraordinary art and architecture in the western world. For any visitor, the Road to Santiago is a treasure trove of historical sites, rustic Spanish villages, churches and cathedrals, and religious art. To fully appreciate the riches of this unique route, look no further than The Pilgrimage Road to Santiago, a fascinating step-by-step guide to the cultural history of the Road for pilgrims, hikers, and armchair travelers alike. Organized geographically, the book covers aspects of the terrain, places of interest, history, artistic monuments, and each town and village's historical relationship to the pilgrimage. The authors have led five student treks along the Road, studying the art, architecture, and cultural sites of the pilgrimage road from southern France to Compostela. Their lectures, based on twenty-five years of pilgrimage scholarship and fieldwork, were the starting point for this handbook.
With stories of 50 incredible hiking routes in 30 countries, from New Zealand to Peru, plus a further 150 suggestions, Lonely Planet's Epic Hikes of the World will inspire a lifetime of adventure on foot. From one-day jaunts and urban trails to month-long thru-hikes, cultural rambles and mountain expeditions, each journey shares one defining feature: being truly epic. In this follow-up to Epic Bike Rides and Epic Drives, we share our adventures on the world's best treks and trails. Epic Hikes is organised by continent, with each route brought to life by a first-person account, beautiful photographs and charming illustrated maps. Additionally, each hike includes trip planning advice on how to get there, where to stay, what to pack and where to eat, as well as recommendations for three similar hikes in other regions of the world. Hikes featured include: Africa & the Middle East: Cape Town's Three Peaks (South Africa) Kilimanjaro (Tanzania) Camp to Camp in South Luangwa National Park (Zambia) Americas: Angel's Landing, Zion National Park (USA) Skyline Trail, Jasper National Park (Canada) Concepción volcano hike (Nicaragua) Asia: 88 Sacred Temples of Shikoku Pilgrimage (Japan) Markha Valley (India) Gubeikou to Jinshanling on the Great Wall (China) Europe: Wordsworth's Backyard: Dove Cottage and around Rydal and Grasmere (UK) Alpine Pass Route (Switzerland) Camino de Santiago (Spain) Oceania: Sydney's Seven Bridges Walk (Australia) The Routeburn Track (New Zealand) Kokoda Track (Papua New Guinea) About Lonely Planet: Lonely Planet is a leading travel media company and the world's number one travel guidebook brand, providing both inspiring and trustworthy information for every kind of traveller since 1973. Over the past four decades, we've printed over 145 million guidebooks and grown a dedicated, passionate global community of travellers. You'll also find our content online, on mobile, video and in 14 languages, 12 international magazines, armchair and lifestyle books, ebooks, and more. Important Notice: The digital edition of this book may not contain all of the images found in the physical edition.
Spiritual seekers and travelers will find all the resources they need to walk the Way of St. James in this complete set of maps and town plans covering the sacred route from Lisbon, via Porto, to Santiago de Compostella, including the alternate coastal route. For the first time, the 2018 edition also includes a Spiritual Variant and a Littoral Path.This newly updated, portable travel companion is light enough to carry while walking long distances each day and contains maps with locations of all pilgrim hostels, the distances between villages, and points of interest, as well as alternative routes and accommodations. The entire guide is provided in three languages: English, Spanish and Portuguese.
To Walk Far, Carry Less
To Santiago de Compostela and Finisterre from Irun Or Oviedo
Lisboa-Porto-Santiago
Santiagocamino Frances
A Pilgrim Guide to the Camino Inglés
The Camino Portugues
Epic Hikes of the World

Tackle the rugged Pyrenees, Picos de Europa or Sierra Nevada, tread history along the Camino de Santiago pilgrim trail or sample Spain's diverse natural and cultural beauty, from misty Galicia to Alpujarran Muslim villages. 142 days of walking, from easy coastal strolls to multiday high-level challenges. Detailed route descriptions, including nine new walks. Two-color contour maps for each walk. The lowdown on accommodation, food and transport options. Includes Andorra, Mallorca and walks a pebble's throw from the Costa del Sol and Costa Blana. Practical tips on buying gear, staying healthy, navigation and safety.
Spiritual seekers and travelers will find all the resources they need to walk the Way of St. James in this complete set of maps and town plans covering the sacred route from Lisbon, via Porto, to Santiago de Compostella. This portable travel companion is light enough to carry while walking long distances each day and contains maps with locations of all pilgrim hostels, the distances between all villages, and points of interest, as well as alternative routes and accommodations. The entire guide is provided in four languages: English, Spanish, Portuguese, and German.
The renowned author of eight books and abbess of the online retreat center Abbey of the Arts, Christine Valters Paintner takes readers on a new kind of pilgrimage: an inner journey to discover the heart of God. Eight stages of the pilgrim's way--from hearing the call to coming home--are accompanied by scripture stories of great biblical journeys and the author's unique and creative practices of prayer, writing, and photography. As she did in The Artist's Rule and Eyes of the Heart, Christine Valters Paintner once again helps readers travel to the frontiers of their souls to discover the hidden presence of God. In The Soul of a Pilgrim, Paintner identifies eight stages of the pilgrim's way and shows how to follow these steps to make an intentional, transformative journey to the reader's inner "wild edges." Each phase of the exploration requires a distinct practice such as packing lightly, being uncomfortable, or embracing the unknown. Paintner shows how to cultivate attentiveness to the divine through deep listening, patience, and opening oneself to the gifts that arise in the midst of discomfort. Each of the eight chapters offers reflections on the themes, a scripture story, an invitation to the practice of lectio divina, and a creative exploration through photography and writing.
The Camino
Camino Portugues Maps - Mapas - Karten
CAMINO PORTUGUES
Camino de Santiago Maps - Mapas - Mappe - Mapy - Karten - Cartes
Lisbon - Porto - Santiago / Camino Central, Camino de la Costa, Variente Espiritual & Senda Litoral
St. Jean Pied de Port - Santiago de Compostela
500 Miles with Jesus