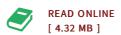




Healing Miles: Gifts from the Caminos Norte and Primitivo

By Susan Alcorn

Shepherd Canyon Books. Paperback. Condition: New. 310 pages. Dimensions: 8.5in. x 5.5in. x 0.8in.The compulsion to walk yet another Camino de Santiago trail draws Susan Alcorn to the north coast of Spain. In Healing Miles, her vision is hiking through lively cosmopolitan cities and remote hilltop villages, pausing to sample delectable pintxos in coastal San Sebastian and sip sidra (hard cider) on Oviedos trendy Calle Gascona. She finds that and more. There is the challenge of walking many miles each day, but there is also time to gaze out upon long stretches of sandy beaches, witness the oceans moods as it blasts seawater up through blowholes, and look out from mountain paths across valleys blanketed with fog. Layover and shorter days provide opportunities to visit museums, Neolithic cave paintings, and cathedrals. And throughout, there are rich experiences with othersbonding with new people, sharing news with friends at home, listening to local bands, and happening upon colorful festivals. Yet, she also sees that life goes onno matter how much you want to do something, your body may protest, and no matter how remote the journey seems, news may arrive from home that a family member needs more carestressing you to your...



Reviews

This composed pdf is great. This can be for all those who statte that there was not a well worth looking at. I am just happy to explain how this is actually the finest pdf we have go through inside my own daily life and could be he greatest publication for ever.

-- Conrad Heaney

A top quality ebook and the font employed was exciting to read. Of course, it can be enjoy, nonetheless an interesting and amazing literature. Your life span will likely be transform once you full reading this book.

-- Phyllis Welch