



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 others bonding 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 on no 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 care stressing you to your...



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