

CAMINO FRANCÉS GETTING STARTED AUDIO GUIDE



Go from dream to reality,
from your front door to
Saint Jean Pied de Port and
on to Santiago de
Compostela, *without
missing a step.*

This is a "getting started" guide.

With more than 40 audio sessions, 10+ videos, and a bunch of worksheets and written guides to take you from idea . . . to the trail.*

- ➔ Get to know the Camino Francés and what it means to start your pilgrimage in Saint Jean Pied de Port
- ➔ Design the Camino experience that's right for you
- ➔ Navigate your way to Saint Jean Pied de Port like a seasoned, savvy traveler
- ➔ Find your Camino rhythm on the trail
- ➔ Make your way to Santiago de Compostela with confidence
- ➔ Plan without over-planning, prepare without over-preparing
- ➔ Give your family the peace of mind they crave
- ➔ **Answer the one question you may be afraid to ask out loud - CAN I REALLY DO THIS ?!?!?! - with a confident yes!**

**Check out the free samples, in bold on pages 5 & 6*

Get started on the Camino in less than a month . . .
or as long as you want to take to get ready

Access the guide on your smartphone or other device

Listen at your pace, at home and on the trail

From the host of the
"YOU on the Camino de Santiago" podcast,
guide and long-time pilgrim,
Nancy Reynolds of The Camino Experience



Why walk the Camino de Santiago?
What are you seeking?

A long walk with God? A grand adventure? The chance to discover or rediscover your deepest desires or long forgotten dreams?

Perhaps you long for the connection to the pilgrim community, to share stories and break bread with new friends

Are you feeling called to push yourself physically, to test your stamina and endurance?

Or do you simply need a break from the routines at home?

The Camino Francés is there for you, and I am here to get you started.

How it works . . .

Click or tap here to
[GET THE GUIDE](#)

When you sign up for the audio guide, you will begin to receive scheduled, staggered emails with links to the different modules in the guide.

The files are hosted on a platform called Thinkific, and you can access the content on your home computer, tablet, and smartphone. All you need is a device and WiFi or another data connection.

Ideally you would have access to a printer so you can print the worksheets, but if you don't have that, you can read the worksheets on your device and make notes in a notebook instead.

The audio guide consists of two parts:

- 1) **Camino Francés Getting Started Audio Guide**, to get you started and ready for your pilgrimage and to Saint Jean Pied de Port
- 2) **Camino Francés Getting Started On-the-trail guide**, to get you acclimated to pilgrim life and Saint Jean Pied de Port and to accompany you from there through your first few days on the trail



In order to get the most out of this getting started audio guide, you need to have at least four weeks from the date of purchase until you leave for your Camino, but more time is better.

In fact, you can sign up for the audio guide now, regardless of when you plan to walk the Camino. It's never too soon to start making your Camino dream a reality.

Continue reading to discover the specific content of the getting started guide . . .

Here is what you get . . .

1. Welcome, from your guide

Welcome to your Camino experience!
How to use this audio guide
Meet your guide, Nancy

2. An affectionate introduction to the Camino Francés

An introduction to Spanish Culture
Regions, cities, towns, and villages of the Camino Francés
Natural beauty and the trail markers
Season variations, festivals, and holidays
Transportation along the Camino
Excursions and diversions
Guidebook recommendation and options for planning . . . or not

3. What it means to start in Saint Jean Pied de Port

High level overview of starting in Saint Jean Pied de Port
All about the high road, or Napoleon route, from Saint Jean Pied de Port
All about the love road, or Valcarlos route, from Saint Jean Pied de Port

4. All the Big Picture Planning you need and want

Decision points for planning your Camino

Questions for reflection - FREE SAMPLE!

Guidebooks and apps - FREE SAMPLE!

Planning your Camino itinerary

How much time in Saint Jean Pied de Port

Stage one in one day or two

Planning stages after Roncesvalles

Booking accommodations

Supporting PDF documents:

Comprehensive resource list for planning
your travel

Decision points for big picture planning

Detailed trail information

Planning calendars – blank plus Nancy's
sample calendar

Tutorial on the Godesalco itinerary planning
tool

Albergue list from the pilgrim's office in Saint
Jean Pied de Port

5. *How to get to Saint Jean Pied de Port*

Overview:

How to get to Saint Jean Pied de Port (video)

How to get to Saint Jean Pied de Port from Madrid (video)

How to get to Saint Jean Pied de Port from Paris (video)

How to get home from Santiago de Compostela (video) - FREE SAMPLE!

Details:

Introduction: Planning and Booking Travel

Finding flights to Europe (video)

Finding flights within Europe (video)

How to go from Madrid to Pamplona by train (video)

How to go from Madrid to Pamplona to Saint Jean Pied de Port by bus (video)

How to go from Pamplona to Saint Jean Pied de Port by taxi (video)

How to go from Paris to Saint Jean Pied de Port by train (video)

How to go from Biarritz to Saint Jean Pied de Port by taxi or train (video)

Bonus PDF: Worksheet and checklist for planning travel

6. *Things to know before you go*

Safety and Security on the Camino

Albergue Etiquette

7. *Packing up and getting under way*

Camino packing list - Excel spreadsheet with automatic weight calculations

Planning and departure checklist

8. *Arrival in Europe*

Step-by-step instructions for:

Arrival in Madrid, to Pamplona by bus, on to Saint Jean Pied de Port by taxi or bus

Arrival in Madrid, to Pamplona by flight, on to Saint Jean Pied de Port by taxi or bus

Arrival in Madrid, to Pamplona by train, on to Saint Jean Pied de Port by taxi or bus

Arrival in Paris, to Bayonne and Saint Jean Pied de Port by train

Arrival in Paris, to Biarritz by flight, and on to Saint Jean Pied de Port by taxi or train

9. Trail Guide: Saint Jean Pied de Port to Pamplona

Your time in Saint Jean Pied de Port

Town walking tour: Saint Jean Pied de Port

What you need to know: Saint Jean Pied de Port to Roncesvalles on the Napoleon route

What you need to know: SJPP to Roncesvalles on the Valcarlos route

Staying at Refuge Orisson

Staying at Auberge Borda

Staying in Roncesvalles

Roncesvalles to Zubiri

Zubiri to Pamplona

Your time in Pamplona

City center walking tour: Pamplona

Continuing on after Pamplona

10. The final approach to Santiago and back home again . . .

Approaching Santiago de Compostela

Your time in Santiago

Getting your Compostela

Getting home – Santiago to home or beyond

11. A few miscellaneous topics

These topics are woven into the various sessions of this audio guide:

Savvy traveler tips

Daily arrival into town

The *Credencial* and why you need it

How the *albergues* work

Tips for the big cities

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