



CAMINO YOGA RETREATS

MINDFUL HIKING



PREPARING FOR THE JOURNEY

We're often asked: *"How should I train for the Camino?"* The good news is — preparation doesn't need to feel intense. A little consistency ahead of time will help you feel stronger, more comfortable, and more at ease once you're on the trail.

You can do a "couch to Camino," but you may not love that decision once you're walking day after day. The Camino is simply more enjoyable when your body is already used to moving — and when your shoes and gear feel familiar.

A few simple ways to prepare:

- **Walk regularly** — even shorter walks make a difference
- **Build gradually** as the weeks go by, rather than pushing all at once
- **Include one longer walk when you can**, to get comfortable spending time on your feet
- **Include a few hills or stairs** to prepare your legs for varied terrain
- **Walk with your pack** (start light and gradually add what you'll carry — including water)
- **Wear the gear you plan to bring** — socks, layers, and anything you'll hike in

- **Practice with rain gear** if possible so it feels familiar and comfortable
- **Wear your shoes often** so there are no surprises when you arrive in Spain

Embarking on the Camino is something special — the journey begins long before you leave home, and it stays with you long after you return.

An Evening with Colleen O'Toole

On April 8th, we'll be hosting a special virtual gathering with author Colleen O'Toole, whose book *Restoring Joy: 40 Days and 40 Nights on the Camino de Santiago* unfolds along the Camino itself.

A few words from Colleen:

"Grief is meant to be shared, meant to move and flow. When it doesn't move, and when it must be held in isolation, it can make one sick.

Restoring Joy: 40 days and 40 nights on the Camino de Santiago, could be called part memoir, part reflection on survival and is a peek into living through the ongoing grief and trauma of parental alienation or estrangement. We have all experienced loss. It is not easy to carry but can be made easier when it is carried with others.

It all sounds a bit sad, but it is not a sad story!

It is set on the Camino, after all, so there is the healing miracle of *communitas* and adventure. Grief finds many wonderful companions. Joy turns up! Grace descends like an unexpected gift."

To learn more about Colleen, you can visit colleenotoole.com



If you'd like to explore *Restoring Joy* ahead of our gathering, you'll find the book link below.

 **April 8th - 6:30pm EST**

 Virtual gathering

Registration details coming soon.

[Explore Restoring Joy](#)

A Camino Holy Year

2027 will be a special **Holy Year** on the Camino de Santiago. This happens when Saint James' Day, July 25th, falls on a Sunday. This means the Holy Door (Porta Santa) of the Santiago Cathedral will be open all year, offering pilgrims a chance to earn a Plenary Indulgence (restoring the soul to a state like that after baptism). The routes will see significantly more visitors, requiring early booking for accommodations and services. We will be securing our accommodations early to ensure a smooth and comfortable experience. It promises to be a truly magical time to walk any of the Camino routes.

If you have ever thought about walking these ancient spiritual paths, let 2027 be your year.

[View 2027 Trips](#)



Our 2027 itineraries are now live. Featured journeys include:

Camino Francés

León to Santiago

Camino del Norte

Gijón to Santiago

Finisterre & Muxía Walk

Santiago · Finisterre · Muxía

Portuguese Route (Spiritual Variant)

Baiona to Santiago

A Private Invitation

Subscriber Priority Rate

As a thank you for being part of our Camino community, we're extending a private subscriber offer on our **2027 retreats**.

Reserve by **Feb 28, 2026** and receive **\$250 booking credit** + a private **15-minute travel plan consult** (call or Zoom).

Use code: **PRIORITY250**

Valid for 2027 retreats only.

February Travels: Laura's Journey to Africa

This February, I'll be traveling to Tanzania for a deeply immersive journey rooted in culture, nature, and connection — from village life near Mount Kilimanjaro to time on safari in the Serengeti and Ngorongoro Crater.

This is very much a listening and learning trip — spending time with local communities, hiking, cultural exchanges, and moments of reflection in incredible landscapes. Depending on internet access, I'll share a few highlights along the way on our social channels.

As always, travel like this has a way of planting seeds. Whether or not it becomes something we offer in the future, I'm excited to experience it with open eyes and an open heart — and to bring any inspiration back into our Camino community.



2026 RETREATS: WAITLISTS

If you're hoping to join us in **2026**, we encourage you to add your name to the waitlist for the retreat you're most interested in. Many guests plan far in advance — and occasionally life happens, which means openings can become available.

We currently have **limited availability for October 16, 2026**.

To join a waitlist, simply visit the retreat page on our website and click the Waitlist link. If a space opens up, we'll reach out in order.

FEBRUARY LOVE! LAUGHTER! JOY!

May this month bring you love, laughter, and joy.

May your heart be filled with kindness, compassion, and generosity.

May your path be guided by all these elements.
May this month be a time of growth, learning, and new opportunities.

**Buen Camino,
Laura & Sarah** 🧡

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