**Information & Resources For New Pilgrims**

Santa Barbara veterans of the Camino uphold the 1000 year Camino de Santiago tradition of helping interested Pilgrims to plan and walk their Camino. Your Camino is uniquely yours, no one else will experience the Camino the same way you will. But outside your personal determination, there are common challenges facing each Pilgrim about what gear to take, staying healthy, maps, where to stay, country courtesy, and other questions that veteran Pilgrims will gladly help you with so that your Camino will be the best for you.

These suggestions are just that, suggestions. Everyone walks their own ‘Way’ and in their own time. But, as a beginning, we veterans recommend some basics: stay dry, protect feet, pack light, and find your natural pace. Enjoy your Camino.

We invite you to [**BECOME A MEMBER**](http://www.americanpilgrims.com/about/membership.html) of the ‘American Pilgrims on the Camino’ (APOC), a non-profit volunteer-run organization supporting American pilgrims past, present, and future along “The Way”.

**Some Statistics**:

In 2013, the number of American pilgrims exceeded 10,000!

[http://www.caminodesantiago.me/2013-statistics-for-the-camino-de-santiago/]

|  |  |  |  |
| --- | --- | --- | --- |
| Country | 2012(192,000) | 2013(216,000) | Growth %(12%) |
| Spain (host) | 95,275 | 105,891 | 12% |
| Canada | 2880 | 3345 | 16% |
| Ireland | 3837 | 5000 | 30% |
| Germany | 15,620 | 16,203 | 5% |
|  UK | 3736 | 4207 | 12% |
| USA | 7045 | 10125 | 43% |
| New Zealand | 377 | 516 | 37% |

**Websites & Forums about the Camino:**

[American Pilgrims on The Camino](http://www.americanpilgrims.com/) [Camino Adventures](http://www.caminoadventures.com/)

[johnniewalker-santiago.blogspot.com](http://johnniewalker-santiago.blogspot.com) [Mundicamino](http://www.mundicamino.com/ingles/)

[The Confraternity of Saint James](http://www.csj.org.uk/) [Santiagobis (Yahoo Group)](http://groups.yahoo.com/group/santiagobis/)

Camino De Santiago Forum

**Camino Frances Albergues:** *PDF:* Downloads free courtesy of the [Camino de Santiago Forum](http://www.caminodesantiago.me/).

[caminodesantiago.me/camino-de-santiago-guides/](http://caminodesantiago.me/camino-de-santiago-guides/)

American Pilgrims on the Camino (APOC website)

**Suggested Gear Retailers:**

Local Santa Barbara and Ventura:

 Magellan REI

 Mountain Air VitaTravelStore

 Cheap Sports (Vent) Patagonia (Vent.)

National Chains reached via web sites:

 [REI](http://www.rei.com/) and [REI Outlet](http://www.rei.com/outlet) North Face

 [Sierra Trading Post](http://www.sierratradingpost.com/) Marmot

 [Gossamer Gear](http://gossamergear.com/) - Super lite Kelty, Osprey, Mountain Gear

**Spiritual Development for the Camino (Healing, Books & Movie):**

*Mindfulness Training* (SB): [santabarbarahealingsanctuary.com](http://santabarbarahealingsanctuary.com)/ Radhule Weininger PhD, MD

*The Alchemist*. Paulo Coelho [Paradise Found Books, Anacapa St.]

‘*The Way*’. A movie by Emilio Estevez staring Martin Sheen.

**Guidebooks and Maps for the Camino:**

[A Pilgrim's Guide to the Camino De Santiago](http://www.amazon.com/john-brierley/e/b0034nmo4a) (John Brierly) - Probably the most popular guidebook covering most of the pilgrim routes from all Europe to Santiago de Compostela. His books are laid out in stages but try your own way, including staying off-stage to avoid crowds.

[The Confraternity of Saint James Guide Books](http://www.google.com/url?q=http%2525253a%2525252f%2525252fwww.csj.org.uk%2525252facatalog%2525252fthe_csj_bookshop_csj_pilgrim_guides_15.html&sa=d&sntz=1&usg=afqjcnebrw9bdw6hm4t_sru147us6elohq)

**Buen Camino, Peregrinos!**