



# My Camino, My Life: A Sole to Soul Connection

*Cindy Arledge*

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## **My Camino, My Life: A Sole to Soul Connection** Cindy Arledge

What would it be like to ENJOY walking 500 miles in 37 days? For thousands of years, Europeans have stepped out their front door and walked to Santiago, Spain. The purpose of this Pilgrimage, known as the Camino de Santiago, is to visit the bones of the Apostle James purported to be buried under the Cathedral. Like most Americans, Cindy was inspired to walk the Camino after watching *The Way*, a movie released in 2011. Since then, an increasing number of Americans make up the 200,000 plus Pilgrims who annually walk the Camino. Modern Day Pilgrims walk and bike the Camino for various reasons--from religious/spiritual to sport/outdoor appreciation. Despite physical challenges and inability to speak Spanish, Cindy set her intention to walk 500 miles with Ease and Grace, and always use indoor plumbing. In this memoir, Cindy shares her spellbinding story with intimacy and humor. Her positive approach to the hazards she encountered are inspiring and remarkable.

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