

TIPS FOR AN EASY CAMINO

If you have been dreaming of 'doing' the Camino walk for a while but you are fretting about your fitness or whether you will be able to keep up the pace, don't let this get in your way.

The Camino specialists at CaminoWays.com have a selection of Easy Camino walk packages and plenty of tips to help you take the first step on this memorable journey.



5 TIPS FOR AN EASY CAMINO WALK

DISTANCE PLANNING

Planning a manageable distance for your trip is essential. The beauty of the Camino is that you can walk as much or as little as you feel prepared for.

You can tackle the full 800kms of the Camino Frances or walk the last stretch into Santiago de Compostela. You could walk for 3/4 days or spend weeks on the road.

Just remember you will need to walk at least the last 100kms in order to receive your pilgrim certificate.

REST DAYS

If you are walking a full month-long route, we recommend taking a rest day after each week at least. It will give your body and mind a break and it will also be a chance to explore some of the great towns and cities along the trails.

SLEEPY TIME

A good night sleep will make you feel rested and ready for your next walking day. Having your own accommodation booked in advance will make your Camino easier for two reasons: you don't have to worry about the logistics while on the trip and you will have your own private room where you can have a well-deserved sleep.

LUGGAGE TRANSFERS

Getting your bag moved from one stage to the next will allow you the luxury of only carrying the essentials for the day in your backpack such as snacks and water. You only have to get up and go in the morning.

SPLIT LONGER DAYS

There are some particularly long stages along the Camino routes (over 28kms). We recommend you 'split' these longer stages in two, giving you shorter and easier walking days. This might not be possible on all routes or sections, as it will depend on accommodation available in that particular area.

EASY CAMINO TOURS

The 'Camino made easy' is our motto at CaminoWays.com so we can make this special journey possible for everyone. We have a selection of 'Easy Camino' walking tours perfect for Camino beginners and those looking to take the Camino at a relaxed pace.

On these week-long tours the number of kms for each day range on average from 8 to 15kms:

- NEW Easy Portuguese Camino from Tui – 11 nights. Self-guided. Details: [Easy Camino Portugues](#).
- NEW Portuguese Coastal Easy Camino from Baiona – 12 nights. Self-guided. Details: [Portuguese Coastal Easy Camino](#).
- Classic Camino Easy Walking from Sarria – 10 nights. Self-guided. Details: [Classic Camino Easy Walking](#).
- Camino Walk & Coach – 7 nights. Guided.
This is our 'easiest' Camino tour, combining sightseeing and easy walking along the Camino Frances, as well as having a support bus for the group. Details: [Walk & Coach](#).

See all Easy Camino options here: [Easy Walking Travel Collection](#).

Talk to our Camino specialists for more advice and to organise your Camino walk, contact us at info@caminoways.com or visit Caminoways.com