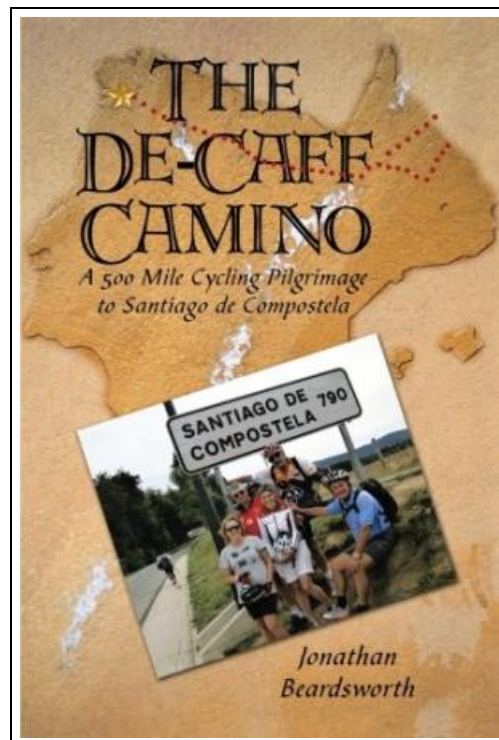


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## THE DE-CAFF CAMINO: A 500 MILE CYCLING PILGRIMAGE TO SANTIAGO DE COMPOSTELA



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AUTHORHOUSE, United States, 2013. Paperback. Book Condition: New. 222 x 150 mm. Language: English Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Charlie s introduction to his blog put it best: A lifetime in marketing actually equips a man for very little. Now pushing 58, I realise with some horror that it is a full half century since I last took cycling remotely seriously. If this trip does not go well, I might leave it as long until my next attempt. In September 2012, seven friends of varying fitness and circumference, accompanied by an elderly camper-wagon and driver, are cycling from France to Santiago de Compostela in north-west Spain. Despite being well past their prime they cycled up the equivalent of Mount Everest plus a bit as they crossed the Pyrenees, the Montes de Oca, the Montes de Leon, and the Cantabrian Mountains, in the process expending over 20,000 calories each (according to Susie s iPhone App), most of which were put back on each evening. They cycled in the footsteps of 1,000 years of history, marveled at the art and architecture accumulated over the centuries, and at times crashed into it. They visited the sites of miracles and pondered their meaning, and crossed the 200 meter bridge at Hospital de Orbigo which in 1434 was the site of a month long jousting tournament. They experienced the highs and lows of triumph and disaster, and felt compelled to test the efficiency of the Spanish medical system. Comment on the blog from Barnaby: God, troops.it is epic reading and I am on the edge of my seat as I follow your progress on my map. The De-Caff Camino is in turn amusing, informative, easy reading and irreverent, and yet is imbued throughout with the greatest respect for the history and traditions of...



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