



You are invited to be a pilgrim on the aMeN caMiNo!

The purpose of pilgrimage is journey. You are invited to join the aMeN caMiNo journey and let your stories and experiences meet others. Camino has a long and established Christian history, it means 'road' or 'way'.

A famous Camino is *St James Way* or *Camino de Santiago* in Spain. The first Christian movement in the 1st Century was known as 'The Way'.

The aMeN CaMiNo is a response to a desire to be in communion with each other and our sacred earth. It is an opportunity to pause from routine, immerse yourself in reflection, contemplation and to provide a moment of space for each person to be conscious of God's gift of Grace.

Amen is the word Christian's use to say 'Yes, we are *on our way* to God.' By joining us on the "aMeN CaMiNo", you are saying yes to something in your heart which is calling you.

The aMeN caMiNo takes place over five consecutive days, and now offers weekend experiences. Pilgrims will walk an average of 20km per day through the beautiful landscape of bush, beach and beyond which we are blessed to have in our backyard.

DATES FOR 2024

5 DAYS

JULY 6-10

AUGUST 3-7

WEEKENDER

SEPTEMBER 7-8



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Information Sheet

aMeN caMiNo 2024

Cost: \$500: Single rooms \$200 extra

What is included with registration:

1. Transport from Sacred Heart Cathedral and during pilgrimage
2. Support vehicle to carry luggage and food
3. Four nights of accommodation.

What is not included:

1. Food
2. Ensuites in some accommodation
3. Personal Travel Insurance – recommended
4. Day pack – personal first aid.

Pilgrims are expected to attend *Walk and Talk* formation sessions

Frequently Asked Questions:

Q: What about food?

A: You will have to carry your own lunch and snacks. It is highly recommended you buy snacks before departure. Meals are at the cost of the pilgrim. The support vehicle will carry extra water and a tray of fruit.

Q: What about special diets?

A: This can be problematic. But you may have your 'special food' transported with your bag in the support vehicle e.g. Gluten free bread which you have pre-purchased.

Q: Can I keep in touch with family?

A: Phone reception, while limited at times, is usually available in the evenings.

Q: Can I wash my clothes?

A: While you can wash your clothes, drying them can be challenging. Quick-dry clothing is best.

Q: Typically, how would a Newcastle/Maitland person process "The aMeN Camino."

A:

- Attend the compulsory Walk and Talk sessions.
- Consult your GP
- Start training well in advance. Wear exactly what you plan to wear on the caMiNo when training.
- Try to train in various weather conditions such as rain.
- Pack as lightly as possible. At the end of the day there may be a long flight of stairs at some pubs. There is not a lot of room for bags in the support vehicle.

Q: How far is a typical day?

A: Pilgrims will typically walk 20-25 km per day. On occasion, a day will be shorter or longer.

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A Basic Packing List

- A soft bag for clothing rather than a hard bag with wheels.
- Walking clothes that are quick dry and that you have completed practice walks in.
- 1 x pair of shorts
- 1 x pair of long pants
- 3 x shirts (combination of long and short sleeve)
- 1 x vest (optional)
- 1 x wet weather jacket/warm jacket
- Wet weather gear
- 8 x socks in the eventuality of rain
- Underwear for each day
- Hat
- Gloves (for cooler weather)
- Sunscreen
- Insect repellent
- Day pack
- Walking poles (ESSENTIAL)
- Water bladder
- Personal hygiene items and medications (Panadol for aches and pains or similar)
- Personal first aid kit (including good quality blister prevention)
- Hand sanitiser
- Toilet paper or tissues for emergencies.
- Quality walking boots
- Night attire – soft socks for tired feet
- Thongs for showering.

Please label your luggage and any food that needs to be placed in the communal fridge.

You will not need a sleeping bag or towel.