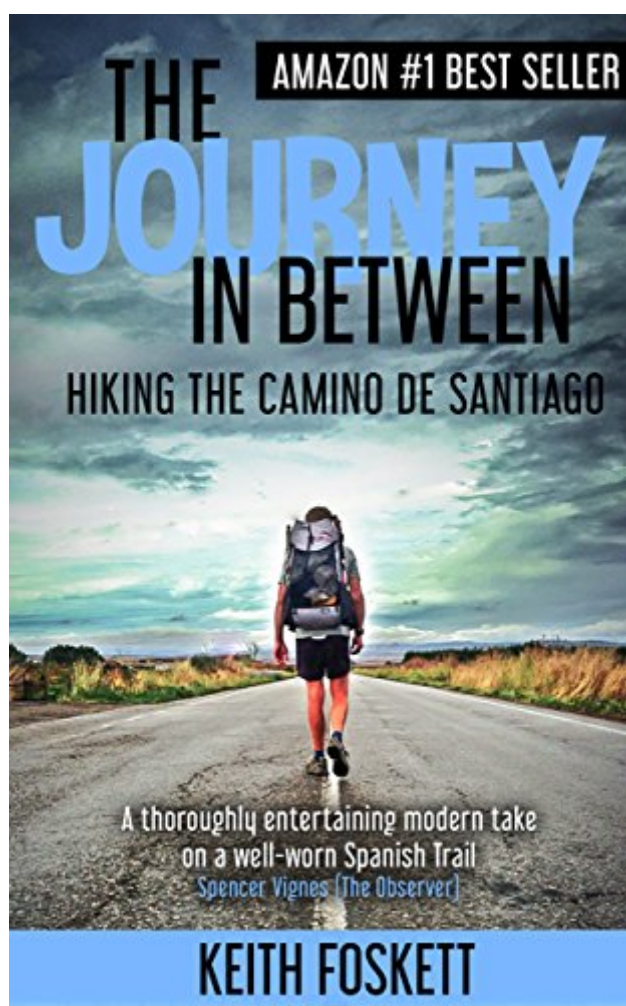


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# The Journey In Between: A Thru-Hiking Adventure Story On El Camino De Santiago



## Synopsis

The first book from award winning author Keith Foskett. A consistent #1 Best-Seller on with thousands of downloads. El Camino de Santiago, also known as The Way, is the fabled path that weaves through French and Spanish countryside for 1,000 miles to its hallowed destination at Santiago de Compostella. Thousands attempt to walk its entirety each year: some succeed, many fail. Keith Foskett thru-hiked the Camino to indulge his love for the outdoors and hiking but also, unintentionally, filled a void in his life which took him in a completely different direction. Along the way he made friends with fellow pilgrims from all over the world, all travelling for their own different reasons. He was assailed by new experiences and unexpected discoveries – from the pain of blisters and extremes of temperature to encountering kleptomaniacs, fake faith healers and being threatened with arrest in Spain for “not sleeping”™. This is the story of one man’s walk, but it speaks to all who see life itself as a journey and are alive to the revelations that an escape to nature can bring. Written with insight, observation and a healthy dose of humour. As this book shows, it is rarely the start and the finish that count, but the journey in between. ‘A thoroughly entertaining modern take on a well worn Spanish Trail.’ – Spencer Vignes (The Observer). ‘Not only does he have astute observations about the people, places and scenery around him, he is adept at translating those observations into words, often making me laugh or nod in understanding. This is a rare talent. Few authors can bring you to this level of understanding of life on the trail.’ – Teresa Dicentra Black (Author of “One Pan Wonders”™) ‘An engaging, vivid and very personal account by a likeable author of a journey and an achievement that readers will find both enviable and inspiring.’ – Ingrid Cranfield (Author of “At Last Michael Reeves”™)

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## Customer Reviews

Foskett is wanderlust and admits it. He loves to walk distances, to see what's out there and to tell the world about it. He walked around 1600 Kilometers in about 3 to 4 months. He really wasn't in any hurry to finish this hike. (He took extra days off now and then during his hike.) He wanted to find the perfect walk and The Camino fit right into the distance and time frame it would take to finish. As he said most pilgrims start at Saint Jean Pied de Port in France, cross immediately over the Pyrenees into Spain and finish the hike in Santiago de Compostela at the Cathedral of St. James. Foskett's route was longer and he would walk one half the total distance through France before crossing over to the Spanish portion of the walk. His actual starting point was Le Puy en Velay, France. Like all other hikers, he gave himself a nickname: Foozie. Women on the Trail flocked to him. He was never in want of a hiking companion. In fact, females clamored to hike with him, even for just one day. And, he never discouraged the attention. LOL. As a single guy, he certainly had his share of fun. You will enjoy the book. At times it is hilariously funny. At other times, you may wonder whether he will ever arrive at the Santiago destination, or even wants to finish his original quest. You will learn to relax, unwind, and go with the flow, just like Foskett did. Oh, and I should tell you he did get blisters on his feet, just like every other hiker. Eventually, he was told how to turn those blisters into hardened callouses and it worked. Yes, he got lost once or twice on the trail, but managed to either find his way back to the trail markers or go forward and let his instincts correctly find the path again.

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