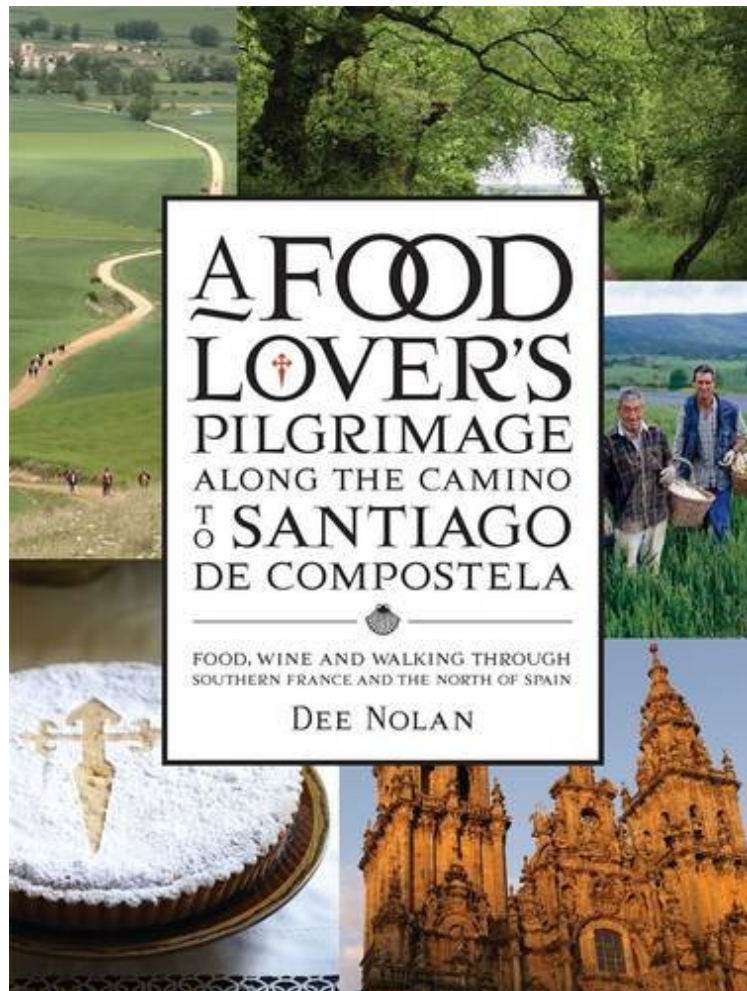


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A Food Lovers Pilgrimage Along the Camino to Santiago de Compostela: Food, Wine and Walking through Southern France and the North of Spain

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One woman travels the route taken by pilgrims for hundreds of years in her car, journeying across the land so well-loved by food lovers today "A constant on my camino was the powerful sensation of a message across time, a guiding hand reaching out to me from those who had passed this way before." A thousand-year-old pilgrimage route and food traditions stretching back de toda la vida since forever. These are what Dee Nolan set out to experience on her pilgrimage to Santiago de Compostelathrough the rich farming lands of southern France and northern Spain. The monks of the Middle Ages who came here planted grapevines from their homelands far away. Now food lovers come seeking the magnificent wines made using grapes grown in those same ancient vineyards, along with sublime cooking and fresh, luscious produce. Dee's personal journey along the Way of St Jamesel camino de Santiago took her back to the very heart of things: why we should care about what we eat and how it is produced, why we need escape, and why she found herself, after a long career in publishing, back on her grandfather's farm, connecting with the soil. This joyful book tells the story of Dee's camino, of the pilgrimage itself, and of the traditions that sustain us all. Following the route of those first pilgrims, Dee met wise cooks and farmers who are finding that the future lies in the past. And she realized why, in our secular age, we are so captivated by this medieval Christian pilgrimage.

About the AuthorDee Nolan, an award-winning journalist and editor, has worked for leading newspapers and magazines in London and New York.