**One Million Steps**

Stretching 500-miles across the northern part of Spain is the Camino Francés, or the French Way, of the Camino de Santiago. A pilgrimage to the Spanish city of Santiago de Compostela. Dating back to the 8th century, it has hosted kings and queens, Roman armies and legions of Catholic pilgrims. In recent years it has attracted people from all backgrounds and in 2017 alone, over 300,000 hikers, known as “peregrinos,” or pilgrims walk the path.

Within two separate trips spread between 2015 and 2018, I walked this path from the city of Saint-Jean-Pied-de-Port at the base of the French Pyrenees and finished in Santiago de Compostela in the northwestern part of Spain.

It was by fate that I found this path. A friend invited me to go but then ended up not being able to join at the last minute so I decided to walk it alone. This walk became one of the greatest adventures of my life. When I first started, the 500-miles ahead seemed daunting. Often times, I questioned why I even started, and very frequently I wondered if I was ever going to get there.

Over a million steps, crossing the rugged Pyrenees and spanning undulating plains before winding through lush hillsides. The path was a unique window into the Iberian Peninsula’s historical, natural and cultural beauty, but even more than, it was a walk deeper into my own being. It became a journey of healing and self-discovery.

I came to see the destination of Santiago de Compostela as more than just a physical destination of the most legendary hikes in the world but also a metaphorical destination of returning home to who we are. The countless gifts, lessons, and miracles I came to discover along this path allowed me to see how it mirrors our journey to any destination we have in mind.

Walking into Santiago de Compostela after embarking on the trip more than two years earlier, I was transformed and the gifts the path brought me was more than I ever thought was possible. In this book, I tell the story of that adventure as well as the many powerful lessons I learned on the path in hope that it may of service to you. May the lessons on my path shed more light on your journey to whatever destination that is pulling at your being at this moment.

*Buen Camino* – Good Way to You.