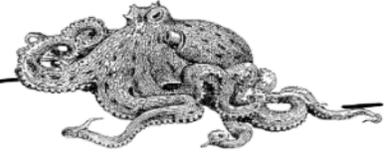




**Wild Galicia**  
Find Your Wild



## FOR YOUR FEET

### Why the Fuss About Footwear on the Camino?

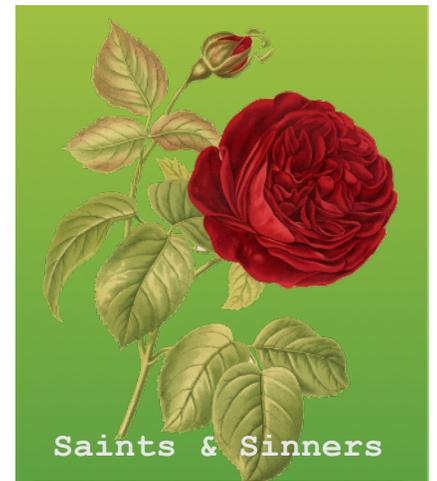
You wouldn't believe (or maybe you would) the sheer volume of opinions floating around online about what to wear on your feet for the Camino de Santiago. Some advice is genuinely helpful... and some, well, not so much. Don't worry—I've got you covered with practical tips to help you find the perfect shoes. Listó? (That means "Ready?" in Spanish. Look at you—multi-tasking: shopping for shoes *and* learning Spanish!)

First things first: **I'm not going to tell you exactly what shoes to buy.** I know, I know—you thought this would be easy! But hang in there; I promise we'll get you headed in the right direction.

### Story time...

When I walked my very first Camino back in 2013 (St. Jean Pied de Port to Ponferrada), I was a *keen bean*. I'd spent weeks researching what I thought were the perfect shoes: sleek, waterproof Gore-Tex hiking shoes with rubber toe caps and a roomy toe box. I even went a size up—just like "the experts" on line recommended.

And yet, on *day three* coming down from Roncesvalles, disaster struck. The clouds parted, the rain disappeared, and the glorious sunshine turned my shoes into little saunas. That evening, I discovered my first blister—no big deal, right? I slapped on some "pilgrim foot magic," laced up my beautiful shoes, and hit the trail the next day with optimism and a song in my heart.



Saints & Sinners

The rose is closely associated with Saint Rita, the patron saint of impossible causes and bodily ills—basically, she's the go-to for when things feel a little *extra*. So naturally, we adopted her as our own Patron Saint, too. Her feast day, fittingly, is on **May 22nd**—You'll find her medieval shrine tucked inside the San Agustín Church, conveniently located right next to the market in Santiago.



By day's end? That *one little blister* had multiplied like rabbits. Half a dozen on my left foot and a monster blister under the ball of my right foot. I spent the next three weeks battling them—walking in agony, cursing my life choices, and side-eyeing pilgrims with blister-free feet.

Back home, I went to see my friend's shoe guy—someone who'd worked with Ironman athletes. The verdict? My feet had been stewing in a *tropical swamp*. My waterproof shoes trapped all the heat and sweat, and boom: blister apocalypse. His advice? Trail runners.

Fast forward years of trial and error, and I've now walked thousands of kilometers *blister-free*—all

because I found the right shoes.

**Moral of the story:** Don't just follow the crowd. Finding the right footwear may take experimentation, but once you hit that sweet spot, you'll feel unstoppable.

## The Wild Galicia Approach to Footwear

For our Wild Galicia Adventures, we're not climbing snow-covered peaks—we'll be walking in warm weather with occasional rain. Galicia is beautiful, but wet.

**Lightweight, breathable trail runners or hiking shoes** are your best friend. Why? When it rains, waterproof shoes turn into portable swimming pools, whereas lighter shoes dry quickly—even in Galicia's humid climate.

Read on dear friend for some recommendations.





## Trail Runners & Hiking Shoes

When it comes to the Camino, trail runners and lightweight hiking shoes are your best friends. They're protective enough for rocky paths, light enough for long days, and most importantly they actually let your feet breathe. Both dry quickly, handle Galicia's monsoons, and keep your feet far happier than you'd expect. Trust me happy feet make for a happy Camino.

**Saucony Peregrine 14:** More rugged outsole, good grip, well-suited for a variety of surfaces. Excellent for Camino terrain without being heavy or waterproof.

**Merrell Trail Glove 7:** Minimalist, low-profile, very lightweight — a “closer to the ground” feel, which some pilgrims love.

**Adidas Terrex Tracefinder:** Good all-round support + cushioning; mesh upper helps with ventilation.

**Inov-8 Trailtalon:** Aggressive tread, great grip, and a breathable upper. Good if you want something that handles rough terrain but doesn't weigh you down.

**Altra Lone Peak:** Very popular among Camino walkers. Excellent toe box, breathable mesh.

**Merrell Agility Peak 5:** Lightweight long-distance shoe; there's a non-GTX version.

**Salomon Sense Pro 2:** Good balance of comfort, lightness, and breathability according to Camino-shoe guides.

## Sandals

Socks and sandals on the Camino? Oh, you'll see plenty. Some pilgrims swear by walking the entire route in them. Personally, I think they're best as a backup: for hot afternoons, rainy days, or letting your feet breathe at day's end.

**Teva Hurricane XLT2:** A Camino favorite — solid cushioning, grippy outsole, and quick-drying straps.

**Teva Grandview Max:** Built more like a “mini hiking shoe” but in sandal form — great for long walking





or when you want extra foot protection and support.

**KeenNewportH2:** Closed toe, rugged tread, quick lacing — perfect for both muddy paths and walking through towns.

**ChacoLowdownWalkingSandal:** Lightweight, simple straps, and super comfortable for relaxed walking or switching out from your main shoes in the evening.

## Socks: The Unsung Heroes

Who knew socks could cause such heated debates? They're as controversial as the shoes

themselves. Here's the shortlist:

- **Merino Wool:** Breathable, moisture-wicking, and odor-resistant—perfect for hot days and sweaty feet.
- **Double-Layer:** These wick moisture while reducing friction, thanks to their dual-layer design.
- **Synthetic:** Quick-drying and durable, especially when blended with wool or nylon.

## Your Next Steps

Armed with this info, you're officially dangerous. Head to your local running store or outdoor gear shop (you know, the big acronym ones), ask lots of questions, and keep an open mind. Start testing *now* so you have time to find what works for you and your feet.

And don't forget—our **dedicated WhatsApp group** is the perfect place to ask questions, share discoveries, and swap tips with fellow adventurers.

**Buena Suerte**—and happy walking!

*P.S. I have no affiliation with these brands—they're just a solid starting point for your search.*

