



# The Year We Seized the Day: A True Story of Friendship and Renewal on the Camino

*Elizabeth Best, Colin Bowles*

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**The utterly compelling and inspirational account of how two very different writers tackle their demons walking the Camino de Santiago de Compostela, the legendary medieval pilgrimage across Spain**

Elizabeth Best had always wanted to go on a pilgrimage. Colin Bowles had never given it a moment's thought. But by a twist of fate the two barely acquainted writers seize the day and drop everything to retrace one of the oldest pilgrimage routes in the Western world, through the heart of Spain to Santiago de Compostela. It was meant to be a stroll in the sun, but they're under-prepared and carrying way too much baggage, in every sense. Bound by a promise and fueled by local vino, what starts out as a physical challenge—500 miles, give or take—quickly becomes an epic tale of tragedy, triumph, and fierce loyalty as a scenic walk through mystic lands gives rise to far greater personal journeys. Set amidst the olive groves, rolling hills, castles, and cathedrals of northern Spain and featuring a supporting cast of eccentrics—from mad monks to angry nuns, Lycra-clad cyclists, international soul seekers, and boisterous boy scouts, this is an inspiring, moving, and blackly funny account of two hapless pilgrims on an extraordinary journey to the end of the earth and beyond.

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