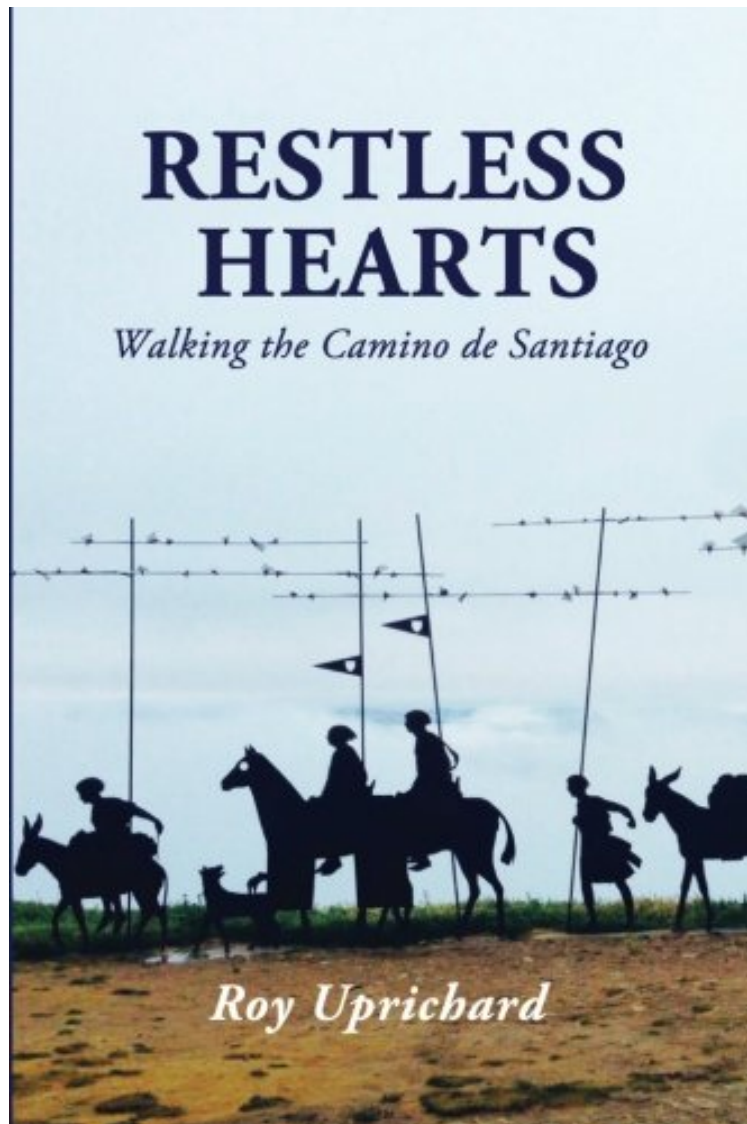


[Library ebook] Restless Hearts: Walking the Camino de Santiago

Restless Hearts: Walking the Camino de Santiago

Mr Roy Uprichard

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Mr Roy Uprichard : Restless Hearts: Walking the Camino de Santiago before purchasing it in order to gage whether or not it would be worth my time, and all praised Restless Hearts: Walking the Camino de Santiago:

2 of 2 people found the following review helpful. A very special bookBy G. McCulloughIn this very special book Roy Uprichard shares with us not just his walk along the pilgrim trail to Santiago, but something of his own life experience and his difficult spiritual journey. Memories of his own childhood and youth in Northern Ireland are intertwined with stories of the history of Spain, or the Basque country, as Roy remembers so many of his experiences during the

troubles and how he grew away from his upbringing. In a beautiful descriptive prose, Roy tells us not only about his own past, but about his literal journeys along the Camino Frances, experiencing a sense of peace and being often moved to tears by his surroundings and by the atmosphere they evoke. There are also many fellow pilgrims whom Roy describes for us in phrases which capture their personalities, and who have their own stories to share. As Roy says of himself and his fellow pilgrims, 'They walked towards God, towards a peace that was often elusive but felt in snatches of a conversation beyond words.' Reading this book is a spiritual experience in itself. 2 of 2 people found the following review helpful. I enjoyed the descriptions of the Camino, the historic sites, plants, and birds. By Jane V.

Blanchard RESTLESS HEARTS: Walking the Camino de Santiago by Roy Uprichard brings new insights into the Camino de Santiago. As a historian, the author explains the history behind various monuments especially those dealing with revolutions and strife within Spain. As an Irish person who was personally affected by "The Troubles" in Belfast, Mr. Uprichard brings personal awareness and sensitivity to strife within a country when discussing the revolution and those killed during the Franco risings. I found his point of view honest and refreshing. Having walked the Camino, I enjoyed the author's descriptions and annotations. I particularly enjoyed his descriptions of flowers and birds, since I know so little of either. As the saying goes, each person walks his own Camino and I enjoyed seeing it through his eyes. Although not a Catholic, Mr. Uprichard reawakens his faith while walking the Camino and tells about it in a heartfelt way. 1 of 1 people found the following review helpful. "...restless hearts, wrapped in a temporary pilgrim mantle, seeking to regain our land of lost content." By SANJIVA WIJESINHAI liked Roy Uprichard's words "we are but restless hearts, wrapped in a temporary pilgrim mantle, seeking to regain our land of lost content." His book 'Restless Hearts' is written in a lovely descriptive style, and as one accompanies him and his daughter Nicola on their pilgrimage, one can virtually hear the the sound of village church-bells ringing vespers and the clanging of cowbells in the prados - as well as inhale the fresh spring air of the Pyrenees and the aroma of black espresso in a Spanish plaza! Whether you have walked the Camino yourself, plan to walk this pilgrimage or just enjoy a good read, this is a book to be recommended. - Sanjiva Wijesinha (author of Strangers on the Camino)

A physical test. A spiritual quest. Dealing with the past. Walking it all out. In an evocative mix of Travel and Memoir, an Irish pilgrim fallen out of love with his church is yet drawn to walk the Camino de Santiago. Deeply moved by meetings with other restless hearts he begins to find his way again.

About the Author Roy Uprichard was born in Belfast and, as a mature student, graduated from Queen's University with a BA Hons in Politics and Sociology and an MSc in Irish Political Studies. Then, for the next twenty-four years he lectured on and managed courses for young adults with learning difficulties. In 2010, in a partially successful assault on middle-age spread, he trekked part of the Annapurna circuit in Nepal. In 2012 he discovered the Camino Frances and, on his retirement in 2014, returned to walk its entirety, recorded in his travel memoir, Restless Hearts. He has since walked on the Camino Portuguese and St Cuthbert's Way in Northumbria. He hopes to continue walking and writing. He lives in North Down with his wife.