



Chrissie covers 135km in six days on Camino

Fiona MAGENNIS

LOCAL woman Chrissie Travers (left) braved the gruelling Camino de Santiago Walk for charity recently, covering 135km of gruelling terrain in just six days.

70-year-old Chrissie took part in the walk with her sister Lizzy to raise funds for the East Meath Hospice Association and raised €1,0337.80 in the process.

It's a cause close to her own heart as her twin sister Josie is currently battling cancer, as is her niece.

'Myself and my other sister Lizzie were watching a programme about people who did the Camino Walk while they had cancer and she said: 'Would you like to do it?' and I said: 'Why not', never thinking how hard it would be,' says Chrissie.

'It was really tough and very challenging but we really enjoyed it. It was an amazing journey and I wouldn't have missed it for the world.

'We covered 135km in six days, over some very rough terrain; up hills, down hills, up steep steps, down steps. There were a lot of hills but it was such a beautiful country

and we got some amazing photographs,' says Chrissie, who lives in Brookside, Bettystown.

'We were well prepared before we went, we had all the right hiking equipment, boots and socks and things. We did train before we went but looking back now not as much as we should have!' laughs Chrissie. 'We were doing about 7km a day in preparation whereas we should have been doing more than that.

'We were up every morning at 6am, sometimes earlier, and we'd be out the door by 7am. We covered twenty miles a day every day. I never thought I'd be able for it! It's amazing what you can do when you set your mind to it.'

Pilgrims have been walking the Camino de Santiago for centuries, following the many paths to Santiago de Compostela and the tomb of St James.

Despite the tough conditions along the way, Chrissie said she wouldn't be adverse to taking part in another hiking trip and is considering doing the coastal one in Portugal.

Chrissie said she and her sister did the

walk through Caminoways.com a group who organised all the accommodation for them along the way, and said the group of people they travelled with on the trip were just fantastic.

'There were 18 of us on the trip and they were the nicest people you could ever meet,' she says. 'Everyone was there for everyone else, it was just amazing.'

Chrissie said her twin sister, Josie, was the inspiration for taking part in the six day trek.

'My twin sister has cancer and my niece, who is in her 30s, also has it so cancer has really affected our family. The East Meath Hospice Association do amazing work and I just wanted to do something for them.'

Chrissie said her two sons and husband Paddy were very proud of what she achieved and were behind her all the way.

'They know I'm a bit of a daredevil so they weren't surprised I wanted to do it. Paddy was very supportive and he had no doubts, he knew I'd finish it. I just want to say a big thank you to all the people who sponsored me to do the walk, it really means so much and I appreciate it all.'

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