



Can we interest you in a special feature story about ***Walking the Camino: Six Ways to Santiago*** and perhaps an interview with Director/Producer Lydia B. Smith and/or Co-Producer & Feature pilgrim Annie O'Neil?

We can send you the screener link if you wish to preview the entire 90-minute documentary in advance. Photography and additional information are also available at the website and upon request.

Paul Krupin, Publicist for Lydia B. Smith, Director/Producer of *Walking the Camino: Six Ways to Santiago*.

Contact: Maggie Cech (503) 206-4968 maggie@caminodocumentary.org for a screener link, additional information and photos, and to schedule an interview.

Can a movie motivate you to walk 500 miles? It has done precisely that for thousands of people.

Walking the Camino: Six Ways to Santiago

Now on Cross-Country Film Tour

For Immediate Release

For many centuries, people have travelled to northern Spain to walk the Camino de Santiago as a pilgrimage for personal development and spiritual self-enlightenment. It is no small undertaking and yet in 2010 alone, over 270,000 people attempted this arduous 500-mile long trek across beautiful and rugged terrain.

Walking the Camino: Six Ways to Santiago, the extraordinary, award-winning documentary film by American Director and Producer **Lydia B. Smith**, may have you thinking about going on this pilgrimage yourself.

This non-profit documentary, which raised just under \$500,000 dollars from private donors over the course of five years, has managed to make its way onto the list of top ten documentaries of 2014 with just a small committed staff and dozens of volunteers. It is an insanely ambitious, independently produced film takes an in-depth, close up look at a group of people who completed the journey, each with their own reasons, motivations, and expectations, equipped with only a backpack, a pair of boots, and an open mind.



***Bunk-beds. Blisters. Stunning landscapes. World-class snorers.
Hot searing sun, freezing cold rain. Kindness from strangers.
Debilitating injury. Unexpected romance. No toilet paper when you really need it.
Profound grief and deep doubt. Hunger. Laughing with new friends.
Total exhaustion.***

Walking the Camino is a total immersion experience that captures the trials and tribulations associated with a group of modern pilgrims who decide to walk the ancient path, the Camino de Santiago. The cast of people featured in the film run the gamut of ages (from age 3 to 73), as well as nationalities, religious backgrounds and experiences on the Camino.



Annie from Los Angeles, who, with a typical can-do attitude, was called to do the Camino for spiritual reasons. She soon comes face-to-face with her own innate competitiveness, especially when the Camino's intense physical challenge starts to take its toll on her.

Jack and Wayne are two well-traveled Canadian retirees. Wayne, 65, is a recent widower who walks to honor his wife, and Jack, 73, is an Episcopal priest who performed the funeral for Wayne's wife. Jack always wanted to walk the Camino due to his interest in history. Wayne loves the “one-way” nature of the Camino, which represents leaving his past and walking toward his future.



Misa is a health and sports student from Denmark who considers herself to be spiritual but not religious. She sets out to travel alone to become more connected with herself, but when she meets William, the only other pilgrim that can keep up with her notoriously fast pace, her intentions get pushed aside.

Sam is a Brazilian woman in her thirties who was desperate for some force to turn her unhappy life around. Sam left behind everything she knew in Rio de Janeiro, purged her life of nearly all possessions, and fled with a one-way ticket to Spain. Even though she suffered from clinical depression, she decides to throw away all of her prescribed medication, trusting that the Camino – the meditative act of walking, the nature, and the people met along the way – will restore balance to her body's chemistry.



Tomás, 30-something, athletic and very charming, was torn between kite boarding on the coast or “hiking” the Camino. He chose the Camino because it was more of a physical challenge. He gets what he asks for, as his biggest challenge becomes the immense physical pain that he experiences. He must learn to persevere as the struggle to complete the Camino becomes more painful with every step.

Tatiana is a French 26 year old single mother who sets out for the Camino because of her devotion to God. She brings her brother Alexis and three-year-old son along with her on the* trek. Originally, Tatiana was delighted to have her brother with her on the Camino, especially

for sharing the responsibility of her son. Things quickly become challenging for her, however, as Tatiana and Alexis begin to argue at every turn. Her quest to seek a richer relationship with God is tested as she is forced to face the problems in the relationships with her brother.



The documentary is expertly produced and very inspiring. In the spring of 2008, Lydia B. Smith walked the Camino herself. The effects it had on her were truly life changing.

The star of the film, the Camino itself, is showcased with elegant cinematography that captures and depicts the gorgeous scenery and breathtaking vistas, from the raindrops on leaves to the fields of grass, mist covered mountains, colorful sunsets and truly inviting local people and historic surroundings. The film captures the personalities and inner challenges of the pilgrims and their transformations along the journey. You get to experience the drive, questions, the pain, the joys, and the revelations that these modern day pilgrims find along the way.



Walking the Camino: Six Ways to Santiago

Questions and Answers for Lydia B. Smith



Ms. Smith, who hiked the entire 500 miles herself, said, “I feel like I was called to make this film. It was not only intimidating from a production standpoint, but the Camino was so sacred and so magical that I was scared I couldn't do it justice”.

“When people walk the Camino,” she said, “they come away with their own lessons and insight which is unique to them. There isn't just one lesson everyone needs to learn or one way that the Camino should be done. The Camino is a metaphor for life - there is no right or wrong way to do it, it is all about finding the way that works best for you. The journey is individual -- each of us must find our own way. It's all about discovering yourself.”

“When someone comes back from the Camino and people ask them - how was it. There are no real answers for that question. It is such an amazing, intense experience. I sought to create a film that answered that question that pilgrims could say to their friends - come watch this film - this is what I did. What I found out is that most people can strongly relate to at least one or more of the people in the film. They will realize that there isn't just one way, but many. The lesson is that each of us can find a way that works for us.”

Her remarkable self-awareness, respect, and the command of her craft is noteworthy and after seeing the film, chances are that you will find yourself seriously considering to make the journey yourself.

Director's Message from June 30, 2011: <https://www.youtube.com/watch?v=1UP2Me6dIRQ>
The Camino Documentary's Director, Lydia B. Smith, tells us about her first steps as a pilgrim, her experience shooting on the Camino, the woes of fundraising, her intentions for the film, and finally, how people can help finish it.

What People Are Saying

You will be inspired to visit Spain and walk the Camino de Santiago after seeing this film. Or, as the director intended, you will be inspired to find your own 'Camino'.

– **Newport Beach Independent**

This film should carry a warning: watch it and it might stir something awake in you and start you on the journey of your life.

– **John Brierley**

A brilliant documentary!

– **Martin Sheen**

...by the end, you're likely to not just understand why people do it, but to consider giving it a shot yourself — or maybe to get up and take a stroll around the block, just for starters.

– **Sherilyn Connelly, San Francisco Weekly**



Resources & Links

Web site: <http://caminodocumentary.org/>

Facebook <https://www.facebook.com/TheCaminoDocumentary>

Online Press Center <http://www.caminodocumentary.org/pressmaterials/>

[3 Minute Trailer](#)

[6 Minute Trailer](#)

Press Coverage & Reviews during the US Tour

<http://caminodocumentary.org/media.php#press>

About Lydia B. Smith, Director and Producer

Lydia B. Smith has been involved in the film industry for more than a quarter of a century, and has a long history of collaboration with the Producers on this project. Lydia directed, produced and wrote: ***They're Just Kids***, a 26-minute educational documentary on how children with disabilities can positively affect our lives; ***A Legacy Revealed***, a 40-minute historical documentary; and the 20-minute biography, ***Bill Lansing: A Tribute***.

Additionally, Lydia was Senior Producer on ***CNN's Soldiers of Peace: A Children's Crusade***; Co-Producer and 2nd Unit Director of Photography on the CNN documentary, ***The Mystery of the Arctic Rose***; 2nd Unit Director of Photography on the PBS program, ***Stand Up***; American Producer for Chilean TV's ***The Route of the Beringia***; Director of Photography for ***Anthony Hopkins Teaches***; and many more. In addition to her producing and directing career, Lydia has worked as Camera Assistant and Operator on major motion pictures, national commercials, and top music videos.

Lydia lived in Spain for over six years and speaks flawless Spanish, in addition to Italian and Catalan. A lover of hiking and nature, Lydia is also a licensed Spiritual Practitioner from the Agape International Spiritual Center and from the United Centers for Spiritual Living.

In the Spring of 2008, she walked the Camino de Santiago and the effects it had on her were truly life-changing. Along the way, she realized that she was not fulfilling her life's purpose. Since the Camino is all about stepping out of one's comfort zones, Lydia felt called to step into her full potential and direct this, her first feature-length film.

Her intention is for the film to positively change lives, just as the Camino does, and to inspire people to follow their own path of discovery and transformation.