

Active Adult Program - Discover Camino

A Journey of Purpose, Wellness, and Discovery

A Local Camino Experience - Walk

Step into a meaningful journey close to home with walk to Dix Park for a local Camino experience. This is a guided walking adventure through Raleigh's scenic greenways from NC Museum of Art to Dorothea Dix Park. Inspired by the spirit of the Camino de Santiago, this experience goes beyond a simple walk, it's an opportunity to slow down, unplug, and reconnect with what matters most.

Along the way, participants engage in guided reflection prompts, hear stories from real Camino pilgrims, and experience moments of silence and mindfulness that foster clarity and renewal. You don't have to travel far to experience something transformative—begin right here in Raleigh. Walk locally, reflect deeply, and discover your why. Walk is approximately 6 miles and rated easy to moderate - suitable for most fitness levels.

When: Saturday, October 17, 9 a.m.–2:30 p.m.
Where: North Carolina Art Museum Welcome Center, 1950 Blue Ridge Road
Who: Adults - geared for older adults
Cost: \$25/Resident \$40/Non-Resident

The Camino de Santiago: A Journey of Purpose, Wellness, and Discovery - Class

Join Efrain Mendoza, founder of Camino Wonders and host of The Way to Your Why Podcast for an informational session on the Camino de Santiago. Explore through this session what it's truly like to walk across Spain on one of the world's most meaningful pilgrimage routes. This historic journey isn't just for athletes, it's for anyone seeking reflection, connection, and a deeper sense of purpose at their own pace.



During this engaging free session, you'll learn what the Camino really is and why so many Americans are choosing to experience it, how to walk comfortably with luggage support and private accommodations, and the physical, mental, and social benefits of the journey. You'll also hear inspiring real-life stories from individuals who never thought they could complete the Camino but did.

Anne Gordon Center - 1901 Spring Forest Road
Thursday, Sept. 24, 3 p.m.-4:30 p.m.

Five Points Center - 2000 Noble Road
Thursday, Oct. 1, 3 p.m.-4:30 p.m.

Register online at reclink.raleighnc.gov by searching 'Camino' under "Activities", or in person at any Raleigh Parks facility.

For questions contact
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