

Ireland Sacred Sites ~ Sacred Self Retreat

June 3-13, 2020

Welcome to our Sacred Sites ~ Sacred Self Adventure! Itinerary and pricing includes all ground transportation, accommodations, breakfast and lunch daily, as well as all activities listed on the itinerary. You will be guided and cared for by Bonnie & Laurie Bogner for the duration of the trip, and we will also be working with several local guides to enhance the experience.

Transportation: Our transportation for the majority of our travels will be a Luxury Mercedes 16-Seater van with a professional Irish driver. There will be plenty of space for passengers and luggage and the extra height will provide greater visibility. On the island of Inis Mor we will have a local driver and van for our short excursions from one area to another.

Activities: There will be plenty time for being present and connecting to the various places we go. Meditation, centering circles, mindfulness walks, sacred wisdom circles, etc. Activities for the day will vary depending upon where we are and time.

Meals: Breakfast and lunch are included each day. Breakfast will be included with our accommodations. Lunch will be a boxed lunch from the BnB or Inn most days, and occasionally a pre-arranged catering. Evening meal will be your responsibility. Allow for \$20-30 per evening meal depending upon your preferences.

Pre-Trip Tour Options for Swords:

If you wish to arrive early or stay late you may wish to book additional nights at our accommodations in Swords, which is very close to Dublin Airport. Our accommodation is a five-minute walk to the Swords Castle, or a six-minute walk to St. Columba's Church and Round Tower.

There are also many great things to do in Dublin, which is a 20-25 minute taxi ride to the Temple Bar District of downtown Dublin. A few interesting activities in that area include Dublin Castle; Trinity College and the National Museum of Ireland. Close by downtown you can also access the Guinness Brewery Tour or a Dublin Bay Cruise.

Flights: You can plan to fly directly into Dublin International Airport. There are good connections directly from Toronto and current prices are remaining under \$1,000.

**All prices quoted are Canadian \$\$.*

Itinerary

Day 1: June 3 – (Wednesday) Arrive in Dublin and stay at The Old Borough Hotel in Swords, a short cab ride from Dublin International Airport. We will gather in the evening for a group supper and introductions.

Day 2: June 4 – (Thursday) We move from Swords to Fore, Co. Westmeath and spend 2 nights at Hounslow House.

- Start our adventures as **FourKnocks** Passage Tomb where we will meet up with Treasa Kerrigan, an Eclectic Witch, Priestess and Tour Guide who will share stories and ceremony with us throughout our time with her.
- Next is the **Hill of Tara** to experience a Neolithic wonderland which includes a standing stone (Stone of Destiny), passage tomb, burial mounds, and fascinating earthworks.
- Our final stop is the Hill of Ward to celebrate the powerful druidess **Tlachtga**.

Day 3: June 5 (Friday) Stay at Hounslow House

- Meet Treasa at **Hill of Uisneach** to explore the Ancient Palace, Lough Lugh and the Cat Stone.
- Next we explore Fore Abbey and the Seven Wonders of Fore, completing the day with a Full Moon Ceremony at the Abbey.

Day 4: June 6 (Saturday) Move to Coolaney, Co. Sligo and stay at The Mountain Inn for the next four nights.

- Start our day at beautiful Lough Lene then continue to **Rathcroghan**, Co. Roscommon for a tour of Tulsk Fort and **Oweynagat Cave** also known as the Vulva Cave of Morrigan. Cave tour is weather dependent and maybe challenging for some.

Day 5: June 7 (Sunday) Stay at The Mountain Inn, tour Carrowmore area.

- Hike up **Knocknara Hill** and visit Queen Mauve's Throne, a focus point of the sacred divine feminine. (approx. 40 min walk up Knocknara Hill)
- Next is **Carrowmore Megalithic Cemetery** to explore the vast selection of Neolithic tombs and monuments.
- We will finish our day with a visit to the 17th century **Parkes Castle**.

Day 6: June 8 (Monday) – Stay at the Mountain Inn and explore the Carrowkeel area.

- We begin our day at **Carrowkeel**, one of the most beautiful and mysterious of the Irish megalithic complexes. The monuments are spread out across the highest summits and ledges of the northern ends of the Bricklieve Mountains.
- Next is **Heapstown Carin** which will include a visit to Tober Slaine (Well of Octriul), connected with the energy of Dean Ceht, the Celtic God of Healing and Medicine.
- We will finish the day at **Labby Rock** also known as Carrickglass dolmen. One of the largest capstones in existence at over 70 tons.

Day 7: June 9 (Tuesday) – Stay at the Mountain Inn. We will join John Wilmott a local historian and storyteller for our days exploration including a live Harp performance.

- Our day begins with John sharing about the **Two Worlds Labyrinth** which we will then have a chance to walk.
- Next stop the **Keshcorran Caves**, said to be the origin of life in Ireland.

Day 8: June 10 (Wednesday) – Drive from Coolaney to Galway, then take the Rossaveal Ferry to Inismor in the Aran Islands and stay at the Pier House for two nights.

- In the afternoon we will meet our guide and Celtic Priest, Dara Molloy and spend the afternoon with him to visit **Tempale Chiaran** where we will have the opportunity to walk the rounds at a Holy Well, and visit Standing Stone, Sundial/Wishing Stone and Hermitage.
- Our final visit for the day will be to the **Seven Churches**, where Dara can tell us about this traditionally Celtic site of pilgrimage.

Day 9: June 11 (Thursday) – Stay at Pier House and explore Inismor for the day.

- We will start our day at Dun Aonghusa (round fort) taking a pilgrimage with Dara to this sacred site.

- Spend the afternoon exploring the island, drinking in the scenery and culture of this tiny and unique island.

Day 10: June 12 (Friday) – Depart Inismor, taking the ferry to Rossaveal then drive to Dublin and check into the Old Borough Hotel for tomorrow's return flights.

- Closing circle at Old Borough and our Last Supper!

Day 11: June 12 (Saturday) – Departure.

Package includes all ground transportation in a private coach with professional drivers, double occupancy accommodations, all entry fees to scheduled sites, professional guides, daily breakfast and lunch and snacks. All guided meditations, channels and energy work with Bonnie.

Package does not include airfare, evening meals, any extended accommodations, alcoholic beverages, tips and gratuities.

Total Investment for eleven days, ten nights is \$3399 CAD.

Deposit required to hold your spot is \$600.

The Fine Print 3% service charge for credit card payment

Deposit is non-refundable unless trip is cancelled.

Trip cancellation insurance is highly recommended.

Single occupancy may be available at some locations, with the understanding you may be staying in a nearby location rather than right with the group. Please contact me for further details and pricing.

Accommodation Details

The Old Borough Hotel in Swords, Co. Dublin

<https://www.jdwetherspoon.com/hotels/republic-of-ireland/county-dublin/the-old-borough>

Hounslow House, Village of Fore, Co. Westmeath

Hounslowhouse.com

Mountain Inn B&B, Coolaney, Co. Sligo

<https://mountaininnireland.com>

Pier House, Inis Mor, Aran Islands

<https://www.pierhousearan.com>