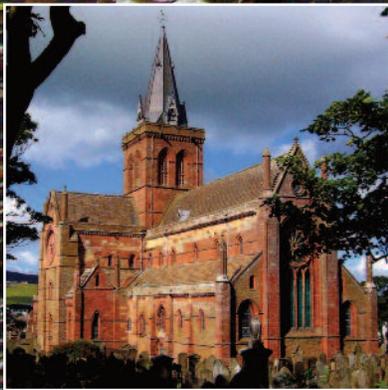


Islands and Highlands: A Pilgrimage

August 24 – September 4, 2021



Illuminated Journeys invites you to

Islands and Highlands

A Pilgrimage

August 24 – September 4, 2021

Welcome!

You are invited to join us not as a tourist, but as a pilgrim. Along the way you will be encouraged to approach each experience with contemplative awareness and each sacred site with care. Time will be given for learning, integration, meditation and interaction. As we journey together, we will focus on major themes in the Orcadian and Hebridean spiritual traditions. Time will be spent exploring how those themes can be integrated into our lives.

Optional meditative sessions will include the music of the Iona Community, the Taizé community, Mandala work, journaling, small group interaction, discussions with our leaders, traditional music and prayer.

Because registration is limited to 15 participants, group size will encourage personal interaction in style and content.

When we are joined by local specialists, mythologists, archaeologists, artisans, and musicians to share experiences and offer guidance to us, there will be opportunities for interaction.

We are confident that your journey will be a fulfilling one. We have gone before you, having traveled to Scotland many times to meet with those who will join us as we go. We have visited the sites on our schedule, and have personally chosen the retreat centers, accommodations and meals. You are assured of a complete, well-planned, open-hearted experience.

This Illuminated Journeys pilgrimage provides the perfect introduction to deepening of your understanding of the Celtic spiritual tradition.

Please take note:

Accessibility: Many of the places we visit and explore reflect the rugged, isolation of early hermits and/or Megalithic sites. In order to reach these sacred prayer cells, passage tombs and monasteries, we will travel part way by foot. This pilgrimage is not recommended for those who have severe health problems or limited mobility.

Group size: Because this pilgrimage is limited to 15 participants, we recommend sending your deposit early to ensure a place

Pilgrimage Itinerary:

August 24, 2021 (Tuesday)

Participants arrive at the Kirkwall Airport, Orkney. Dinner and a welcome reception at a lovely local hotel set in the Orkney countryside.

STAY: Orkney

August 25, 2021

Today we enjoy an island overview as we meet a local Orkney guide and spend the day exploring these beautiful islands, stopping for lunch to enjoy the unique cuisine of Orkney.

STAY: Orkney

August 26, 2021

Today we visit the 12th century St. Magnus Cathedral in Kirkwall, the capital city of Orkney. This cathedral provides a compelling window into the Norse Christian influence in this part of Scotland. After lunch, we'll explore the UNESCO world heritage site of Skara Brea, a perfectly preserved 5000-year-old village, and reflect on the mysteries of the Ring of Brodgar, one of the largest pre-historic stone circles in the world.

STAY: Orkney

August 27, 2021

This morning we explore Maeshowe, a 5000-year-old ritual burial mound aligned to the setting sun of the Winter Solstice. Maeshowe is known as the "Newgrange of Orkney." We'll also visit the Stones of Stennis with its large standing stones and the barnhouse dwellings. After lunch we'll have time to explore the seaside village of Stromness before boarding the ferry which takes us across the North Sea to our hotel in Thurso.

STAY: Thurso

August 28, 2021

Today we enjoy the beauty of the highlands of Northern Scotland as we make our way to the lovely lake-side village of Lochcarran. Following lunch there, we'll drive on to the iconic Eilean Donan Castle. Eilean Donan sits on the picturesque confluence of three sea lochs. Driving across the Skye bridge, we travel on to the town of Portree on the Isle of Skye for the evening.

STAY: Portree, Isle of Skye

August 29, 2021

The Isle of Skye offers stunning natural beauty. Today we'll explore Skye with its crofting culture and reflect on the prayers of the Carmina Gadelica, a compilation of Hebridean prayers published by Alexander Carmichael in the 1800's. A free evening will allow time to enjoy Portree.

STAY: Portree, Isle of Skye

August 30, 2021

The western Islands of Scotland, known as the Hebrides, are filled with the wild beauty of heather-covered mountains flowing into the sea. Moving across these islands, we'll ferry our way to Tobermory on the Island of Mull in time to enjoy a boutique hotel overlooking the bay.

STAY: Tobermory, Isle of Mull

August 31, 2021

A short drive to the pedestrian ferry linking Mull to Iona will allow us to step onto the Holy Island with time to reflect and relax. An evening meditation provides an open window to this extraordinarily thin place.

STAY: Iona

September 1, 2021

The island of Iona is known as the cradle of Celtic Christianity. Our time on Iona will be spacious and expansive. In addition to your own prayerful exploration on Iona, Brad and Rita will be offering guided experiences around the islands. The Iona community welcomes visitors and pilgrims to morning and evening prayer in the rebuilt 12th century Abbey. STAY: Iona

September 2, 2021

Our Iona experience continues with personal time and options provided by Rita and Brad. An evening meditation will allow us to reflect, sing and pray in our boutique hotel. STAY: Iona

Note: While on Iona, Rita and Brad will organize an optional journey to the Island of Staffa to see Fingal's Cave. You will be able to sign up ahead of time, however the price is not included in the pilgrimage and will cost an extra 30 pounds or so.)

September 3, 2021

Today we absorb the unique beauty of the Isle of Mull taking two ferries on our way to the Scottish mainland. Our journey takes us through the majestic beauty of Glencoe National Park where we will stop at the informative visitor's center. A stop at Loch Lomond to enjoy one of the highlands most celebrated lochs will complete our day's journey to the Glasgow airport. Dinner at our airport hotel.

STAY: Glasgow Airport

September 4, 2021 (Saturday)

We say goodbye to the Islands and Highlands, changed forever by new people, culture and spiritual traditions. Our hotel is within walking distance of the Glasgow airport terminal. You will be on your own to get to the airport and catch your flight.

August 24 – September 4, 2021

Islands and Highlands

A Pilgrimage

Tour Price:

Basic Tour Price: \$3995 US (Tour does not include transportation to and from Scotland. Participants will fly into Kirkwall, Orkney and out of Glasgow.)

Single Occupancy Supplement:
Add \$695 US to basic price

Payment schedule:

- \$495 non-refundable deposit due upon receipt of registration form. Send now to hold your place.
- November 1, 2020 - \$1400 due
- February 1, 2021 - \$1400 due
- June 1, 2021 - Balance due

All payments due to:

Illuminated Journeys and mailed to:
8273 E. Davies Ave., Centennial, CO 80112

A pre-pilgrimage travel kit will be shipped to you approximately 25 days prior to departure provided final payment has been received.

Cancellation Schedule:

- Deposit of \$495 is non-refundable.
- February 1 – March 31, 2021, 50% non-refundable.
- April 1 – May 31, 2021, 75% non-refundable
- After June 1, 2021, 100% non-refundable.

In addition, charges incurred to cancel arrangements will be added to above cancellation penalties.

Refund for unused arrangements:

Unused arrangements, services or features of any tour are not refundable or exchangeable unless agreed upon prior to departure.

Tour price includes:

- Comfortable accommodations
- Deluxe motor coach
- All scheduled sightseeing, entrance fees, and guides
- Meals as follows: Arrival Day - D; Day 2 - B, L, D; Day 3 - B, D; Day 4 - B, D; Day 5 - B; Day 6 - B; Day 7 - B, D; Day 8 - B; Day 9 - B; Day 10 - B; Day 11 - B, D; Day 12 - B.

(B = breakfast, L = lunch, D = dinner)

Tour price does not include:

- Your transportation to and from Scotland.
- Travel/medical insurance (supplement recommended)
- Tips for items of a personal nature (such as room service, beverages, meals, telephone and valet charges, etc.) are not included in the tour cost and are left to your own discretion.
- Group Tip for bus driver - Approx. 30 GBP per person. (suggested)
- Your transportation cost to meet the group if you arrive late on August 24, 2021 and miss the group departure from the airport.
- Fees for passports and visas; laundry; telephone calls; wine, liquor, mineral water; sightseeing and services other than those specifically mentioned; personal items; excess baggage: foreign airport taxes
- Some meals : Day 1 - B, L; Day 3 - L; Day 4 - L; Day 5 - L, D; Day 6 - L, D; Day 7 - L; Day 8 - L, D; Day 9 - L, D; Day 10 - L, D; Day 11 - L; Day 12 - L, D.

(B= breakfast, L= lunch, D= dinner)

For More Information:

720.489.8073 (Denver Metro)

1.877.489.8500 (Toll Free)

email: brad@illuminatedjourneys.com

web: www.illuminatedjourneys.com

Pilgrimage is right for everyone sometime.
Is this the right time for you?



Your guides

Rita and Brad Berglund will facilitate this pilgrimage. In addition, knowledgeable Irish guides enhance and deepen your experience by joining you along the way. Your guides in Scotland are specialists from many disciplines. They include:

- PhD students studying megalithic culture
- Artists and story-tellers who interpret Scotland's history in creative ways
- Musicians who bring traditional music to life.
- Archeologists who bring Orkney's past to life
- The Iona Community who've made commitments to justice, the revival of Celtic Christianity and welcoming pilgrims to Iona
- Committed leaders, who unwrap the mysteries of Scotland's mythic past. Each of these friends will impact your life.

August 24 – September 4, 2021

Islands and Highlands

A Pilgrimage

Reservation Confirmation Form

Please print this page and mail completed form with your deposit made payable to:

Illuminated Journeys
8273 E. Davies Ave.
Centennial, CO 80112

Questions about the tour itinerary? Contact Brad Berglund:

Phone: **720-489-8073 (phone)**
877-489-8500 (toll free)

E-mail: **brad@illuminatedjourneys.com**

Please reserve ___ space(s) for the Islands and Highlands Pilgrimage. A check for a non-refundable deposit of \$495 per person is enclosed. I understand payment #1 of \$1400 is due November 1, 2020 (Cancellation policy is outlined on “cost” page.)

Participant 1: _____
(as it appears on your passport)

Participant 2: _____
(as it appears on your passport)

Address: _____

City: _____ State: _____ Zip: _____

Mobile Phone: _____

Evening Phone: _____

Email: _____

Tour cost

Basic Tour Price PP: \$3995 US (sharing twin/double room)

Single Occupancy Supplement: Add \$695 US to basic price

Transportation to and from Scotland is not included in this pilgrimage.

Please check one of the following:

- Sharing — I have a roommate
name of roommate _____
- Sharing — I need a roommate (*Please note: If no roommate is available, the single supplement will apply*)
- Single

Declaration: I/We have read, understand and accept the *Fine Print* section. I further understand and accept that Brad and/or Rita Berglund and Illuminated Journeys are not responsible for the specific incidents mentioned in the *Fine Print* section.

Signature _____

Signature _____

Date: _____

What participants are saying...

Thank you Brad and Rita for this exceptional spiritual journey

Brad and Rita.....what exceptional gifts you each have in offering these special pilgrimages for so many

This pilgrimage stimulated us to re-dedicate ourselves to the pursuit of peace and expanded our reflections on the meaning of life

One of the real joys of this pilgrimage with Brad and Rita was to be reminded that neolithic people have much to teach us. They knew how to work together with the land and the sea

The landscapes, the people of the land, the sacred places, the historical places and each participant touched me deeply

With each sacred pilgrimage with Rita and Brad, we have experienced a shift, a kind of turning, a different way of being in the world

If you want to experience the difference between religion and spirituality, this trip is the tour for you!

The Fine Print - *Contemplative Scotland 2021*

Accessibility: Many of the places we visit and explore reflect the rugged, isolation of early hermits. In order to reach these sacred prayer cells, stone circles, passage tombs and monasteries, we will travel part way by foot. This pilgrimage is not recommended for those who have severe health problems or limited mobility.

Group size: Because this pilgrimage is limited to 15 participants, we recommend sending early your non-refundable deposit of \$495 to ensure a place. Payment #1 of \$1400 is due November 1, 2020

Responsibility: Illuminated Journeys, Inc., 8273 East Davies Avenue, Centennial, CO 80112-1889 is not responsible for any personal injury, property damage or other loss you may suffer or incur on this tour arising from acts or failure to act on the part of any Air Carrier, Public Transport Company, Hotel, Car Rental Company, sub-contractor or other person or organization, whether or not such air carrier, public transport company, hotel, car rental company, subcontractor or other person or organization is rendering any of the services or accommodations offered or supplied on the tour. All tickets, coupons and orders are furnished and issued subject, in all respects to the foregoing and to any and all terms and conditions under which the transportation and other services and accommodation provided thereby are offered and supplied. Illuminated Journeys, Inc. accepts no responsibility for losses or expenses due to delay or changes in schedules, sickness, weather, strikes, war, quarantine or other causes. All such losses or expenses will be borne by the passengers. Baggage is at owner's risk throughout the tour unless insured. Small articles, (coats, wraps, umbrellas, etc.) are entirely in the care of the passengers. The right is reserved to decline or accept or return any person as a member of any tour or to cancel or alter the tour.

Accommodation: Land arrangements will be provided as described in each tour. The right is reserved to substitute hotels and sightseeing features listed herein for accommodations and/or sites in similar categories.

Baggage: Airline baggage allowance and fee structure is unique to each airline. You are responsible for those fees. You'll want to fit everything into one bag and one carry on.

Children: Children (under 12 years of age cannot be accommodated on escorted tours) are charged the full adult fare and must be accompanied by an adult.

No Smoking: Smoking is not allowed on the escorted tours while on board the motor coach. Frequent sightseeing and rest stops will be made at which time there will be an opportunity to smoke.

Currency Exchange: All prices in this program are shown in U.S. Dollars and are based on currency exchange rates existing on November 21, 2019. Prices are per person based on two people sharing a room. Any devaluation or revaluation of currencies may affect the printed prices. Illuminated Journeys, Inc. reserves the right to alter prices at any time prior to your departure and without prior notice if, in this opinion, circumstances so warrant.

Insurance: Information regarding travel insurance will be made available to all participants. Travel insurance covers losses in the event of trip cancellation, loss or damage to baggage, and medical expenses in the event of accident, injury or illness. Its most valuable feature is coverage for “medical evacuation” in the event you need special travel arrangements or assistance to return home.