

# Contemplative Ireland

A Celtic Pilgrimage

September 8–22, 2023



Illuminated Journeys invites you to

# Contemplative Ireland

## A Celtic Pilgrimage Sept 8–22, 2023

### 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 Irish spiritual tradition. Time will be spent exploring how those themes can be integrated into our lives.

Optional meditative sessions will include the music of the Taizé community, Celtic music, mandala work, journaling, small group interaction, discussions with our leaders, Irish 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, musicians and storytellers 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 Ireland many times to meet with those who will join us as we go.

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

**September 7, 2023** - Fly to Dublin. Arrive before 11 am on September 9.

**Friday, September 8, 2023**  
We arrive in Dublin early in the morning. We'll meet our bus and driver and head North for an introduction to Celtic Spirituality at a 5000 year-old passage tomb in County Meath. The rest of the afternoon at our retreat center in the Boyne Valley is yours to walk or to relax. Short evening welcome reception after dinner.

STAY: In the Boyne Valley

**Saturday, September 9, 2023**  
This day's journey will take us to the most extraordinary high crosses in all of Ireland at Monasterboice followed by a short drive north to visit one of the most well-preserved ancient dolmen stones in Ireland. Dinner at our retreat center followed by an evening meditation.

STAY: In the Boyne Valley

**Sunday, September 10, 2023**  
Today we tour the ancient burial sites of Newgrange and visit the informative visitor's center there. After lunch we'll move on to the Hill of Slane and the famed Hill of Tara with its mysteries. We return to our retreat center for a meal and a meditation.

STAY: In the Boyne Valley

**Monday, September 11, 2023**  
This morning we say goodbye to our retreat center in the Boyne Valley and travel across the border of Northern Ireland on our way to the town of Sligo on Ireland's dramatic West Coast. Lunch in the Northern Irish town of Enniskillen. Dinner and overnight at a lovely seaside hotel. We may venture out late evening to hear some traditional Irish music. (Hotel has hot tubs, pool and exercise equipment. You may want to bring swim wear and swim cap and/or work-out clothes)

STAY: Sligo

**Tuesday, September 12, 2023**

With Brad, visit the Carrowmore Megalithic monument near Sligo, one of the world's most impressive prehistoric ritual sites. Those who would rather climb Knocknarea to visit the cairn of Queen Maeve are welcome to join Rita. We're all back to the hotel in time for lunch, to rest and relax, walk on the beach or visit the Yeat's grave at Drumcliffe to reflect on his life and poetry.

STAY: Sligo

**Wednesday, September 13, 2023**

Today we wind our way through the beauty of County Mayo toward Kylemore Abbey and Connemara National Park. Following lunch in Westport, we move on through County Galway to board a late afternoon ferry to cross Galway Bay for two nights on the Aran Islands.

STAY: Aran Islands (Inishmore)

**Thursday, September 14, 2023**

Home to some of the earliest Christian settlements in Ireland, we will discover how rugged, isolated landscapes on the Aran Islands formed a distinct spirituality that became a beacon of light for European Christianity in the Middle Ages.

STAY: Aran Islands (Inishmore)

**Friday, September 15, 2023**

Following a guided exploration of the unique spiritual tradition of the Aran Islands, we board the ferry where we'll enter the rugged beauty of the Burren, walk to St. Coleman's well and visit the cliffs of Moher, one of the most dramatic cliffs in Western Europe. Dinner and overnight at our seaside hotel.

STAY: Spanish Point

**Saturday, September 16, 2023**

We'll enjoy a drive through Co Clare on our way to the remote western beauty of the Dingle peninsula. For the next two nights our group will take over two bed and breakfast inns. (Ferry ride from Clare to Kerry)

STAY: Dingle Town

**Sunday, September 17, 2023**

The Dingle peninsula is home to a variety of stone circles, monastic settlements, beehive huts, a perfectly preserved oratory, the Blasket Islands, and an excellent visitor's center. A local archeologist and guide will join us for our tour of the Dingle peninsula. Dingle Town is home to artisans and musicians who specialize in the Celtic tradition. Free evening.

STAY: Dingle Town

**Monday, September 18, 2023**

Leaving Dingle en route to the Irish heartland, we stop in the quaint town of Adare, known for its thatched cottages, then travel on to Kildare Town, stopping to visit the unique cross at the ancient monastery of Moone.

STAY: Kildare

**Tuesday, September 19, 2023**

Kildare, the church of the oak, is the historic home of St. Brigid and now the home of the Brigidine sisters. We begin our day with a meditation at the Christian Community Center called Solas Bhride and spend time with the energetic and visionary sisters who are leading a renaissance in women's spirituality in Ireland. We'll pray with them in the serene surroundings of Brigid's well and visit the Cathedral before driving over the ancient pilgrim route across the Wicklow Mountains to Glendalough.

STAY: Glendalough

**Wednesday, September 20, 2023**

Glendalough, the "valley of the two lakes," is where we will be greeted by one of the most remarkable round towers in all of Ireland. We'll stay next to Glendalough so you can visit these magnificent ruins early in the morning or late in the evening.

STAY: Glendalough

**Thursday, September 21, 2023**

A day in Glendalough to explore, relax and reflect. A beautiful outdoor labyrinth is available all day for your walking meditation. Dinner and goodbye celebration.

STAY: Glendalough

**Friday, September 22, 2023**

6:30 am transfer to the airport

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# Contemplative Ireland

## A Celtic Pilgrimage

### **Tour Price:**

Basic Tour Price: \$4195 US

Single Occupancy Supplement:  
Add \$795 US to basic price

(This pilgrimage does not include transportation to and from Ireland)

### **Payment schedule:**

- \$495 non-refundable deposit due upon receipt of application. If this trip is canceled due to insufficient numbers, your deposit will be returned.
- Send early to ensure your place: \$495 deposit
- February 1, 2023 - \$1500 due
- April 1, 2023 - \$1000 due
- June 1, 2023 - Balance due

All payments payable 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.
- Cancellations after February 1, 2023, 50% non-refundable.
- Cancellations after April 1, 2023, 75% non-refundable.
- Cancellations after June 1, 2023, 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
- Good food
- Deluxe motor coach
- All scheduled sightseeing, entrance fees, and guides
- Meals as follows: Day 1 - D; Day 2 - B, D; Day 3 - B, D; Day 4 - B, D; Day 5 - B, L, D; Day 6 - B, D; Day 7 - B, D; Day 8 - B, D; Day 9 - B; Day 10 - B; Day 11 - B, D; Day 12 - B, D; Day 13 - B, D; Day 14 - B, D; Day 15 - B.

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

### **Tour price does not include:**

- Your transportation to and from Ireland.
- 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 - 30 to 35 Euros per person. (suggested)
- Your transportation cost to meet the group if you arrive later than 11am on Friday, September 8, 2023 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 2 - L; Day 3 - L; Day 4 - L; Day 6 - L; Day 7 - L; Day 8 - L; Day 9 - L, D; Day 10 - L, D; Day 11 - L; Day 12 - L; Day 13 - L; Day 14 - L; Day 15 - 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 Ireland are specialists from many disciplines. They include:

- PhD students studying megalithic culture
- Artists and woodcarvers who interpret Ireland's mythology in creative ways
- Musicians who've played traditional Irish music all their lives
- Gaelic speaking archaeologists who bring Ireland's past to life
- The community of St. Brigid who've committed themselves to keeping her flame alive both outwardly and inwardly
- Committed leaders, who unwrap the mysteries of Glendalough's monastic city

Each of these friends will impact your life in surprising and unforgettable ways.

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## A Celtic 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

1-877-489-8500 toll free

E-mail: [brad@illuminatedjourneys.com](mailto:brad@illuminatedjourneys.com)

Please reserve \_\_\_\_\_ space(s) for the Contemplative Ireland Celtic Pilgrimage. A check for a non-refundable deposit of \$495 per person is enclosed. Cancellation policy is outlined in this brochure.

**Reserve soon—this tour is limited to 15 participants.**

Name: \_\_\_\_\_  
(as it appears on your passport)

Name: \_\_\_\_\_  
(as it appears on your passport)

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Mobile Phone: ( \_\_\_\_\_ ) \_\_\_\_\_

Email 1 \_\_\_\_\_

Email 2 \_\_\_\_\_

**Tour cost** Please mark appropriate box(es)  
(Note: prices do NOT include transportation to and from Ireland)

- Basic Tour Price PP: \$4195 US (sharing twin/double room)
  - Sharing—I need a roommate  
If no suitable roommate can be found, Single Occupancy Supplement (\$795) will be applied
  - Sharing—I have a roommate  
Roommate's name \_\_\_\_\_
- Single Occupancy Supplement: Add \$795 US to basic price

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

Signature \_\_\_\_\_

Signature \_\_\_\_\_

Date: \_\_\_\_\_



### The Fine Print - Contemplative Ireland 2023

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 in similar categories.

**Baggage:** Airline baggage allowance and fee structure is unique to each airline. You are responsible for those fees. We encourage you to fit everything into one small bag and one carry on.

**Children:** Children (under 10 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 motorcoach. 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 rates existing on March 1, 2022. Prices are per person based on sharing a twin room. 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. Any devaluation or revaluation of currencies will affect the printed prices.

**Insurance:** Information regarding travel insurance will be made available to all participants. Travel insurance covers losses in the event of cancellation of the tour, 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 that you need special travel arrangements or assistance to return home.