



# Sacred Irish Journey

with

August Goncalves

September 2019

# DAY 1

## Shannon, Ireland



### **ROOMS HAVE BEEN RESERVED AT THE SHANNON PARK INN.**

Exit the airport through the "arrival" doors  
and cross to the rental car park.

The colored footprints on the pavement will  
lead to the hotel. (Short walk!)

- The hotel has agreed to accommodate early check ins to the best of their ability
- A meeting will be held in the hotel at 4:00 p.m. - room TBA.
- The hotel has a restaurant and a bar area that serves food for your convenience.
- Food is also available on the first floor of the airport.

**Dinner at [Durty Nelly's](#) in Bunratty.**



Durty Nelly was the keeper of a toll-bridge over the river Owengarney in County Claire.

This is the original Durty Nelly's, complete with a thatched roof and castle in the background.  
(Bun Ráite)



Shannon (Sionainn) is located in County Claire and is named for the River Shannon which flows through this area.

The Vikings were the first to make a settlement here in 970 A.D.

This area is full of history. Anyone wishing to arrive a day or two earlier with exploring in mind, feel free to contact the Park Inn by Radisson Shannon Airport or any of the many B& B's in the area.

Park Inn by Radisson

Phone: +353 (0) 61 471 122

Email: [reservations.shannonairport@parkinn.com](mailto:reservations.shannonairport@parkinn.com)





# DAY 2

## Liscannor

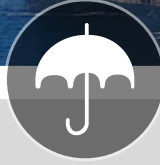


Photo courtesy of Wikipedia

After breakfast, we meet our driver in front of the Park Inn for a journey to the breathtaking Cliffs of Moher.



**IT IS ADVISABLE TO CARRY A SCARF, GLOVES AND HAT ALONG WITH A JACKET**



It can get very windy on most days high above the waters of these sea cliffs.

**Always expect rain!**

- The Cliffs of Moher are located at the southwest section of the area of Ireland called the Burren.
- Chiseled by the last Ice Age, the name comes from “Mothar”, which means “ruin of an old fort”.
- Doolin cave is carved into the base of the Cliffs and is visible from boat rides along the coast.

### Fun Fact

You may recognize these cliffs as the backdrop for scenes in many movies, such as *Far and Away* and *The Princess Bride*

Doolin Cave in particular was quite prominent in *Harry Potter* and *the Half Blood Prince*.



Through the entrance gate, past the visitor center, two different paths lead to the top of the Cliffs of Moher.

O'Brien's Tower can be seen at a distance on the path to the right.



Leaving the Cliffs of Moher we pass the [Liscannor Rock Shop](#).

Full of fossils, gemstones, crystals, rocks and even a tea room. A must see!

Holy wells are found all over Ireland. Some are long forgotten and not visited anymore.

On feast and holy days, locals still perform ceremonies here.



### St. Brigit's Well

A short distance from The Rockshop is St. Brigit's Well.

Begun as a pagan site, through the ages this well and others like it, have merged the pagan and Christian beliefs.





## Ballyseede Castle

Next we leave Liscannor (lunch enroute) and journey to Tralee for a night's stay at the lovely and haunted [Ballyseede Castle](http://www.ballyseedecastle.com/)!

Located just 3 miles outside the town of Tralee in beautiful County Kerry, Ballyseede Castle boasts of having 30 acres of gardens and woods, an orangery and Mr. Higgins, the Irish wolfhound.





# DAY 3

## Killarney



This Photo of Killarney is courtesy of TripAdvisor.

An early departure for [Killarney](#) will bring us to this County Kerry town that sits on the Ring of Kerry and Lough Leane.

The famous Ring of Kerry actually begins in Killarney (Cill Airne “church of sloes”).

The first settlement here was founded by St. Finian, the Leper, on Innisfallen Island in Lough Leane.

Photo courtesy of <https://killarney.ie>

**Killarney National Forest is Ireland’s oldest national park, covering 26,000 acres.**

**This massive area includes the McGillicuddy Reeks with the highest mountain in Ireland: Carrauntoohill.**





Ross Castle, photo courtesy of Killarney Website

15th Century [Ross Castle](#) is the ancestral home of the O'Donoghues. It is a typical medieval chieftain's fortification. Two of its towers still remain.

After a tour of the castle we will head down to the shores of Lough Leane and a trip to nearby [Innisfallen Island](#).



It's a short boat ride to Innisfallen Island and ruins of a monastery founded in 640.

The monks of Innisfallen are responsible for the *Annals of Innisfallen*, a documentary of their lives and the history of Ireland over a period of 300 years as they viewed it.



Founded in the middle 1400's by Franciscan Monks, [Muckross Abbey's](#) history is full of destruction and rebuilding.

In the courtyard's center is an ancient Yew, the sacred tree of the Druids (650 years old).



[Muckross Park Hotel and Spa](#), a five star hotel situated in the Killarney National Park is one of the oldest hotels in the city. Relax and unwind after a full day.



Photo from [muckrosspark.com](http://muckrosspark.com)



Photo courtesy of TripAdvisor



# DAY 4

## Killarney



After breakfast we depart for the Ring of Kerry (Iveragh Peninsula) and journey to Staigue Fort in Sneem.

The remains of this ring fort are thought to be from the early Iron Age (300 to 400 AD - Celts). There are many earthen and stone “cashels” throughout Ireland, but Staigue stands out because of its large size.



Photo courtesy of TripAdvisor



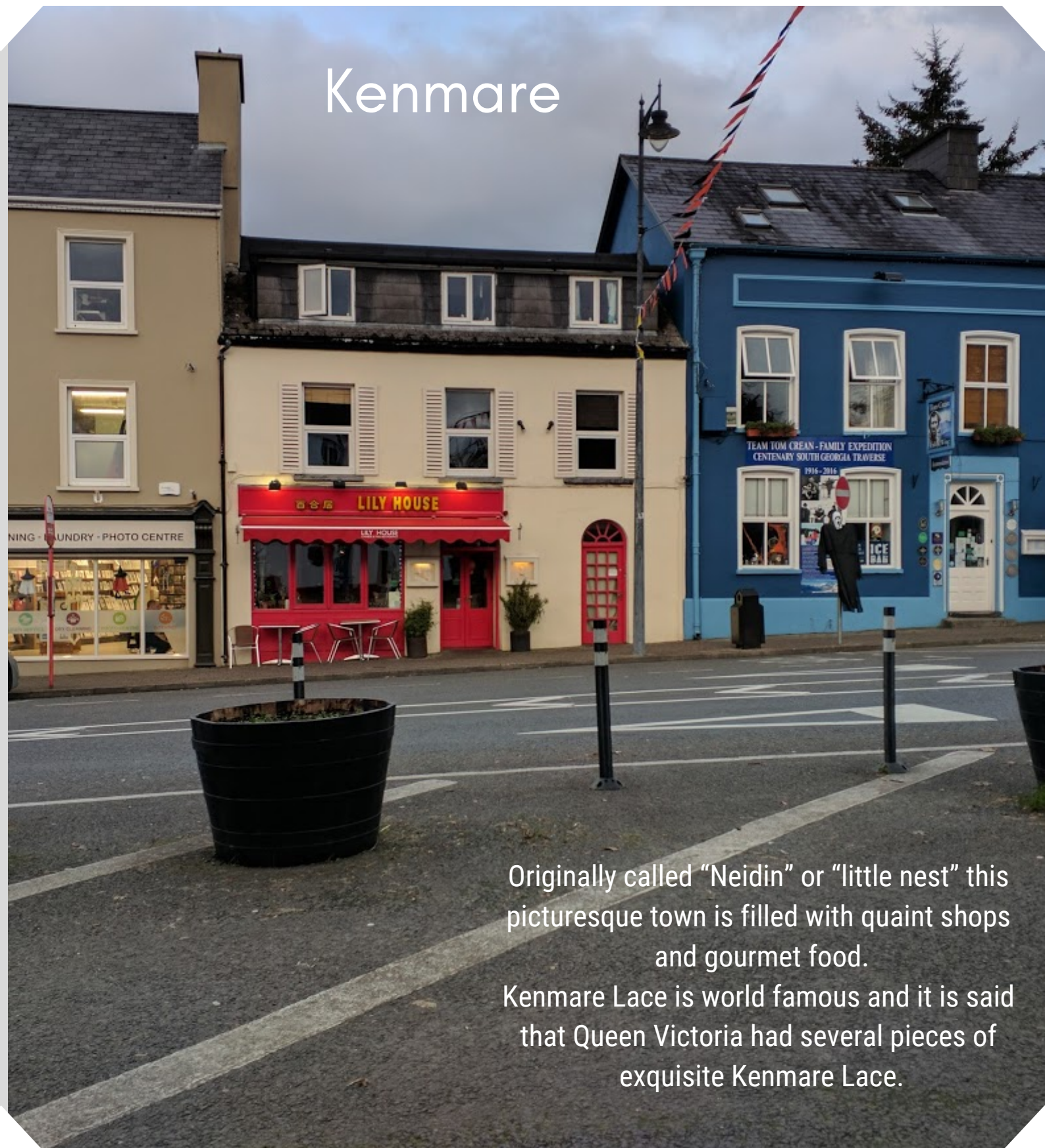
*Cathair na Stéige*  
[www.directionireland.com](http://www.directionireland.com)

Along the way we will stop at *Ladies View*. Definitely one of the most photographed views in Ireland.

Made famous by Queen Victoria and her ladies in waiting, this view is a stunning panorama of the Killarney Lakes.



# Kenmare



Originally called "Neidin" or "little nest" this picturesque town is filled with quaint shops and gourmet food.

Kenmare Lace is world famous and it is said that Queen Victoria had several pieces of exquisite Kenmare Lace.

**After a tour of Our Lady's Well and lunch in town, time will be allotted for shopping.**

**For non-shoppers, there is Kenmare Stone Circle and a church with gorgeous stained glass windows, all within walking distance.**



# DAY 5

## Castletown - Bearhaven



**Today we head further into the Beara Peninsula, which has its own "Ring". Less known than the Ring of Kerry, it is no less beautiful.**

**The Healy Pass has about twelve miles of hair pin turns, winding roads, and freely roaming sheep, this stretch is not only fun but has amazing views!**

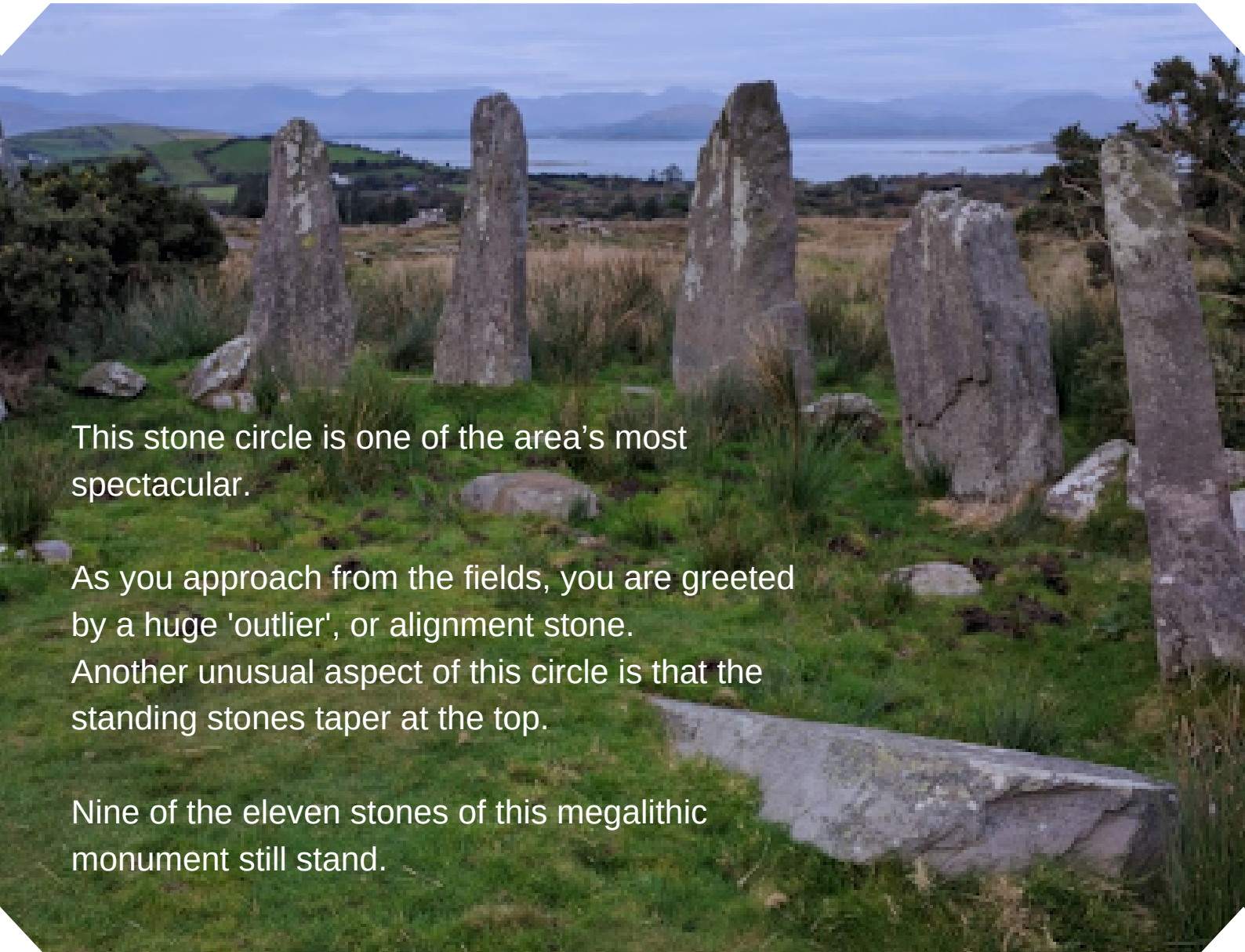
**Named after Tim Healy, this passage begins in County Kerry at Lauragh Bridge and ends in Adrigole, County Cork.**

**[History of the Healy Pass](#)**



## ARDGROOM STONE CIRCLE

*Be sure to wear your hiking boots!*



This stone circle is one of the area's most spectacular.

As you approach from the fields, you are greeted by a huge 'outlier', or alignment stone.

Another unusual aspect of this circle is that the standing stones taper at the top.

Nine of the eleven stones of this megalithic monument still stand.

**Leaving Ardgroom, the bus travels to Castletownbere, the largest white fish port in Ireland.**

**Lunch in Castletownbere will be at one of the local restaurants and then a quick stop at the local grocery store for snacks.**

*(The Berehaven Lodge cottages have fully equipped kitchens and laundry room.)*





After settling in at the [Berehaven Lodge](#), we will meet in the Waterfall Room for an Irish Blessing and evening of Storytelling.



Dinner will follow in the main dining room of the Berehaven Lodge Restaurant.

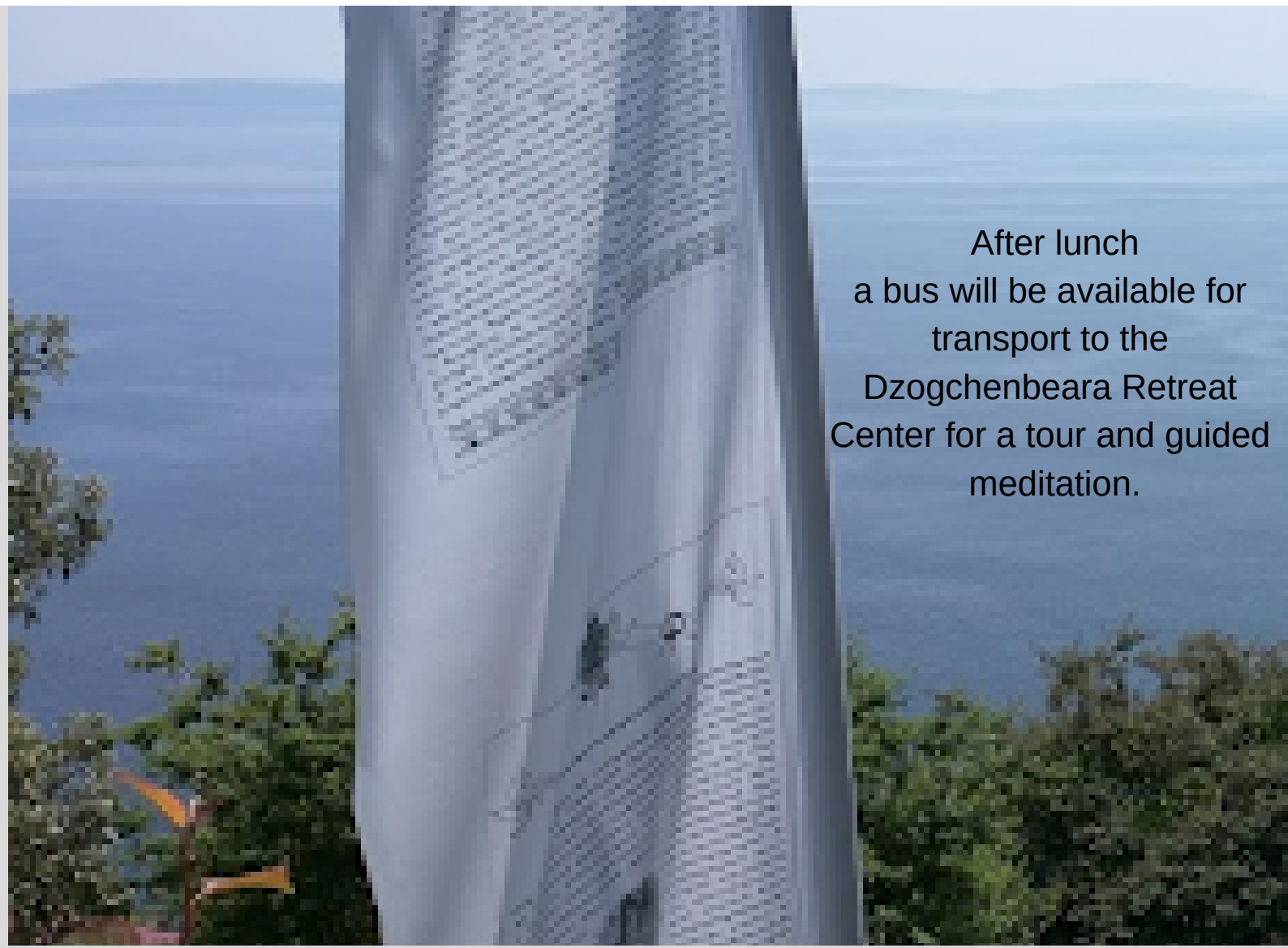




# DAY 6

## Castletown-Bearhaven Workshop Day

Meet in the Waterfall Room after breakfast for a workshop with August Goncalves. Light refreshments will be available during this time. This is a dedicated four hour session so please be sure to bring any necessary items with you.



After lunch  
a bus will be available for  
transport to the  
Dzogchenbeara Retreat  
Center for a tour and guided  
meditation.



# Day 7:

## Castletown-Bearhaven

### Workshop Day

After breakfast, Irish Shaman, Norah de Barra will lead groups on a shamanic journey with morning and afternoon sessions. This workshop is a core shamanic method that helps initiate and develop a relationship with compassionate, loving spirits.



Evolutionary Astrology sessions with August Goncalves will be scheduled during this day. Since the number of sessions possible will be limited, participants must request a reading when registering for the trip.



# Day 8:

## Castletownbere to Tipperary

After breakfast it's time for last minute packing. Be sure to refer to the lodge information packet on how to leave the cottages.  
Meet at the bus for a prompt departure for Tipperary and the Rock of Cashel.

The Rock of Cashel is a group of buildings dating back to medieval times. “Cashel” means “fortress”. Located high on a grassy hill, this location was comparable to the Hill of Tara further north, as a seat of Irish power and rule. It is a short walk from the town center to the top of this rock. From there one can look over the land ancient kings surveyed as their own.

Text placeholder



Photo courtesy of cashel.ie

Our final journey will take us back to Shannon and the Park Inn for dinner and a good night's rest before flying home tomorrow.





# Day 9:

Shannon



*Slán*

## **What's Included:**

- 9 Days
- 8 Nights Lodging\*
- Breakfast and Dinner Daily (lunch vouchers)
- Ground transportation as described in itinerary
- Entrance fees to attractions as listed in itinerary
- Shamanic Journey
- Irish Storytelling
- Regression Workshop
- Meditations

## **Not Included:**

- Air Fare
- Travel or Medical Insurance/costs
- Transportation other than listed in itinerary
- Entrance fees not listed in itinerary
- Evolutionary Astrology Sessions
- Alcohol
- Gifts, Souvenirs, Snacks
- Tips