

ARD NAHOO ECO RETREAT, CO. LEITRIM

Ard Nahoo is an Eco Retreat overlooking Lough Nahoo in the Glens of North Leitrim. In fact Ard Nahoo is much more than an eco friendly place to escape to for a break. It comprises six acres of unspoilt landscape and gardens offering guests a quiet space for rejuvenation, clarification and transformation. The wooden eco cabins have been designed to have minimal impact on the surroundings yet do not compromise in any way on comfort and beauty.

The first thing you see when you visit Ard Nahoo are the wonderful entrance gates. This amazing piece of art depicts what lies at the other side:- the long and winding lane leading to the health farm in the revamped barn incorporating a yoga studio, relaxation room, shop, treatment rooms and a steam room, sauna and hot tub overlooking Lough Nahoo plus the self catering eco cabins and the original stone house with outbuildings complete the picture.

Ard Nahoo was lovingly created by Noeleen Tyrrell and Brendan Murphy who have nurtured and developed this family run business into the award winning retreat centre that it is today. Like the gates, Ard Nahoo really is a once off. Guests have described their experience as 'arriving in one body and leaving in another', 'a transformational experience'.

A favourite therapy at Ard Nahoo is the Uisce (*Irish meaning water*) Hour, a variety of water and steam treatments will soak away any tension and acts as a great tool for relaxation and detoxification. The range of therapies and treatments ensure there is something for everyone and include massage, craniosacral therapy and reflexology.

Yoga and meditation are an integral part of all retreats at Ard Nahoo. Yoga & meditation practice cultivate a strong supple and healthy body, a clear and peaceful mind and are a tool for personal and spiritual exploration and growth. Owner Noeleen Tyrrell has practised yoga for almost twenty years and has been teaching at Ard Nahoo for almost ten.

ARD NAHOO ECO RETREAT 2010 RETREAT CALENDER

3 Day Detox Retreat: Take 'time out' to cleanse body, mind and spirit with a comprehensive detox. With support and guidance from professional staff, information and skills are imparted with a view to continuing a healthy lifestyle post Ard Nahoo. The benefits are; clearer eyes and skin, increased energy and a more positive outlook. This retreat includes daily gentle yoga classes, walks, sauna and hot tub sessions, sunset meditations, organic food, juices and super foods.

€420

Dates: 4th – 7th February & 23rd – 26th September, 2010

Yoga & Walking Retreat: This uplifting wellness weekend is designed to strengthen the body and mind. Yoga sessions are tailored to the participants. Rewards reaped on the yoga mat result in a strong body, clarity and peace of mind, whilst the walks in the beautiful glens of Leitrim are invigorating and energizing. This retreat includes morning and evening yoga classes incorporating asana practice, pranayama (breathing exercises); meditation and relaxation; guided walks; delicious organic vegetarian food and a chance to 'soak and stargaze' in the outdoor hot tub.

€300

Dates: 30th April – 2nd May & 3rd – 5th December, 2010

5 Day Detox and Juice Cleanse Retreat: This transformational retreat is one of the first of it's kind in Ireland, and specially designed to completely cleanse the body, whilst leaving you with life skills to help you to lead a healthier and happier lifestyle. With a complete two day juice fast included, as well as the usual detox package of daily yoga, daily sauna/hot tub sessions, countryside walks and beautiful food, juices and smoothies, this retreat will leave you feeling bright eyed, clear headed and brimming with new knowledge. Workshops in nutrition and personal development play a major role in the retreat, as well as the treatments included (one massage and two aural acupuncture sessions).

€630

Date: 23rd – 27th June, 2010

Wise Woman Weekend: (*T'would be a wise man to avoid this one*). Open to women only.

In a world dominated by masculine energy, the Wise Woman Weekend is a safe place to celebrate all it means to be a woman. This is a weekend of learning, discovery, celebration and fun for women of all ages. It is a time to reclaim the wisdom within, learn about new things, to discover the creative side, to explore ideas and share thoughts with others.

€110 pps (2 nights' accommodation & 'Uisce Hour')

Date: 28th – 30th May, 2010

Celtic Spiritual Journey: The untouched Leitrim landscape provides the perfect backdrop for exploration into the history, myth and legends of the land. Jointly led by local historian and archaeologist Sam Moore and owner of Ard Nahoo, Noleen Tyrrell, this trip will visit historical local sites and incorporate the knowledge and energies of old to help explore both the outer and inner landscape. This is a fusion of the ancient history of the North West of Ireland and the ancient philosophies and practices of yoga. This meeting of East and West, promises to be an educational and inspirational journey. A relaxed itinerary allows for free time to explore the area further or simply relax. Includes shared accommodation, vegetarian food, morning yoga class, daily walks and guided tours.

€ 795 pps

Date: June 14th – 20th

Ard Nahoo Eco Retreat, Mullagh, Dromahair, Co. Leitrim

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CASHEL SCHOOL HOUSE, CO. MAYO

Cashel School House has come a long way since the doors first opened in 1910, just a few miles from Swinford, Co. Mayo. Children walked, some for miles, from surrounding townlands to Cashel School to learn what was sometimes referred to, as the three'R's; reading, riting and rithmetic! Little did the children know as they then toiled with ink and paper, that some years later this very building would become a wonderful haven in which to have a self catering holiday.

Today, as we celebrate the centenary of Cashel NationalSchool the structure remains basically the same on the outside. But a sensitive conversion inside by owners Imelda & Sean O'Hara has brought this building forward to reach the standard of 4 star self catering accommodation fitting to today's discerning tourist. A spacious comfortable living area, with an open stone fireplace and gallery area is complimented by four inviting bedrooms, 2 ensuite and a well equipped kitchen/dining room all suitable for groups up to 7 people. Because of its wonderful rural location and sense of history Cashel Schoolhouse enjoys a lot of repeat business from visitors who have enjoyed fishing the world renowned River Moy or on one of the many Lakes in the area; Golf in the local 9 hole course in Swinford or 18 hole championship courses within easy reach at Westport, Enniscrone or Rosses Point; Walking one of the many local trails and loop walks such as the Foxford Way , Callow Loop or Brabazon Wood Loop or just generally enjoying the West of Ireland.

In recent years, when welcoming guests to Cashel Schoolhouse, Imelda and Sean have found that people are seeking more from their holiday than the physical activities for the body. They want the complete experience of getting away from it all, to include fulfilment for the mind and soul, a time for contemplation, meditation and regeneration, a touch of Spirituality.

Knock Shrine is a 15 minute drive and there are a number of religious and heritage sites within an hour of the Schoolhouse. Guests can intertwine these trips with their normal preferred activity, or completely immerse themselves in a Spiritual holiday discovering what was, what might have been, what is and what is to be. A good starting point is to ponder a while at the babbling stream in front of Cashel Schoolhouse, then go indoors and in front of a turf fire plan your day based on the following suggestions.

Option 1: Knock Shrine: Located a 15mn drive from Cashel Schoolhouse visit the world famous Marian Shrine. Pray at the gable where the apparition took place in 1879. Visit the other chapels within the complex and partake in the ceremonies. **Tranquilla** is a Carmelite Monastery of enclosed Nuns located just minutes away from the Shrine. This is a unique opportunity to meet with the Sisters and Vespers are held daily at 4.30pm where visitors are invited to join. **The Knock Museum** is well worth a visit as it documents the Apparition and places it in context of life at that time. See the original handwritten statements of those who witnessed this sacred event and understand what life was like for them.

Option 2: Ballintubber Abbey: From its 12th century beginning to the present day mass is still celebrated in Ballintubber Abbey and is now part of the **Tochar Pdraig** Pilgrimage to Croagh Patrick. Explore the history of the Abbey with a guided tour. **Celtic Furrow** is located very close to Ballintubber Abbey and here one can get lost in the maze which traces 1,000 years of challenge and hardship and recall Irish customs. **Croagh Patrick** - this holy mountain is renowned for its annual pilgrimage in honour of St Patrick. Enjoy the visitors centre located at the base of the mountain in Murrisk (outside Westport) and quietly reflect at the National Famine Monument. On the return journey visit **The Museum of Country Life** located at **Turlough Castlebar** to experience Country Life between 1850 -1950 through a combination of artefacts and displays.

Option 3: Fr Peyton Centre Attymass: The Centre commemorates the life and apostolic work of Fr Peyton the Rosary priest – 'the family that prays together, stays together' The Centre is a place of respite, prayer and peace with a prayer garden and spiritual guidance on request. Visit **Foxford Woollen Mills** Visitor Centre and re-live the story of a remarkable nun, Mother Agnes Morrough-Bernard (1842-1932), who founded the Foxford Woollen Mills in 1892. As you head back to Swinford make time to enjoy **Callow Loop Walk**. Experience peace and tranquillity as you walk the quiet country road by Callow Lake, listen to the birds, meditate and enjoy the bog heather. To step back in time and let history come alive pay a visit to **Hennigan's Heritage Centre Kilasser** and at the **Famine Grave in Swinford** – quietly reflect on this mass famine grave.

Prices from: € 200 per weekend/€ 360 per week

These are just some of the many options available. Imelda and Sean are delighted to provide maps, information and alternate suggestions.

Cashel Schoolhouse is the one place you wouldn't mind receiving detention!!

Imelda & Sean O'Hara, Carrick Callow, Swinford, Co. Mayo. (Cashel School House)

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CELTIC DREAMTIME DAYS

John and Claire invite you to share a Celtic Dreamtime Day with us and experience some ancient Erin traditions. We are located in relaxing south Co. Sligo and very easy to get to by car, bus or train from Dublin. This is a perfect relaxed way to commence a vacation in Ireland as an alternative to trying to wind down in busy exciting Dublin. Here is a typical Celtic Dreamtime Day you can share with us

First, we hope you arrive the afternoon or evening before to relax for dinner and overnight stay at our local homely Ballaghboy Lodge Farm. If so, we start in the morning, not too early, after you have had a lay-in and relaxed breakfast. I will introduce you to Ceis Coarran, the mountain of the Morrighu, and the foundation of our myths and traditions in this part of Ireland.

Observing the mountain of Morrighan ...here you will view the caves from where it is said the Morrighu, known to many as Morrighan, broke her waters and fertilized the land. This was followed by the birth of Bride, known to many people worldwide as Brigid, the goddess of Erin. This is the start of the Bride and Brigid traditions we will share with you through this day

Exploring the Carrowkeel Cairns of the earth and stars ...we enter the beautiful remote heart of the Bricklieve mountains and drive uphill to the cairns, which provides breathtaking views as we climb. Carrowkeel Cairns are Stone Age sacred passage cairns that have origins dating back 5500 years ago. Most folks are familiar with the passage cairns of Newgrange, Knowth and Loughcrew but we feel these cairns of Carrowkeel are worth visiting first. They are older, remoter and allow more personal time to connect, reflect and dream away. The landscape here is beautiful, and usually a huge surprise for visitors. At the highest cairns, visitors can enjoy views of up to a third of Ireland on a clear day. From here the alignments are fascinating! John can also share intriguing and quite romantic stories that connect to ancient Brigid legends and related ancient mythology that can surprisingly inspire and re-ignite our lives and loves today.

Just love the donkeys ...next is a visit the remarkable Sathya Sai Donkey Sanctuary where visitors can enjoy the company of welcoming rescued donkeys and ponies in their peaceful sanctuary and hand feed them ginger biscuits and carrots.

A welcome lunch ...early afternoon and its time for a welcome lunch of local foods at our Celtic Dreamtime traditional restored thatched cottage.

Explore the Two Worlds Labyrinth ...after lunch we share our Two Worlds Labyrinth Garden where we can introduce and share some of the ancient traditions from the past that are still celebrated at the four Celtic Year celebrations of Imbolc, Beltaine, Lunasa and Samhain, including making Brigid Crosses. Within our Labyrinth Garden you can also discover a little about "Ogma's Tale Of The Trees" and the creation of the Ogham alphabet and language of the trees, that is said to have first been taught near here, a language that is much older than the traditional Gaelic language.

A moment of song, harp and where Erin tradition began ...we finish with a singer harp and story performance by Claire Roche in the cottage, or outside on sunny summery days, Within this performance you can discover the stories of myths about how the harp arrived in Erin and became its national symbol. While here enjoying a traditional cottage ceili, you can share your songs and stories with us too :-)

Our Celtic Dreamtime Day is now only €35 per person for the day, including lunch

Accommodation of dinner, beverage, bed and breakfast is arranged for you for €55 pps

Additional Celtic Dreamtime days are arranged by request for Sligo coast, Cavan's Burren, Glencolumcille Donegal, Royal Connaught and other locations presented by our network of storytellers, guides and bards

John Willmott has lived a passion for ancient sites, Celtic mythology and folklore for over 50 years

now that has been interpreted through acting, tour guiding, workshop retreats, creating and managing Celtic themed events around the world, performing as a storyteller and speaker, Celtic stone masonry and Celtic garden planning, including labyrinths.

Claire Roche has lived a passion for harps, the lives and work of ancient harpists and Irish literature based on mythology and folklore, especially W.B. Yeats and his Sligo connections, for over 40 years now.

To find our more visit the Celtic Dreamtime web site at www.celticdreamtime.com with online inquiry and booking or phone John at +353 71 966 6480 or email: john@celticdreamtime.com

CONNEMARA HOLISTIC VENTURES

Maureen Maloney Faherty is a calm warm person. It is the gentle American lilt in her soft spoken tone which is most endearing. This, along with her desire to share amongst others; her own faith and belief in the powers of emotional and physical healing. Such is the gentle but positive power emanating from Maureen that, one man came for some healing treatment and never again left her side. That man is Maureen's husband, Jimmy Faherty. Together now for 25 years, their individual convictions have only been strengthened by their union. Jimmy was born in the village and has knowledge of reading the weather and the sky passed down from his father. Through his 40 years as a Curragh Fisherman, along with his wealth of knowledge of the local mountains, seascape and Islands, brings an extra dimension to the Holistic ventures. Maureen holds a degree in Psychology and is a member of American Humanistic Psychological Association. Both Maureen and Jimmy are members of the Association of Registered Complimentary Health Therapists of Ireland and International Association of Kairos Therapy. Kairos is a therapy which helps with all levels of stress to bring relaxation and emotional freedom in the body.

The Faherty's have combined their healing therapies with the wild wonderful hinterland at Lettergesh West, Co. Galway to offer Connemara Holistic Ventures. Starting out on this venture with nature was enhanced by the discovery of an Ancient Healing Quartz stone, in the field overlooking the rolling waves of the Atlantic Ocean. The Faherty's believe this stone has metaphysical crystal properties and acts as portal and has connection with the Dolphin Temples and Song Lines in the Connemara Sea. It is also known as the "Singing Stone" we hold sing-songs there in summertime. The emphasis at Connemara Holistic Ventures is being at one with nature and most of the healing takes place outdoors, except when it rains we go into Jimmy's Storytelling Room where he entertains with sharing the good old days in his father's time; as you are mesmerized with the view of landscape outside and drink your tea or coffee. Another aspect of this wonderful passage is a walk along Mám Eán, which means Pass of the Birds, high in the Maam Turk Mountains which offers spectacular views of North Connemara. There are both Christian and Pagan stations at this site along with a Lake and a holy well both attributed with healing waters.

Meditate - Alleviate Stress - Heal Well – Story Tell – Relaxation – Rejuvenation

Ventures start with a welcoming cup of tea/coffee at the local Maol Reidh Hotel in Tullycross, North Connemara. Maureen & Jimmy will assure you settle in to your accommodation of choice: The Maol Reidh Hotel - B&B Guesthouse - Self - Catering Accommodation.

Special Ventures in: Ancient Irish Shamanic Healing on May 15 & 16 with Amantha Murphy and Crystal Healing Training-in October – with Jhadten Jewall, contact us for details.

Option 1: Connemara Holistic Venture: Commence with a gentle walk through the healing fields by the sea shrouded by the beautiful majestic ocean sounds and smells. Introduction to Tai-Chi, a classical Martial Art for Relaxation and Stress reduction. This gentle form of exercise will increase optimal health. Teach a simple slow movement which will stay with you always. Spend time with the ancient Quartz Stone and bring your own crystal stones to be energized.

Option 2: Connemara Holistic Venture: Activities run from 10am-4pm. Gentle walks, clear your mind and your body with reflection by the sea. Or more vigorous walk and Tai Chi Meditation with the mountain landscape. Individual Healing Treatments available by Appointment: Kairos Therapy or Massage Therapy

Option 3: Connemara Holistic Venture: Spend time enjoying treatments of deep relaxation with Kairos Therapy. A series of sessions can help alleviate stress. And bring emotional freedom Included will be participation in the meditative fields overlooking sea whenever required between sessions. This time with nature can enhance healing sessions immensely.

Option 4: Connemara Holistic Venture: Full day out – picnic lunch provided. Spend the day at Mám Eán. Drive to entrance and follow a marked walk at a gentle pace enjoying the spectacular scenery. Heighten your spirituality along the way with the stations, both Christian and Pagan and visit the holy well and learn of local traditions along the way, passed down by Bina McLoughlin, teacher to Maureen and Jimmy for 14 years.

Cost for Holistic Ventures is €75 per day or €200 for 3 days. Lunch is included. Specific Treatment costs are not included. Accommodation costs are separate.

**Maureen & Jimmy Faherty, Lettergesh West, Renvyle, Connemara, Co. Galway
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“Our calling as Friars is to heal wounds, to reunite those divided by enmity or misunderstanding and to lead back home those who have lost their way” (Life of St. Francis by 3 Companions, 36:58-60). The Franciscan Centre for Peace and Reconciliation in Rossnowlagh is a community of friars, staff and volunteers designated to be a people of peace who promote reconciliation among themselves and others.

The Franciscan Friars in Donegal: Arriving in Ireland circa 1228 the Franciscan Friars have a long established connection to the country. Dedicated to the Gospel, penance, respect for creation, harmonious relations with the whole family of creatures, their spirit touched a chord with the Irish people. Lady Nuala O’Donnell, wife of the O’Donnell chief, personally invited the friars to Donegal, and they arrived in 1474 to work peacefully while praying and ministering spiritually to the local people. Unfortunately following the excommunication of Queen Elizabeth in 1570 many Friars felt justified in opposing English domination and this led to a turbulent period where Friars were persecuted and the Friary was destroyed. Decades of turmoil ensued. However they finally established a permanent place on the shores of Lough Eske in a townland called the Friary. Despite everything it was during this unsettled time of fear and despair, that Br Michael O’Clery and his companions – the four Masters, were producing the most precious manuscript collections in Ireland known as the “Annals of the Four Masters”. The Friars ministered at Lough Derg from 1631 to 1780 and by the 1800’s all the friars had gone from Donegal although their memory lived on in folklore, place-names and in the hearts of the people

Franciscan Donegal Today, 1946 – Present Day: The past glories of the Franciscans in Donegal were very much in the mind of Bishop McNeely when he expressed a wish that the Friars return to his Diocese of Raphoe. In April 1946 the “Sheil House” was bought and two small army huts served as the first Church. The Franciscans had a foundation in Donegal once more. The foundation stone of the new Church and Friary took place in 1950 and the Blessing and Dedication and official opening took place on June 29th 1952

The present Franciscan Friary, the Church, the Shrine Gardens and environs provide an atmosphere of peace and tranquillity which offers “Sacred Space” for the pilgrim, tourist or casual visitor. Nestling on a hill overlooking the ocean with miles of unspoilt sandy beach, this “Heavenly Cove”, Rossnowlagh, is a tonic for the weary traveller. The beautiful landscaped Gardens and Shrines are rich symbols of our Christian/Franciscan heritage which enables pilgrims to engage in quiet time of prayer, contemplation, reconciliation and the lifting up of the soul to God. The visitor will also find a very interesting Museum, a Repository for Religious items. There is also a large hall, recently refurbished, which is open for concerts, ceili and various other local groups and functions

We live at a time in history when people are increasingly busy, preoccupied by a growing recession and surrounded by an overwhelming secular culture where religious belief and values are often dismissed or ignored. Here the Franciscan Community offers a beacon of light and hope for all who come to be refreshed and find meaning and purpose in life.

We welcome people, particularly those in need of healing, always seeking to lead them towards inner peace. We do this by providing space and witness, by opening them to Christ’s soothing touch, by helping them sense God’s presence and creative power. In the spirit of St Francis we explore with them the deeper significance of reconciliation in Christ bringing meaning, love and happiness into their lives.

In establishing a Friary at Rossnowlagh, it was the purpose of the Friars to provide a place where people could come to pray and find peace. Down through the years the whole complex has been developed with this in mind. The many beautiful shrines and gardens were built and cultivated not merely for decorative purposes but to help people find the peace of God and the God of peace in the beauty of this place. Just as each of the various features of the grounds play its own part in reaching people, so also many Friars and Staff over the years have contributed to the ethos and spiritual influence that is experienced here every day of the year.

- Mass is celebrated twice daily, at 10.00am and 7.30.p.m. except on Mondays.
- Sacrament of Reconciliation: Tuesday through Sunday: 11.00am.-1.00pm. 3.00 pm - 5.30.pm.

- Devotions in honour of St Anthony (Tuesdays), St Padre Pio (Thursday) Immaculate Heart of Mary (Saturday)
- First Sunday of each month is Healing Sunday from 3.00 pm. – 6.00.pm

Whether we look back on more than 500 years of Franciscan history or on the past 60 years plus here in Rossnowlagh, we Friars are grateful to God for what he has made possible. And in the spirit of St. Francis, we wish you:

Cead Mile Failte

Peace to you who are coming

Joy to you who are remaining

Blessing to you who are leaving. Amen

**Franciscan Friary and La Verna Retreat Centre,
Rossnowlagh. Co Donegal.
Telephone: The Friary 071 985 1342 La Verna Retreat centre 071 985 2572**

GLENVIEW B&B, SLIGO

Inspired by the land of his childhood, WB Yeats requested that his final resting place should be close to the imposing Ben Bulbin; a prominent feature of the Sligo countryside, noted for its glacial sculpted outline against the ever changing sky.

***'Many times, man lives and dies between his two eternities, that of race and that of soul',
from, Under Ben Bulbin by WB Yeats.***

You too might find some solace, as Yeats did in this beautiful part of North West Ireland. Nestled between Ben Bulbin and the Copes Mountains at the head of the Glencar valley, sits the aptly named Glenview Bed & Breakfast, home to Mary and Patrick Coggins. Just 6kms from Sligo Town, Glenview affords you the convenience to explore many aspects of the surrounding area, such as heritage/ culture or enjoying outdoor pursuits. Why not combine them all to enjoy an all round experience which will enhance both the mind and the body.

Mary has created a few suggested itineraries to assist visitors to Glenview with their holiday. These ideas digested with a delicious home cooked breakfast, whilst the mountain view from the dining room beckons; will truly be hard to resist. Mary will happily tailor these itineraries to suit each guest /group of guests. Accommodation is available for up to 15 people between Glenview and its sister property next door, the Ramblers Retreat.

Some of Mary's suggestions for a fulfilling day out in Sligo.

Day 1: Enjoy the exhilaration of the spectacular Glencar Waterfall; Drumcliff Church, the grave of WB Yeats, round tower and high cross. Complete your day with a bracing dip in the Atlantic Ocean at Rosses Point

Day 2: Classiebawn Castle, holiday home to Lord Mountbatten in Mullaghmore; Creevykeel Court Tomb, a Neolithic tomb, and court where rituals were held; Sligo Cathedral, with many interesting features (consecrated in 1874). Try one of the many mapped walking routes in the area from a town trail to a forest walk

Day 3: Hourly guided tours of 13th Century Sligo Abbey (added Belfry Tower 15th Century). And 21st Century - view the lake Isle of Innisfree where Yeats spent much of his time in solitude writing poetry. Visit Tobernalt Holy Well, original penal times stone Altar and water springs from the rock. Take a boat tour of Lough Gill and visit Parkes Castle right on the shore

Day 4: Drive to Lough Arrow in east Sligo and explore the megalithic Carrowkeel Cairns complex. Visit Boyle Abbey or enjoy the outdoors at Lough Key Forest Park. Spend some time in Prayer and Reflection at the Galilee Centre run by the Mercy Sisters. Take a small but worthwhile detour for a final cleanse at the Voya Seaweed Baths

Day 5: Spend time on the famous Benbulbin Mountain following in the footsteps of Diarmuid and Grainne. What a walk, what a view overlooking beautiful Glencar Lake, Sligo Bay and as far as Donegal. What an end to a holiday - the Jewel in the Crown - A Céad Mile Fáilte awaits you in Glen View for an unforgettable holiday.

These itineraries can be altered to suit the individuals/groups requirements or interests and are based on self-guide assisted by Mary's information and directions.

A Tour Guide is available to groups; minimum 10 people at a cost of €100-€150 per day.

A minibus is available to groups; minimum 10 people at a cost of €200-€240 per day.

Prior booking is required through Mary and she will happily organise the same.

Glenview/Ramblers Retreat Accommodation:

€37 per person per night or €100 per person for 3 nights

Single Course evening meal: (i.e. Hearty Irish stew) if requested: €15 per person

Accommodation available for up to 15 people

Mary & Patrick Coggins, Glenview B&B, Drum East, Enniskillen Road, Glencar, Co. Sligo

Tel: +353 71 9143770 Email: marycoggins@gmail.com

Cruckawn, Edenvilla, Rockville and St Enda's Bed & Breakfasts, Tubbercurry Co. Sligo

Cruckawn, Edenvilla, Rockville and St Enda's are well established Bed & Breakfasts in the small town of Tubbercurry in Southwest Sligo. With over 80 years of welcoming guests into their respective homes, Maeve, Mary, Monica and Joan have a wealth of experience in perfecting the warm 'Failte' that guests justly expect to receive on a visit to Ireland. These ladies got together over many cups of tea and some homemade scones to create a suggested 3 day Spiritual Itinerary for Sligo and the surrounding area especially for their guests, groups or individuals.

This is typical of the time and effort expended by these ladies in making a holiday to Tubbercurry a better experience for visitors to this area. They have created warm comfortable homes to share with their guests. Welcome trays of tea/coffee & homebakes on arrival. Open peat fires and sun lounges; books & cd's; fluffy towels and crisp bed linen but best of all the aroma of home cooked breakfast along with the cheery good morning, what better way to start the day!

Surrounded by the undulating terrain of Southwest Sligo and the distant backdrop of the Ox Mountains, these four homes are all within a manageable 2kms of each other and between them can sleep up to 37 guests. Maeve, Mary, Monica and Joan will all collude together to ensure everything runs very smoothly and will provide delicious picnics prearranged for guests staying at their respective B&B.

Cruckawn/Edenvilla/Rockville/St Enda's Spiritual Tourism Suggestion

Day 1: Daily Mass at Church of St John the Evangelist, Tubbercurry at 9.30am. Visit the John Hume Peace Park at Banada followed by a wander through the adjacent graveyard where the remains of an Augustinian Priory lay. Head on to St Attracta's Holy Well in nearby Glenavoo. Picnic in the area. Drive for about 30 minutes to Knock Shrine and grounds which includes Knock Museum.

Day 2: Daily Mass. Take some time out at the smallest Cathedral in Ireland, Achonry Cathedral. Climb to Mass Hill Rock and test your faith on the Shaky Rock. Step back to Norman Times with a visit to Ballymote Castle. Enjoy your Picnic. Drive further north to visit Carrowmore Megalithic Cemetery, one of West Europe's oldest. Climb Maeve's Cairn. Reflect a while at Tobernalt, Sligo's best known Holy Well. Now that your spirit has some cleansing, it's time to cleanse the physical with a seaweed bath at Strandhill.

Day 3: Daily Mass. Spend a few hours with the Carmelite Order at Holy Hill Hermitage. Food can be provided here if required or you can enjoy your own picnic as it was so good the previous two days. Probably the longest drive here, but worth the view and the scenery into Mayo to visit Fr. Peyton's Memorial Centre at Attymass, 'the family that prays together stays together' (The Rosary Priest). Spiritual Direction available here, on request.

The Ladies collectively have various interests in Traditional Irish Music, Art, Drama and GAA (Irish Football and Hurling), so they can assist with the evening entertainment also. The Coleman Traditional Music Centre is located in nearby Gurteen; this is enhanced by a Seisiún in some pub or other, every night of the week within 15kms.

This itinerary can be altered to suit individuals/groups requirements and is based on self-guide, assisted by Maeve's, Mary's, Monica's and Joan's maps, directions and information.

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KNOCK HOUSE HOTEL, KNOCK, CO. MAYO

Knock House Hotel is beside the world famous Knock Shrine, but not that you'd notice. Discreetly screened off by a belt of evergreen trees, it draws very much on inspiration from the Shrine and surrounding grounds in terms of the beautifully landscaped gardens and the architecture.

Designed by the same team of architects who created the spectacular apparition chapel, and using the same local limestone for the central section of the hotel; you are reminded of the proximity to the Shrine. However, the most striking feature of this wonderful building is the tall window at the back of the foyer which acts like a frame and is on axis with the spire of the Basilica.

This 3 star hotel comprises 68 well appointed bedrooms boasting views over the Mayo countryside or the Basilica. 6 of these bedrooms have been especially designed to cater for wheelchair users; the reputable Four Seasons Restaurant offering fine food and friendly service and 3 Conference Rooms which cater for groups up to 150 people. This really is the perfect place for Pilgrims to stay, but it is also an ideal base for any tourist visiting the Mayo area and the Knock House Hotel provides a 13 seater courtesy coach to pick up & drop off service to local airport, bus and rail stations. The Hotel is situated just 20 minutes from 'Ireland West Airport Knock' and 10 minutes from Claremorris Railway Station.

The following is a suggested itinerary for a Spiritual Experience in the West of Ireland. This itinerary can be tailored to suit guest's requirements and Knock House Hotel Manager, Brian Crowley along with his Staff will be on hand to give directions, provide information and assistance where required.

Day 1: Arrive to welcoming Afternoon Tea and relax a while in Knock House Hotel. Take a leisurely stroll around the landscaped grounds of Knock Shrine and its environs.

Day 2: **Knock Shrine.** Take some time to reflect and pray at the church gable wall where Mary, St. Joseph and St John the Evangelist appeared back in 1879.

The Knock Museum is well worth a visit as it documents the Apparition and places it in context of life at that time. See the original handwritten statements of those who witnessed this sacred event. **Tranquilla** is a Carmelite Monastery of enclosed Nuns located just minutes away from the Hotel. This is a unique opportunity to meet with the Sisters, Vespers are held each day at 4.30pm where visitors are invited to join.

Day 3: **Croagh Patrick.** This conical shaped mountain is renowned for its Pilgrimage in honour of St. Patrick. Pilgrims have climbed this Holy Hill for over 5,000 years without interruption from the Stone Age to the present Day. For those not up to the climb, at the base of the hill is the **Croagh Patrick Visitor Centre** right on the Pilgrim's Path in Murrisk and opposite the National Famine Monument. **The Museum of Country Life** brings to life the traditions of rural life throughout Ireland from 1850 and is ideally situated for a visit on the return journey to the hotel. Exhibitions at the Museum include focus on customs and festivals, farming and fishing, trades and crafts amongst others.

Day 4: **Céide Fields.** An enjoyable trip to North Mayo will find you at some of Ireland's most dramatic cliffs and coastlines. Indulge yourself in a vast prehistoric landscape. Fields and farmed land protected under a natural wild ecology of blanket bog for thousands of years all surrounding an award winning and much acclaimed pyramid shaped visitor centre.

Day 5: **Ballintubber Abbey.** The only Church in Ireland still in daily use that was founded by an Irish King. Dating back to the 12th Century, Ballintubber Abbey is now part of the Pilgrimage to Croagh Patrick. Explore the History there with a guided tour. **Celtic Furrow.** Is located very close to Ballintubber Abbey and visitors get to experience, through models, the festivals of the Neolithic Farmers of the Céide Fields. Journey through paintings into the celebrations of the cattlemen of the Celts. Get lost in the maze which traces 1,000 years of challenge and hardship and recall Irish customs.

Knock House Hotel, Ballyhaunis Road, Knock, Co. Mayo

Tel: +353 94 9388088 Email: info@knockhousehotel.ie Web: www.knockhousehotel.ie

KNOCK MUSEUM, KNOCK, CO. MAYO

The Marian Shrine at Knock draws people from all over the world to this wonderful place of prayer and reflection. Though the faith here remains constant since the apparition in 1879 to this very day, the architecture around the Knock Shrine Grounds is a good reflection the passage of time. The Old Chapel, where the apparition took place at its gable end; The Basilica, where the many pilgrims can gather for mass and religious ceremonies; The Apparition Chapel, an extension and modernisation of the original apparition chapel to coincide with the visit of Pope John Paul II; and last but not least the Knock Museum, built to house a great collection of artefacts which outgrew their original prefabricated home on the other side of the village.

This sometimes forgotten treasure trove is tucked away in the South corner of the Shrine Grounds. A building of contrasts in every aspect, its modern angular yet curved exterior belies the objects and relics of the times past that lay within. Treasure? Maybe not in the material sense, but a wealth of knowledge, history and understanding of what occurred on 21st August 1879 is laid out for all to see.

The opening exhibition is a mixed collage of black & white and coloured photos of visitors and pilgrims through the years. It rains, the sun shines; healthy people, others very ill; the old and the young, the happy, those in despair, all united in their faith. Another section sees the Portland Stone Statue presented to Knock in 1880 as a thank you for an attributed cure, just one of the many reported through the years. Life as it was in 1879 is presented in the Museum by means of a blacksmiths forge kitted out with the tools of the trade required at that time and next door a thatched cottage complete with typical furnishings, including a 'hag bed' for the old lady of the house! There are so many beautiful and delicate artefacts on display - plaster from the original gable wall to rosary beads and pendants, banners and prayer books. However the story of Knock really comes to life through the original hand written testimonies of some of the witnesses, and photographs reminding us they were ordinary people up until that day. Spend time in the reading and reminiscing room at the back of the Museum and enjoy other people's spiritual experiences in the very well documented Knock Annuals.

The majority of visitors to Knock know why they are coming, though others will be drawn here without really knowing why. A visit to the Museum will only serve to explain, enhance and support credence of the Apparition so it is a really good starting point when visiting the Shrine grounds. Buggies run frequently between the Shrine and the Museum, but a walk through the landscaped gardens is a very pleasant alternative.

This award winning Museum truly is an exceptional space coming highly commended in the Museum Standards Programme, i.e. in the top two Museums of the whole island of Ireland. Amble around the Museum at your leisure, assisted by an audio guide under your control and available in four languages or enjoy a guided tour by Grace, Mary or Maria. Names, one would think, appropriately connected to their surroundings.

Knock Museum, Knock, Co. Mayo Tel: +353 94 9388100 Fax: +353 94 9388295

E-mail: info@knock-shrine.ie Web: www.knock-shrine.ie

One wouldn't normally include Purgatory and Sanctuary in the same line of thinking. Purgatory conjures up the thought of suffering whilst Sanctuary proffers refuge. But Lough Derg is not just normal, it is a very sacred place which combines these two elements to integrate the mind, body and spirit with a view to achieving personal wellbeing. Or as the Lough Derg motto reassures: *"bringing you the gift of hope"*.

St Patrick's Sanctuary or Purgatory is an island, just 4 miles north of Pettigo in Co. Donegal. As the name suggests there is a strong association with the patron saint of Ireland, St. Patrick. This island is part of our Christian Heritage and has been visited by pilgrims for over 1,000 years. No distractions, no artificialities but a warm welcome, for there are no strangers here, just people intent on the common focus of prayer, inner cleansing and reflection. Though sacrifice is an important part of the religious process here, via barefoot prayer, fasting and sleep deprivation, the sense of complete wellbeing achieved is immense. This is also known referred to as Body Prayer.

Three Day Pilgrimage which runs from the beginning of June until mid August is the most traditional and still preserved event at Lough Derg. Accommodation and boat trip from the mainland are all part of this package. Pilgrimage exercises are made up of a prayer sequence called a 'station'. This is a well-known form of prayer, involving physical movement accompanied by 'mantra type' prayers. Nine stations are completed over the three day period. Five are made in the open air on the 'Penitential Beds' while pilgrims say the prayers of a further Four Stations together in the Basilica during their first nights. The central penitential exercise is the Vigil. Morning and Evening Mass are celebrated in St Patrick's Basilica each day as well as other liturgies and time for personal reflection. Pilgrims should be in good health as this requires long periods of no sleep, and just 1 meal a day of black tea/coffee or toast/oatcakes, but plenty of water is allowed.

For those who may find the three day programme daunting but would still like to visit this Lough Derg, there are less intensive programmes available throughout the year. These include Special Group Retreats; 1 Day Retreats; Youth Retreats; Quiet Days; Family Days, Workshops and Music Medleys. Mass can be celebrated in St Brigid's Chapel at the lake shore all year round. Arrangement with the Prior is necessary.

Another dimension to this sacred place is the Lough Derg Pilgrim path which follows the footsteps of the medieval pilgrim which is different to that followed by today's pilgrims. Starting at the Visitor Centre, walkers can pick up a guide book and follow the markers to complete a journey of almost 9kms. This easy walk incorporates St Davog's Chair, St Brigid's Well and a great selection of bird life. From Easter to September, boat trips around the scenic Lough are available and Anglers can avail of some good fishing. These are all gentle activities which can continue the spiritual pilgrim theme through time for reflection, meditation and self healing.

Lough Derg is a place of welcome for all, offering nourishment for life's journey

Some dates to remember

May 1st:	One Day Retreats Commence
May 5th:	Quiet Day
May 15th:	Ken Needham & Eva - <i>'The Lord is my Shepherd'</i>
May 17th:	Workshop: Bishop Ken Clarke - <i>'The Jesus I Know'</i>
June 1st:	Three-Day Pilgrimage commences
Aug. 13th:	Last day for starting Three-Day Pilgrimage
Aug. 15th:	Last day of Three-Day Pilgrimage
Aug. 18th:	One-Day Retreats resume
Aug. 23rd:	Workshop: Desi Maxwell - <i>'This is the word of the Lord. Thanks be to God'</i>
Aug. 28th:	Family Day
Aug. 31st:	Very Rev Dr Ken Newell & Fr Gerry Reynolds - <i>'The Befriending God who Turns Strangers into Friends'</i>
Sept. 1st:	Quiet Day
Sept. 7th:	Doug and Sue Barnett - <i>'Don't count your years, make your years count'</i>

Sept. 12th: National Lough Derg Day - Pilgrim Walk
Sept 15th: Workshop: Desi Maxwell- *'This is the word of the Lord. Thanks be to God'*
Sept. 21st: One Day Retreats end

Deborah Maxwell, Manager. St Patrick's Sanctuary, Lough Derg, Pettigo, Co. Donegal
Tel + Fax: +353 71 9861518 Email: info@loughderg.org Web: www.loughderg.org

NO. 4, THE BEACH, ENNISCRONE, CO. SLIGO

“Study nature, love nature, stay close to nature, it will never fail you” Frank Lloyd Wright

Driving into Enniscrone, it is difficult to divert the eye from the wonderful expanse of rolling water which dominates, in a positive way, life in this small seaside town. Even the crescent shape of Enniscrone has been dictated by the Atlantic Ocean having taken a sharp right into Killala Bay in West Sligo. Through the natural process of shifting sands a vast stretch of gently sloping golden beach was fashioned. A backdrop of grassy dunes shields the town from this great force.

Just behind these grassy dunes you will find No 4. The Beach, what an address! It's as close to the water as planning will allow, just short of the surf coming in the front door. A mere hop, skip and a jump over the dunes affords full enjoyment of nature's facilities. A short stroll in the other direction finds the main street of Enniscrone with a selection of shops, pubs and restaurants. This modern two bed roomed cottage has a bright outlook itself with its sunshine yellow front door and can comfortably sleep 4 people. The floors are carpeted with tiny stones, polished by nature, from the river bed. An evening by an open fire in a cottage by the sea is an appealing haven to any saturated surfer coming over the dunes. Owner Frances Mellett is a great lover of nature herself and enjoys nothing more than walking in the area either on the beach or in local woodland where she takes time out to reflect and absorb the benefits of the surrounding environs. Frances also advocates the benefits of a **seaweed bath** and Enniscrone is home to this organic healing therapy since 1912, where nature is brought indoors, the goodness reaped, and rereleased to its origin unhindered.

Visitors and residents of Enniscrone have embraced the ocean on their doorstep: swimming to and fro just beyond the on shore waves; timing and catching that white horse on the surf board or opt for the less strenuous spot of Fishing either on the beach, by boat or from the local pier. Even those not inclined to venture into the water have the opportunity to take an invigorating shore walk or a dune hike. For the young or the young at heart, a roll down the dunes onto the beach is a great source of enjoyment!! Build a castle, dig a hole or enjoy a picnic. Simply close your eyes & listen to the calming effect of the lapping waves; inhale all that fresh salty air, breathe in through the nose & out through the mouth, exhilarating!

The woodland walk dearest to Frances is that of **The Warren Way**. This nature walk comes complete with black and golden Labradors who live nearby and are game companions for walks, only if desired of course!! A 4km drive past the Enniscrone Golf Links, a hugely popular but challenging course finds the start of the walk at Castleconnor. This trail, though predominantly tree sheltered crosses open farmland, freshwater marsh and leads to mudflats at the estuary where the Moy meets the sea. This is a quiet area and a perfect place for some time out or meditation. For those who don't like to stray quite so far from base, the **National Coastal Loop Walk Trail** at Carrowhubbuck starts at the pier. The gradient is steep in one area but well worth the effort for the uninterrupted sea views.

Frances receives many repeat guests and suggests the following day trips for those who wish to spread their wings a little further than Enniscrone.

Coastal Drive No. 1: Visit the **Ceide Fields Visitor Centre** and discover en route the dramatic coastline of North Mayo. Highlights include Downpatrick Head and the beach around Kilcummin. The award winning Centre has exhibitions, audio-visual show and tearooms. Take a guided tour and experience the unique Neolithic landscape of world importance that is over five and a half millennia old.

Coastal Drive No. 2: Aughris Head is your destination where a cliff walk awaits you. Travel the scenic R297 out of Enniscrone and enjoy the spectacular views via Easkey and Dromore West. The river walk in the centre of Dromore West takes approx. 20 mins each way and is a very pleasant and worthwhile experience. The Beach Bar at Aughris is not to be missed for wholesome food and a warm welcome.

Get away from it all and engage with nature during a stay at No 4. The Beach Enniscrone.

Rates from: €350 per week and €250 weekend.

Stay for Seven days, surf the Seventh Wave and you'll be in Seventh Heaven.

Mrs. Frances Mellett, No. 4, The Beach, Enniscrone, Co. Sligo

Tel: +353 87 7813926 Email: franmellett@yahoo.co.uk

PARK HOTEL, KILTIMAGH, CO. MAYO

Kiltimagh, “*where strangers become friends*”. This is a small town with a big heart set in the undulating east Mayo countryside. Just a 10 minute drive from the spiritual village of Knock home to the internationally venerated Marian Shrine and Museum. Kiltimagh itself is brimming with heritage, sculptures and its very own spirit - ‘Community Spirit’. The residents of Kiltimagh have successfully strived over the years to preserve its buildings and surrounds whilst reviving its heritage and paying homage to its former inhabitants, the most famous being Anthony Raftery: Known as ‘the blind poet’, he was born in nearby Killaiden and one of the last great Irish bards.

Right on the edge of the town you will find the Park Hotel, on the exterior a fine contemporary building enhanced by traditional stone masonry. Whilst inside, the contemporary theme continues in the furnishings but ends in a traditional west of Ireland warm welcome and service from the staff, many whom are from the locality. Providing a shuttle service from all transport connections including Ireland West International Airport Knock, The Park Hotel is the perfect base when visiting Knock Shrine. Ever mindful of your destination, management will leave a small souvenir of this holy place in your bedroom with their compliments.

With the mind at ease after a day’s prayer and meditation, you can continue on your crusade of calm with a massage or relaxation treatment in the Wellness Centre or simply enjoy the views of the surrounding parkland submerged in the outdoor hot tub. Dine well in the Park Restaurant on delicious local produce; for something a little less formal, there’s a great menu to choose from in the Café Bar where food is available all day. Before retiring to the comfort of your well appointed bedroom, take a walk in the adjacent wetlands park and experience further how the spirit of the Kiltimagh people extends even to wildlife with the provision of a carefully created nature haven. Spend a few days more in the Kiltimagh area and enjoy a spot of fishing or one of the many loop walks in the area, explore the local heritage centre, the town museum, the sculpture park to name but a few.

The wandering Anthony Raftery always wanted to return to his birthplace, when you visit this area you will understand why; he died in 1835 in Galway having never returned. This was 44 years before the apparition at Knock, maybe if he had lived longer.....

From Kiltimagh to Knock Offer:

Midweek Offer:

Two nights B&B:	€79.00 pps, twin/double room
Two nights B&B plus one evening meal:	€99.00 pps

Weekend Offer:

Two nights B&B:	€ 99.00 pps, twin/double room
Two nights B&B plus one evening meal:	€119.00 pps

Groups of 25+:

Two nights Dinner, B&B:	€64.50 pps, twin/double room
	€84.50 single occupancy, twin/double room

The Park Hotel, Kiltimagh, Co. Mayo

Tel: +353 94 9374922

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Web: www.parkhotelmayo.com

RADHARC NA CRUAICHE, CO. MAYO

Radharc na Cruaiche is the Irish meaning for sight or view of the Croagh, which would refer to the distinct conical shape of Croagh Patrick domineering the West Mayo skyline. Though distant, guests can enjoy this view from the dining room in the home of Martin and Maura Walshe in Ballintubber. A little closer to home, in fact just about 100 yards away is the spectacular Ballintubber Abbey. The Abbey, which is on lower ground, does not have the same effect on the surrounding skyline; however it is of equal importance in terms of St Patrick and Christianity as the Tochar Padraig walk commences in the Abbey with Mass and culminates with a climb of Croagh Patrick itself.

The Walshes worry that the Croagh Patrick view is somewhat impeded by the polytunnel in the back garden. For guests however, the benefits of dining on delicious organic fare from the gardens of Radharc na Cruaiche seem to alleviate any concerns held therein. Visitors to the Walsh family home really get the best of both worlds on the culinary front. Martin looks after the cooking; soups, main courses and garden salads. Whilst Maura's tends to the baking; tart, fruit cakes, scones and jams. The main meal of the day here is definitely breakfast, from omelettes to organic yoghurts; the full Irish to smoked salmon; pancakes to cornflakes, guests are well set up for the day ahead.

Because of its proximity to 13th Century Ballintubber Abbey, Radharc na Cruaiche is the ideal place to stay for guests hoping to seek, maintain or increase their faith and spirituality. This is enhanced by the fact that Maura practices African Reflexology which is a very specific form of reflexology and through sessions can improve your health and all over wellbeing, leaving a feeling of calm and fulfilment. Guests often return to the Walsh family home when attending Retreats at the Abbey and Maura has looked after Brides who have used Radharc na Cruaiche as their base in the hours before their wedding ceremony. Friendships are formed and continue at Radharc na Cruaiche; the Mind, Body and Soul can only benefit from a visit to this wonderful place.

Groups of 8 people can be accommodated at Radharc na Cruaiche. Members of groups over this number can be accommodated at a nearby B&B arranged by the Walshes. If the guide is not an option - first hand information, maps and suggestions will be issued by Maura and Martin.

Enjoy a truly relaxing and invigorating session of African Reflexology, Indian Head Massage or Hand Reflexology in a relaxed environment. Feel the benefits long into the future.

Angela, a local guide is available to hire. Be enthralled by her enthusiasm and knowledge through the grounds of Ballintubber Abbey, Tochar Padraig Walk or on the Croagh Patrick Heritage Trail. Maura will happily facilitate an introduction to Angela. Cost of Guide €150.

Package 1

Single Room €35 B&B
Evening Meal €20
Picnic Lunch €10
Reflexology €40 (45 mins)
Special Deal €100 all inclusive.

Package 2

Double/Twin €30 pps
Evening Meal €20 pp
Picnic Lunch €10 pp
Reflexology €40 pp (45 mins)
Special Deal €95 pps all inclusive

Special Rate for Groups staying 3 nights or more

The Walshe Family, Radharc na Cruaiche, Ballintubber, Claremorris, Co Mayo.

Tel: +353 94 9030722

Email: maura@walshesbb.com

Web: www.walshesbb.com

ROCKVILLE BED & BREAKFAST, WESTPORT, CO. MAYO

From Croagh Patrick to Clew Bay. This is the view that Mary Hughes is kind enough to share with guests from her sun room at Rockville. This 'all inclusive' scene of mountains, lake, forest and island is framed by Rockville's own landscaped gardens on a quiet hillside just outside the heritage town of Westport. The variety of landscape means in turn, there are plenty of activities available in this part of South Mayo; hill walking, mountain climbing, fishing and golf to mention but a few and Mary will assist in facilitating her guests where at all possible with reservations and local information.

Mary has managed to bring the 'all inclusive' indoors in her approach to guests at Rockville. It appears that nothing is overlooked from the beautifully appointed bedrooms, to the wonderful cooked breakfast available to guests. Facilities at Rockville include internet access for guests, tea & coffee making facilities in the sun lounge at all times and of course, the facility to seek information from Mary herself on local heritage and history in which she has a great interest and knowledge.

Working in conjunction with the Clew Bay Heritage Centre and Ballintubber Abbey, Mary has created two suggested itineraries. These provide a great insight into Westport and the Clew Bay area and explore the history of Ballintubber Abbey with the aid of the trained guides there. The Abbey dates back to the 12th century through to today where it is part of the Tóchar Phádraig Pilgrimage experience. The Clew Bay archaeological trail will be led by professional guides from the Clew Bay Heritage Centre who will take you back in time to visit areas of both historical and spiritual interest by way of Churches, Graveyards, Neolithic carvings and other spectacular artefacts and monuments.

Rockville Tour 1: Group size minimum of 12 people (own transport)

2 nights B&B at Rockville, or another B&B nearby.
Tea/Coffee & home bakes on arrival.
Several choices for breakfast.

Visit Clew Bay Heritage Centre, walk the Old Railway Line from the Quay to Westport with a guide, followed by a tour of the heritage town of Westport (½ day). Visit Ballintubber Abbey. Enjoy a guided tour of the Abbey itself and surrounding grounds and watch the Abbey Video (½ day). Take some time out to reflect and pray at this sacred place.

€85.00 per person sharing based on 2 people sharing

Rockville Tour 2: Group size minimum of 12 people (transport provided for Day 2 only)

3 nights B&B at Rockville, or another B&B nearby.
Tea/Coffee & home bakes on arrival.
Substantial breakfast menu.

Day 1: Visit Clew Bay Heritage Centre, walk the Old Railway Line from the Quay to Westport with a guide, followed by a tour of the heritage town of Westport (½ day)
Visit Ballintubber Abbey. Enjoy a guided tour of the Abbey itself and surrounding grounds and watch the Abbey Video (½ day). Take some time out to reflect and pray at this sacred place.

Day 2: Discover the history of Westport and the Louisburgh areas on the Clew Bay Archaeological Trail. This tour will be led by the Clew Bay Heritage Centre. Abbeys, Forts and Tombs are just a few places of Spiritual interest along the way along with the statue of St Patrick, usually the starting and finishing point for the journey up Croagh Patrick. Mary will provide a Rockville Picnic for the group on this day out.

€150.00 per person sharing based on 2 people sharing

For guests who wish to explore the celtic and spiritual aspects of Mayo at their leisure from Rockville, Mary will guide them in preparing itineraries.

Contact: Mary Hughes, Rockville, Moyhastin, Westport, Co. Mayo
Tel: +353 98 28949 E-mail: info@rockvilleguesthouse.com Web: www.rockvilleguesthouse.com

THE GYREUM

GYREUM; *gyre* means circular / spiral movement or a whirl, *-eum* implies Building.
It is to and from this 100 foot wide round hilltop 'fort' that the Pilgrim Circuit ventures.

The first thing you will notice about the Gyreum Ecolodge in the South Sligo Hills is that you won't notice it. This huge rotund building is built into a hilltop overlooking Lough Arrow and is the brainchild of Colum Stapleton, who has shaped this organic space over the past 10 years. His efforts have been rewarded with the Gyreum being awarded the first EU Flower registered Ecolodge in Ireland and it was a recent LAMA finalist for "best ecological building of the Year" award. The inspiration for the Gyreum came from the many 5-6000 year old cairns atop the surrounding hills. The Round Hall which is the main area in this green building is perfect for a wide range of activities from workshops, retreats, rehearsals or as a base for walking & fishing weekends, surf camp, yoga sessions and green weddings. Accommodation is along the lines of a Mongolian Yurt and there's always soup on the stove to welcome and warm travellers.

The Gyreum organises a variety of events for groups or individuals such as the PILGRIMS PROGRESS - **GYRoVAGUS** (*wandering monks*). This pilgrimage embraces 'all faiths and none' takes place over 9 days, around 6 counties in the North West of Ireland. Up hill, through shaded valleys, o'er bright land, and sea, bog and lake, through all kinds of weather. Humour is important to the transformational nature of this movement! Colum inspired the Pilgrimage with the knowledge that within a day's walk of each other were some quiet quite eclectic "spiritual nodes."

GYRoVAGUS – THE PILGRIMS PROGRESS of the NORTH WEST

A PILGRIM CIRCUIT OF approx.250km HELD USUALLY ONCE A MONTH OR UPON DEMAND

DAY 0: Arrive at Gyreum Ecolodge on Friday night.

DAY 1: Set out west to the Carrowkeel Megalithic Cairns and Kesh Caves. Take to the Owenmore River in rowing boats which flows to Temple House Lake. Camp over night by the Lake at the ruins of the most westerly Knight Templar PRECEPTRY in Europe.

DAY 2: Cross the Ox Mountains over Lady's Brae to Holy Hill Hermitage. Know their prayer time by the sound of the gong. This Carmelite Order will provide accommodation and food.

DAY 3: Walk to Aughras Pier and take a boat to the 8th Century Citadel on the Atlantic Island of Inishmurray. Return to the mainland and tramp toward the Edwardian Anglican Hall in Lissadell wood. Meet the Vicar by a roaring fire. Pay some respect at the poet Yeats' grave.

DAY4: Last indulgence before the wilderness, a go on the Bundoran Ghost Train. Approach to Lough Derg cross bog and through thick forest, do a half loop of the lake from west to east where we camp out the night within view of station island.

DAY 5: Viking Boat Trip down Lough Erne with stop at Boa Island and Devenish Island. Enjoy soup and sandwiches at Scot's Presbyterian Church in Enniskillen, Co Fermanagh. Progress to Inish Rath, (Hare Krishna Temple) for meditation and prayers, dinner and overnight. Very bright and colourful after the turf colours.

DAY 6: Walk over Crom Mountain by THE SURREAL Quinn Cement Factory to meditation, dinner and overnight at Jampa Ling (Tibetan Buddhist Centre) near Bawnboy, Co. Cavan.

DAY 7: Climb across Sliabh an Iarainn (landing place of the ships of Tuatha De Danaan) to the Poor Clares Order in Drumshanbo for Lunch and Hymns. Afternoon visit to St James Holy Well, Geevagh (traditional gathering point for Pilgrims from the North West going on to Santiago Compestello) and overnight at Gyreum for 24 hours quiet and down time.

DAY 8: Walk up to the Brow of Moytura where the mythic combat between Light and Darkness took place. Return to Gyreum for therapeutic sweat lodge. Grand Finale Gyreum Banquet with traditional music.

DAY 9: Depart back to the Real World.

Total cost: €900 per person

Includes: food, accommodation, transport within circuit, guides, insurance, some amusements.

Group size 22+ 2guides

Reductions available for groups booking of 7 or more. Can arrange other dates and shorter Pilgrimages for groups of 11 or 22 who want exclusivity.

Schedule may be subject to slight changes.

We have ½ hour programme which you can view on You Tube - seek GYRoVAGUS