

Celebrate our 32nd anniversary with us..... Well Within's Earth Mysteries & Sacred Site Tours presents.....

Mystical Ireland!!

***Tour C - County Cork & County Kerry & County Limerick
with Glengarriff Woods Nature Reserve & Garinish Island, Stone
Circles, Beaches, Heritage Centers (Michael Collins & Famine &
Nature), Skellig Michael Island, Staigue 'fort', Killarney, Lough Gur
Stone Circle***

***Mythology, Ancient Sites,
History & Mystery of Ireland - A Celtic Journey***

June 24 - July 4, 2014 (10 nights)

Optional Extension to Kildare & Wicklow - July 4 - 8, 2013 (4 nights)



Lough Gur Stone Circle



*** County Cork**

Drombeg Stone Circle

Glengarriff Woods Nature Reserve & Garinish Island

Barleycove Beach & Dunes - walks, swimming, hiking,

400' cliffs of Mizen Head (most SW point of Ireland)

Kinsale & Skibbereen

Skibbereen Heritage Centre

Donkey Sanctuary



*** County Kerry**

**Skellig Michael (monastic rocky island) -
seas/weather permitting**



Staigue 'Fort'

**Killarney - Yew Woods Walk at Muckross Gardens Estate
Seaweed Baths**

*** County Limerick**

**Lough Gur Standing Stones - 113 standing stones-largest in
Ireland**

*** Great Breakfasts, Pubs, Restaurants, Brown Bread and much more**

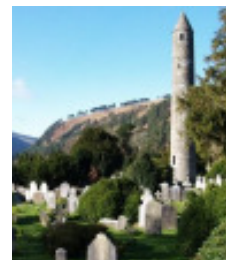
*** Optional Extension - Wicklow & Kildare - email for details**

**Wicklow Mountains - Glendalough -Valley of the 2 lakes -Roundtower
& Stone Churches**

Pipers Standing Stones & Castleruddery and Boleycarrigeen Stone Circle

Wicklow National Park walking trails

Kildare - Brigid's Well and Flame and more in Kildare



Register Early to take advantage of early registration discount & the best discount airfares.

Sheri Nakken, former R.N., MA, Director/Creator Well Within

Phone 304-238-6612 phone in U.S. or 360-390-4343 (number that will forward to wherever I am)

Email earthmysteriestours@gmail.com (best to contact me with email address)

Conducting Conferences throughout the world since 1982

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Visit us on the Internet at <http://www.wellwithin1.com>

Conducting Conferences & Workshops throughout the world since 1982 (All tours personally led by Sheri)



*A feast for your senses - the lush country of Ireland -
Land of loughs (lakes), mountains, cliffs, sea, rivers,
beaches, trees, fuchsias, music & story
A mystical, mysterious land filled with legend, folk-tales & mythology*

Explore Celtic myth, worldview & history as we journey
through this ancient land

Meet incredibly wonderful people

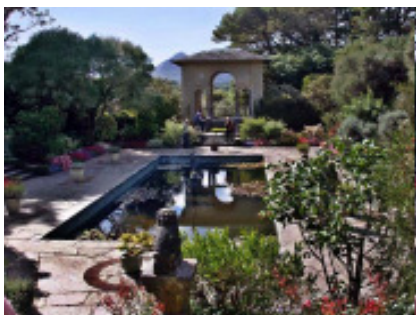
Learn history as it comes alive everywhere we travel

*** Teachings as we travel**

- * Celtic & Pre-Celtic Teachings, & Mysteries
- * History of Ireland
- * History's Mysteries in Ireland

*** County Cork**

- * Beaches, hills, villages, heritage centers, islands, gardens & ancient sites
- * Skibbereen - Heritage Centers
- * Drombeg Stone Circle
- * Glengarriff
- * Kinsale
- * Garinish Island - Inacullin is Ireland's most outstanding garden - internationally famous



collection of plants and world-renowned for its Italian Gardens and rare beauty. Garinish is reached by ferry across the placid waters of the inner bay and visitors are rewarded by views of the mainland, and a host of walks, from strolls in the forest with its rivers and glades of oak, to more ambitious treks up

* Glengarriff Nature Reserve - woods and sheltered glen - A variety of trails are provided in the Glengarriff Woods Nature Reserve to suit a range of abilities.



*** County Kerry - Ring of Kerry**

- * Skellig Michael Island (weather permitting)
- * Staigue 'Fort'



* Beautiful scenery and much travel along the sea, walks for those inclined, beaches, villages, pubs, music, great food, wonderful people

*** County Limerick - Lough Gur Stone Circle**

* Great pubs, music, wonderful food, Irish brown bread & desserts (all meals extra except for breakfasts)

* Accommodations - We stay in lovely B&B's and hotels throughout the tour, with your private bathroom

*** Level of Activity -**

Walking is not extremely strenuous in most areas we visit.

You can go at your own pace and participate as you wish



Optional Extension - Brigid's Well & Flame in Kildare & Wicklow Mountains and Glendalough Roundtower, Stone Circles, more

Ireland Tour Conditions

I. Price of Tour: Send deposit of \$650 to hold place as soon as possible. See Registration form for prices.

II. Included: Price includes 10 nights twin or triple accommodations in Guesthouses, hotels or B&B's, breakfasts daily; admission to sites listed; transportation from Shannon airport throughout Ireland and to Shannon airport at the end; all workshops (for extension - 4 nights)

III. Not Included: Cost does not include airfare to/from Ireland; lunches & dinners; passport & items of personal nature.

IV. Deposit & Payments: \$650 deposit secures space. Half of balance of payment due by 90 days before tour and remaining half of balance (full payment) due by 60 days before tour. Total \$150 late payment fee added if payments not made by dates above (\$75 for each payment not met).

Accommodations

Lovely Bed & Breakfasts & Hotels throughout Ireland with own toilet/shower or bath - email for locations we will be staying in

Tentative Itinerary for tour

Day 1 AM Morning arrival at Shannon airport - travel south to Killarney for 2 nights to rest and recover from jetlag. and orient to Ireland and beginning teachings.

Day 2 - Introductions, orientation & beginning teachings. While in Killarney will visit Muckross Gardens and take the yew tree walk or free time.



Day 3 - Leave Killarney and travel 1.5 hours to the west of the Ring of Kerry (road that goes around the Iveragh Peninsula - the middle peninsula in photo on left). 10:30 AM boat trip to **Skellig Michael Island** (weather permitting) - The magnificent

Skellig Islands lie 8 miles (12 km) off the coast of Portmagee in South West Kerry. Rising majestically from the sea, Skellig Michael towers 714ft. (218 metres) above sea level. On the summit of this awe-inspiring rock you will find a remarkably well preserved sixth century monastic settle-



ment. On the spectacular Small Skelligs 23,000 pairs of gannet nest on every available ledge making it the second largest gannet colony in the world. The boat trip to the Skelligs takes 45 minutes and you have between 2 hours and 2 hours 30 minutes on the rock. The boat stops for a while at the Little Skelligs to allow you to view the bird colony and seals. This afternoon, upon re-

turn from Skellig Michael, continue travel around the Ring of Kerry, visiting Staigue "Fort" along the way (photo to the right) and on to County Cork



Days 4, 5, 6, 7, 8, 9 - During the next 6 days we will visit **Skibbereen, Garinish Island, Glengarriff & Barleycove Beach & Dunes & Kinsale, Drombeg Stone Circle & more.**

Who Are These Tours Designed For?

These tours are designed for women as well as men; young or not so young; people interested in the mystery and sacredness of life, with a desire to know and understand more of where we've come from to assist us in where we are going and making a difference on the planet. We also explore some of the latest information out there that you may have never heard before. If you have a curiosity about mythology, sacred sites, history you were never taught in school, other cultures, and a sense of adventure as well as want to travel with like-minded people in small intimate groups, these tours are designed for you. They are not your ordinary, large group tours, being herded into buses with little time to experience the sites.

We want your tour to be a trip of a lifetime - a transformative adventure.

During these days visits to:

A. Drombeg Stone Circle - located on the edge of a rocky terrace with fine views to the sea about a mile away.

B. Garinish Island - (Innacullin) is Ireland's most outstanding garden - internationally famous collection of plants and world-renowned for its Italian Gardens and rare beauty. Garinish is reached by ferry across the placid waters of the inner bay and visitors are rewarded by views of the mainland, and a host of walks, from strolls in the forest with its rivers and glades of oak, to more ambitious treks up

C. Glengarriff Woods Nature Reserve - woods and sheltered glen - A variety of 30-90 minute trails are provided in the Glengarriff Woods Nature Reserve to suit a range of abilities.

D. Barleycove Beach & Dunes - walks, swimming, hiking & 400' cliffs of Mizen Head (most SW point of Ireland) (see photo on front page)

E. Skibbereen & its important Heritage Center -

a. The Great Famine Commemoration Exhibition - This exhibition commemorates the tragic period in the 1840s that is known in Irish History as the Great Hunger.



Skibbereen, along with many areas of the west, was very badly affected losing up to a third of its population to hunger, disease and emigration.

b. The Lough Hyne Visitor Centre - Ireland's first Marine Nature Reserve, nestles in a fold of hills 5 km south west of Skibbereen in West Cork. This marine lake is fed from the sea by a narrow tidal channel known as 'The Rapids'. This unique lake and its surrounds are home to a rich and varied range of plants and animals, including many rare and beautiful species. Also a ruin nearby of a St. Bridgit's Church and St Bridgit's well where, it is said, the knees of the saint have left impressions in the rock.

F: Kinsale - Originally a medieval fishing port, historic Kinsale is one of the most picturesque, popular and historic towns on the south west coast of Ireland. It has been hailed as the Gourmet Capital of Ireland, with no shortage of cafes, pubs and restaurants. Narrow winding streets



lined with artsy little shops and a handsome harbour full of bobbing fishing boats and pleasure yachts. Also one of the best-preserved 17th-century star-shaped forts in Europe.

Day 10 - Travel back toward Shannon, visiting **Lough Gur Stone Circle**, along the way - one of the largest stone circles in Europe. **Overnight near Shannon airport for flights home on Day 11** or continue on to Kildare & Wicklow with us, or on your own.



Optional Extension (4 nights)

Day 11 - Travel from Shannon area to the Wicklow Mountains for Wicklow National Park; Glendalough Roundtower, Stone Churches & Decorated Crosses & Standing Stone Circles. **We will visit above on Days 11, 12, 13.**

Day 14 - Travel to Kildare to visit Brigit's Well and Flame and sights in Kildare and then on back to Shannon area for overnight for flights home on Day 15.

**Well Within's Earth Mysteries & Sacred Sites Tours -
Celebrate 32 years of retreats & tours with us in 2014!**

Experience incredible journeys to ancient & sacred sites throughout the world. Well Within's Earth Mysteries & Sacred Sites tours to mysterious & sacred sites are special in that you experience the power & energy of the sites. These are not just the normal sightseeing tours. They are experiences to remember for a lifetime. The tours are specially designed with expert guidance and time to experience each place. Well Within, since 1982, has sponsored & conducted nearly 100 exciting workshops, conferences, weekend retreats in holistic health & metaphysical concepts & approximately 100 incredible international tours to these mysterious & sacred sites as well as alternative healing centers. Well Within has conducted the above in California, Colorado, Hawaii, England, Scotland, Wales, Ireland, Switzerland, Germany, France, Greece, Norway, Sweden, Egypt & Bali. **Sheri Nakken, former R.N., M.A.**, is Director & Creator of Well Within & Earth Mysteries & Sacred Site Tours. She has a great passion for mythology, legend, ancient practices, ancient sites, & history's mysteries, where clues are found as to why we are here on this planet & other realms that are present to assist us. By visiting these incredible sites, ancient memories and teachings can be tapped into consciously and unconsciously to assist us on our journey. What we can create together will be magnificent!



Cancellation & Refund Policy

Refunds minus \$300 fee will be made if cancellation is postmarked by 150 days prior to departure. If cancellation postmarked between 60-149 days prior to departure \$600 is non-refundable. If cancellation postmarked between 30-59 days prior to departure, \$1100 is non-refundable. If cancellation postmarked between 15-29 days before departure \$1350 is non-refundable; & under fifteen days from departure there is no refund. We strongly recommend travel insurance, which enables you to recover all deposits if you need to cancel the trip due to illness or death. Please contact us if you want details on this insurance. No partial refunds will be given under any circumstances for unused hotel rooms, meals, or sightseeing trips.

**Flights & Travel
Arrangements**

Well Within is a travel agency & all flights & travel arrangements can be made with us.

If you choose to do flights on your own, you must check with us regarding the arrival time at Shannon airport & departure time at Shannon airport before you book flights

To Register

EMAIL OR PHONE AND LEAVE MESSAGE that you are registering for the tour AND fax the form to me - email me for fax number to use as I am often traveling or can scan the registration form and send to me as an attachment in email
Mailing address: email me for mailing address to use in case I am traveling

Name _____

Address _____

City/State _____ Zip _____

Day Phone _____ Evening Phone _____

Email Address if you have _____

Payment by (circle one):

Paypal - email me and I will send invoice/link to send deposit

Credit cards: Can take credit cards through paypal - if you don't have a paypal account to do this, email me and I will help with this

Check or Money Order

Total Enclosed Today _____ Deposit of \$650.00 to hold space

Interested in Optional Extension? Also add \$150 to deposit

Type of Room desired throughout Tour

☐ Double room with twin beds ☐ Double room with 1 double bed to share

☐ Single - single rooms are usually limited in number & sometimes smaller

Would you like us to match you with a roommate if possible? _____

I would like to register for ☐ Ireland Tour C

Send deposit of \$650 USD

**** Save \$100 off final price if balances paid by cashiers check and not credit card (deposit can be by credit card)**

Regular price*, excluding airfare, if payment by credit card or paypal *
(all prices in USD\$)

☐ \$3195 USD per person twin/triple occupancy if deposit received by Dec 30, 2013

☐ \$3295 USD per person twin/triple occupancy if deposit received after 12/30/2013

☐ Single supplement \$500 if you desire a single room - limited in number

☐ Optional Extension - \$150 Deposit

☐ \$650 USD per person twin/ ☐ Single supplement \$200.00

prices above if deposits received by 12/30/2103 (\$75 higher if after that date)

I have read, understand & accept the Tour Conditions, Section A: Responsibility & the Cancellation & Refund Policy.

(Signature) _____

A. Responsibility: Well Within, acts only as agent for the tour operator, the various hotels, airlines, bus companies, railroads, ship lines (called Travel Suppliers) providing accommodations, transportation or other services described in this brochure, and the acceptance of tour membership and/or such coupons, exchange orders, receipts, contracts, and tickets, the tour member agree to the foregoing and that;

Neither Well Within or any of its agents or employees shall be liable for any delay, change in schedule, loss, damage or injury to property or persons caused by reason of the negligence wrongful or intentional acts or defects of equipment of any such travel supplier; for any expense or inconvenience caused by late arrivals of any such conveyances of such travel suppliers or any changes of schedules, conveyances or accommodations determined by any tour operator, or for any cancellation or disruption of any such services provided by any such travel suppliers; or for any failure on the part of any such tour operator or travel supplier to perform by reason of financial difficulty or default, suspension of operation, or other reason; or for any refunds for travel accommodations not provided by any such tour operator or travel supplier in excess of amounts actually received by way of refund from any such tour operator or travel supplier, or not paid over by Well Within to any such tour operator or travel supplier.

Neither Well Within or any of its Associates, agents or employees shall be financially responsible to any tour member in the event of cancellation of all or part of any tour due to acts of nature, governmental actions, civil unrest or hostilities, or acts of terrorism, or for the default of any tour operator or travel supplier, or for any reason beyond the control of Well Within.

Well Within shall have the right to decline to accept or to retain any person as a tour member should such tour member's health, mental condition, physical infirmity, or general deportment impede the operation of the tour or the rights, welfare, or enjoyment of other tour members; the tour operator shall have the right to substitute hotel or alter itineraries, and Well Within shall have the right to cancel any tour prior to departure or to increase the prices where the costs shall rise. **Price based on the exchange rate of 1.10-\$1.50 USD per 1 Euro. If the dollar falls in value before the trip, the price may have to be adjusted slightly upward.** Well Within recommends the purchase by each tour member of appropriate travel accident insurance, baggage insurance, tour operator/carrier default protection insurance, and trip cancellation insurance, and has explanatory information and policies available for any tour member desiring such coverage.