

Celebrating 37 years! *Earth Mysteries & Sacred Site Tours* presents ...

# *Mysteries of France!*

*Mary Magdalene in Provence - &  
Cathar Country in the South of France -  
Languedoc-Roussillon & Pyrenees*

*Mary Magdalene, Cathar Castles, Knights Templar, Holy  
Grail Mystery, Nature's Wonders & Rennes-le-Chateau  
Mystery*



*May 3 - 12, 2019 (9 nights)*

*Optional extension to the Pyrenees & spa town/hotel, walled city & Mediterranean Artist town  
May 12 - 17, 2018 (5 nights)*



*Castles*

*Cathars*

*Cathedrals*

*Walled Medieval Cities*

*Pyrenees*

*Mediterranean*

*Black Madonna, Knights Templar*

*Mary Magdalene*

*Rennes-le-Chateau*

*Spas*

*Churches*

*Caves & Cave Paintings*

*Gorges Villages*

*Colorful Village Markets*

*Chateaus*

*Mystery*

Languedoc is one of the most varied areas in France. Towering mountains, deep gorges, forests & caves, wild remote plateaus as well as the Mediterranean Sea. This predominately rural area also has a very rich history - castles, cathedrals, museums and so much more. The area is also rich in a variety of vineyards and wines. Mountains frame both ends of the region - the Cevennes in the northeast & the Pyrenees in the south. Jagged ridges, deep river canyons and rocky limestone plateau (with vast caves beneath) make it one of the most scenic.

Another main feature of this area is the havoc caused by religious and political conflicts over the centuries. The ruined castles which cling precariously to hilltops played a leading role in the struggles between Cathars & Catholics at the beginning of the 13th century. Others guarded the volatile border with Spain. Whole communities were wiped out during the merciless campaigns to rid the area of the Cathar 'heretics' and later when Protestants fought for religious freedom. Also the area is rich in mystery - Rennes-le-Chateau, Knights Templar and possible treasure, the Holy Grail mystery, leylines and geometric alignments on the land, Nazi treasure hunters, and so much more.

Provence has a lot of beauty as well as Mary Magdalene mysteries.

Optional extension is the Pyrenees to include Spa Hotel, Walled City & Collioure on the Mediterranean

***Well Within & Earth Mysteries & Sacred Sites Tours*** - Celebrate 37 years of travel & retreat with us in 2019! Experience incredible journeys to ancient & sacred sites throughout the world. Our tours to mysterious & sacred sites are special in that you experience the power & energy of the sites & nature & mystery of the area. 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 exciting workshops, conferences, & over 100 weekend retreats & conferences in holistic health & metaphysical concepts. Also, as Earth Mysteries & Sacred Site Tours, has conducted well over 100 incredible international tours to mysterious & sacred sites in California, Colorado, Hawaii, England, Scotland, Cornwall, 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!

***Sheri Nakken, former R.N., MA, Director/Creator, Well Within/Earth Mysteries & Sacred Site Tours***  
***Conducting Conferences & Workshops throughout the world since 1982***

***Phone 360-390-4343 will be referred to me wherever I am***

***Email [earthmysteriestours@gmail.com](mailto:earthmysteriestours@gmail.com) Website <http://earthmysteriestours.wordpress.com>***



## *Mysteries of France!*

\* Land of the Cathars -  
Languedoc - Land of Mystery

- \* Knights Templar and the Holy Grail - mystery of buried treasure
- \* Magdalen Mystery - the bloodline of Christ & Mary Magdalene; the Sacred Feminine
- \* Cathars and the Inquisition
- \* **St Maximin la Ste Baume** (said to be final resting place of Mary Magdalene)
- \* **Saintes-Maries-de-la-Mer** (alleged landing site of Mary Magdalene & venerated by Gypsies)
- \* **Incredible Cathar Castles** high on rocky perches
  - \* **Montsegur** - one of the most amazing Cathar Castle sites there is - on 1000 foot crag. Speculation has continued as to whether Cathar treasure is hidden on the site!
  - \* **Chateau de Peyreperteuse** - one of the least-ruined castles of the area built high on a rocky crest in the 12th-century.
  - \* **Chateau de Queribus** - (view from distance)
  - \* **Chateau de Puilaurens**
- \* **Breathtaking Grotte de Niaux Cave** - incredible cave with ancient cave paintings dating from 12,000 BC - extensive galleries have been excavated in this network of caves halfway up a steep rocky hill side south of Tarascon-sur-Ariege. (tentative - depends on availability of space)
- \* **Black Madonna at Notre Dame des Marceille**
- \* **Rennes-Le-Chateau** in the eastern Pyrenees - a mysterious land - high on a hilltop above the Aude Valley
  - \* The Church, Tower (Tour Magdala), Museum, Sauniere's Domain, the Grand Villa Bethania
  - \* Buried Treasure? Supernatural Powers? Codes on Parchments and Ancient Tombstones?
  - \* Clues concealed in statues & paintings, immense wealth, secret societies
- \* **Journey thru magnificent gorges, valleys & mountain passes**
  - \* Gorge of Galamus \* Gorge of St. Georges \* more
- \* **Carcassonne** - La Cite - incredible medieval walled city built on a high crag
  - \* Basilique St-Nazaire - outstanding 14th- to 15th century stained glass & 2 beautiful rose windows
  - \* Chateau Comtal - 12th century
- \* **Alet les Bains** - spa town in the Corbieres Hills on the River Aude with wonderful drinking water - a beautiful setting. We have many of our picnics here on an island in the middle of the Aude River.
- \* **Foix** - passing through this town and viewing Chateau des Comtes de Foix high on a rock - view from distance
- \* **One special multi-course dinner at the wonderful Chateau de Cavanac restaurant (or similar)**
- \* **Shopping** in local villages and from local artists and markets

- \* **Special Teachings in:**
  - \* Mysteries of the Cathars, Knights Templar, & area
  - \* Mysteries of Rennes-le-Chateau
  - \* Magdalen Mystery, Black Madonnas & Bloodline of Christ
  - \* The Sacred Feminine
  - \* During the tour we will explore the history of each site visited
  - \* **ALSO** Extra teachings for those with good background in basics who want to go beyond - Merovingians, Head Mysteries, Egyptian Connections, Priory of Sion & more

*Optional Extension for 5 nights - see page 4 for more info*

**Moligt les Bains** spa in the beautiful Castallane river gorge with waterfalls and lake, ancient sites, wonderful vistas & walks, pool and optional spa session

\* **Collioure**, gem of the Roussillon Coast - lovely village & charming port on the Mediterranean Sea that has been a magnet for artists since the early 1900's. Time for walking, swimming, visiting castle (Chateau Royal built by the Knights Templar in the 13th century), church & shopping

\* **Villefranche-de-Conflent** - wonderful medieval walled city in foothills of the Pyrenees

### *Accommodations*

*(depends on availability - will book hotels as soon as have registrations)*

**Hôtel le Couvent Royal** <http://www.couvent-royal.fr/en/>



**La Beytina B&B** <http://www.labeytina.com/>



**Inter-Hôtel du Lac** <http://www.hoteldulac-foix.fr/>



**1 night near Toulouse airport before flight home. Hotel to be determined.**

### Tentative Itinerary

(order of days may change depending on hotel availability)

**Day 1 - 3** - Arrive at Marseilles airport and travel east in Provence to St. Maximin la Ste Baume., at the base of the Ste. Baume mountains (said to be final resting place of Mary Magdalene)



Here is the St. Madeleine Basilica (Mary Magdalene is said to have come here after the death of Jesus, and then died in St. Baume). We will see the sarcophagus of St. Mary Magdalene as well as visit the Grotto of Marie Madeleine, after a 45 minute walk through the forest once held sacred by the druids. Ste Mary Magdalene is supposed to have lived here in this grotto. Mary Magdelene is patron saint of Provence. Overnight 2 nights here.

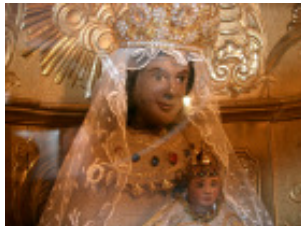


**Day 3** - Leave this area and travel west to Saintes-Maries-de-la-Mer on the Mediterranean Coast (alleged landing site of Mary Magdalene after being cast adrift after the crucifixion - also venerated by Gypsies). Gypsies gather yearly in Saintes-Maries-de-la-Mer for a religious festival in honor of Saint Sarah also known as Sara-la-Kali (Sara the black). Some say this is a handmaiden to Mary Magdalene and some say a daughter. We will visit the St. Sarah Crypt. Sara's statue is situated in the crypt of the church, at the right of the altar. She wears a multicoloured dress and jewels. Continue on to the west to Carcassonne area. Overnight here next 4 nights.



**Day 4** - Breakfast. Further orientation to the area, the tour and teachings on the Cathars & other mysteries. . Journey to village of Alet le Bains on the beautiful River Aude for picnic lunch and then visit to Puilaurens castle high on the mountain.

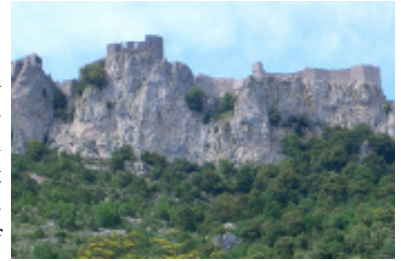
**Day 5** - Breakfast. Morning teachings on the Black Madonna, Mary Magdalene, Sacred Feminine, Knights Templar, & Bloodline of Christ. Morning visit to the Black Madonna & healing well at Marceille. Afternoon in the nearby, impressive, old walled city of Carcassonne with its wonderful turrets & vistas. Day & lunch on your own there with optional visits to castle (extra cost), cathedral, shopping, exploring the walls and more.



**Day 6** - Breakfast. Morning teachings on the Knights Templar & Mysteries of Rennes-le-Chateau. Picnic lunch at Alet les Bains. Afternoon journey to Rennes-le-Chateau for visit to Sauniere museum, church, tower, graveyard and more.



**Day 7** - Breakfast. Check out of accommodations. Today we will make our way through this wonderful land of gorges and vineyards through small villages, the magnificent gorge of Galamus, to the incredible Cathar castle of Peyreperouse (one of the least-ruined castles of the area built high on a rocky crest in the 12th-century. The ruins are spread along a 900-1000 foot long ridge). Time to hike to the top for those who desire. Breathtaking views & an exhilarating experience. We also will be able to see Queribus (a very impressive site perched on a rocky crag 2200 feet high above the village. This site was first recorded in 1020 and was a Cathar stronghold in the 13th century).



**Day 8** - Check out of B&B & travel west. Afternoon visit to the incredible Grotte de Niaux - incredible cave with ancient cave paintings. Extensive galleries have been excavated in this network of caves halfway up a steep rocky hillside south of Tarascon-sur-Ariege. The well-preserved prehistoric paintings in them are the best of all those discovered so far in 23 caves in the area. Dating from paleolithic times, around 12,000 BC, they depict mainly animals - bison, ibex, deer & horses - all neatly outlined in black and red. Visitors restricted to 200 persons per day to help preserve the cave & paintings. This is always a highlight of our tour! Overnight in Foix area tonight

**Day 9** - Breakfast & check out of hotel. visit to area of Montsegur - viewing &/or visit to Montsegur - ruined castle on 1000 foot crag . This site provided refuge for over 200 Cathars in 1244 during the Albigensian Crusade until they were martyred on a burning pyre. Speculation continues as to whether Cathar treasure is hidden on the site! Later afternoon travel to Toulouse airport area for overnight and flights home on **Day 10** or continue on with us up into the Pyrenees for the optional extension.

**Day 10** - tour ends & to flights or on your own or continue with us on the extension (next page)

Continued next page.....

### Gypsies & Saintes-Maries-de-la-Mer

Gypsies come from all over Europe and even from other continents to worship their Saint, Sara the Black. They settle in the squares, at the seaside. For a week or more, they feel at home. The pilgrimage is also the opportunity to meet up again and most of the children are baptised in the church of the Saints.

Once the shrine is taken down on May 24, Sara's statue is carried by the gypsies to the sea, to symbolise the waiting and the welcoming of the Saintes Maries de la Mer by Sara, patroness of the gypsies. Then the procession goes back to the church with delight expressed by cheers, musical instruments and the peal of church bells. <http://www.saintesmaries.com>

We will be visiting the southern half of the yellow area to the right as well as a portion of the area just to the west bordering the yellow area.





### Optional Extension

**Day 10** Journey south & east up, along a beautiful mountain road, into the Pyrenees - mountain range that stretches for 270 miles from the Atlantic to the Mediterranean, separating France from Spain. We will stay near the magical, mystical Mount Canigou in Catalonia near Prades to

Grande Hotel Thermal, a spa hotel, located in the beautiful Castellane river gorge with waterfalls & lake, ancient sites, wonderful vistas & walks, pool & optional spa session (extra). The spa waters of Molitg-les-Bains are rich in sulphur and sodium as well as fresh water plankton. The many qualities of the waters have been recognised by health services for the treatment of eczéma, rheumatism, asthma, psoriasis and other skin conditions. Time for relaxation and spa therapies (optional session) while here. Dinner at hotel this evening. Overnight here for the next 4 nights.



**Day 11** - Breakfast. Free day for relaxing at the Spa - option of spa water therapy session (extra approx 45-50 Euros for a variety of options - special showers, jet pool, mud baths, etc.) and swimming in outdoor pool, walking, hiking & relaxing. Dinner at hotel this evening

**Day 12** - Breakfast - morning trip to Collioure on the Mediterranean sea. Free day on your own there - Time for visiting Chateau Royal & the church/lighthouse & the seaside town - chateau (extra), shopping, swimming, boat rides (extra) and more. Lunch on your own there. Return late afternoon. Dinner at hotel.

**Day 13** - Breakfast. Morning trip up further into the Pyrenees about 30 minutes, visiting the walled city of Villefranche-de-Conflent with time for shopping, lunch and exploring the walled city. Dinner in Villefranche de Conflent or back at hotel.

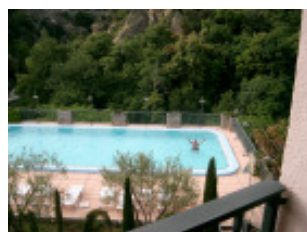
**Day 14** - Breakfast. Leave this morning for wonderful mountain journey out of the Pyrenees on beautiful mountain roads. Picnic lunch along the way. Afternoon Return to Toulouse airport area. Overnight at Ibis Hotel or similar for flights home in AM or on your own.

**Day 15** - Breakfast. Our journey together has ended - transportation to Toulouse airport in AM from hotel.

## Our Hotel on this optional extension

### Grande Hotel Thermal

<http://www.grandhotelmolitg.com/en/>



## Tour Conditions for MAIN portion of tour

**I. Costs:** See registration form. Price is for twin occupancy. Single supplement possible.

**II. Included** - Price includes transportation to/from Marseilles airport area on day of arrival & to Toulouse airport day of departure & around the area in 9 passenger mini-buses or cars; accommodations based on twin/double occupancy (singles available at extra cost - see registration form); continental breakfasts; admission to Castles (Peyreperouse, Montsegur, Puilaurens); one (1) dinner at Chateau de Cavanac or similar; admission to Grotte de Niaux (cave); admission to sites in Rennes-le-Chateau; teachings as noted. (all above depend on sites being open). **(See conditions for partial tour below)**

**III. Not included** - Airfare, personal items, passports, visas (for non-Americans), medical/accident/medical evacuation insurance, lunches & dinners (except as noted above) not included (food is very reasonably priced in this area of France).

**IV. \*\*\* Medical/Accident/Medical Evacuation Insurance** required to be purchased. Information available - approx. \$47USD per person. **Proof of purchase required** by Well Within. More information will be provided.



**V. Deposit & Payments:** \$750 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).

**VI. 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, \$900 is non-refundable. If cancellation postmarked between 15-29 days before departure \$1150 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.



## *Tour Conditions for optional 5 night extension*



**I. Costs:** See registration form. Price is for twin occupancy. Single room with supplement possible.

**II. Included** - Price includes transportation to/from Toulouse airport area on last day of main tour, to Pyrenees area & around the area in 9 passenger mini-buses or cars; & delivery to airport at end; accommodations based on twin/double occupancy (singles available at extra cost - see registration form); continental breakfasts; admission to sites mentioned (all above depend on sites being open).

**III. Not included** - Airfare, personal items, passports, visas (for non-Americans), medical/accident/medical evacuation insurance, lunches & dinners.

**IV. Deposit & Payments:** \$250 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 \$50 late payment fee added if payments not made by dates above (\$25 for each payment not met).



**V. Cancellation & Refund Policy** - Refunds minus \$200 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, \$900 is non-refundable. If cancellation postmarked between 15-29 days before departure \$1150 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.

### *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.*

#### *Preparation for tour*

It is helpful if you have read Holy Blood, Holy Grail &/OR The Templar Revelation as well as have some knowledge of and interest in the Cathars and the Rennes le Chateau mystery. I will be dividing the teachings into Basic and Advanced.

#### *Level of Activity*

You can participate to the level you desire - there are the options of 20-30 minute hikes up to some of the castles we will visit or they can be viewed from the car park. Otherwise walks are leisurely. Also workshops are all optional.

#### *Meals*

All breakfasts are included; lunches are extra and will mostly be picnic lunches; one (1) dinner included at Chateau de Cavanac or similar; other dinners are extra and will be in a variety of restaurants - at the hotels where we are staying or locally (or occasionally a picnic dinner). Wonderful French food & wine, if desired..

#### *Flights & Travel Arrangements*

Well Within is a travel agency & all flights & travel arrangements can be made with us. We have access to non-published discount fares to France from most locations

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

#### *Weather*

For May or June tour - this is early summer in Languedoc and the Pyrenees and usually great weather without the heat of the summer that this area experiences in July & August.

For the September tour - this is early autumn in Languedoc and the Pyrenees and weather is usually still quite nice

*Go to <http://www.nccn.net/~wwithin/france2.htm> for website & links to sites we will visit with lots of info & photos*

**To Register**  
**EMAIL OR PHONE AND LEAVE MESSAGE that you are registering for the tour AND scan & send the form 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 or Credit/DebitCard through Paypal

France Tour - Date of Tour Registering For \_\_\_\_\_

**Payment by (circle one):**

**Paypal** - paypal payments at <http://www.paypal.com>  
my account is [wellwithinclasses@gmail.com](mailto:wellwithinclasses@gmail.com) - will send a link

**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

**Type of Room desired throughout Tour**

Double/Triple room with twin beds       Double room with 1 double bed to share       Single room  
Would you like us to match you with a roommate? \_\_\_\_\_

**\*\*\*\*\*Purchase of health/accident/medical evacuation insurance is required for this tour (approx. \$47.00 USD for those from US for length of trip - information will be provided to you - other countries will have to find out details in their country)\*\*\*\*\***

**France Tour - - \$750 deposit to register**

- Main Tour - Price\* excluding airfare (all prices US\$)**
  - \$3195 per person twin/triple occupancy if deposit postmarked by October 1, 2019
  - \$3195 per person twin/triple occupancy if deposit postmarked after October 1, 2019
  - Single supplement - \$795 if you desire a single room (very limited in number)
  
- Optional extension to Pyrenees (5 nights) - \$250 deposit to register**
  - \$1625 per person twin/triple occupancy if deposit postmarked by October 1, 2019
  - \$1725 per person twin/triple occupancy if deposit postmarked after October 1, 2019
  - Single supplement - \$280 if you desire a single room (very limited in number)

\* **Tour price is based on the exchange rate of 1.00-1.6 Euro per US dollar (see inf below under A.).**

\* **Paypal address is <http://www.paypal.com> my account is [wellwithinclasses@gmail.com](mailto:wellwithinclasses@gmail.com) - will send a link**

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

(Signature) \_\_\_\_\_

**A. Responsibility:** Well Within, with its principal place of business in Ireland, 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

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. Tour price is based on the exchange rate of 1.00-1.5 Euro per US dollar. **If the dollar falls in value before the trip, the price may have to be adjusted slightly upward.**

Well Within requires the purchase by each tour member of appropriate travel accident/medical evacuation insurance, & recommends 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.