

Celebrating 37 years!!!!.....Well Within's Earth Mysteries & Sacred Site Tours presents.....



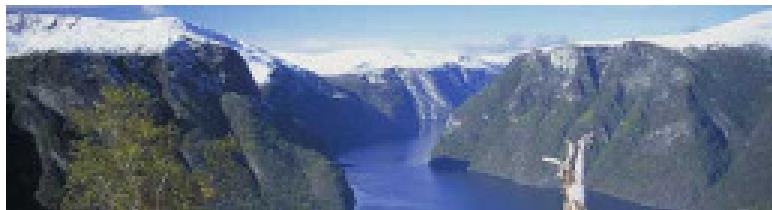
Magnificent Norway!

The Sacred in Nature & Norse Mythology & Runes

June 20 - July 2, 2019 (12 nights)

Magnificent Mountains Breathtaking Waterfalls
Mystical Fjords Timeless Glaciers

- * Land overflowing with incredible nature - the nature spirits are alive here!
- * Norse Mythology, History & Legend
- * Ferry journeys, mountain passes, walking, swimming, and breathing fresh air
- * Like a thousand Yosemite's with FEWTOURISTS to speak of
- * Sognefjord - one of Norway's greatest and most beautiful fjord systems - cuts eastwards some 120 miles inland from the coast
- * Balestrand on the magnificent north bank of Sognefjord
 - * English church of St. Olav - intriguing wooden church built in the style of the Norwegian stave church
 - * Viking burial mounds
 - * Visit picturesque Kvikne's Hotel
 - * Stay in Balestrand Pensjonat right on the fjord
- * Beautiful Gaular - high mountainous area of lakes and waterfalls
- * Briksdals - Briksdalsbreen arm of the Glacier & waterfalls in the beautiful Olden Valley
- * Jostedalbreen National Park & Glacier - Nigardsbreen Glacier, glacier lakes & waterfalls
 - * Optional (extra cost) guided glacier hikes on the blue ice of the Nigard Glacier) or kayaking on the Styggevatn glacier lake
- * Borgund Stave Church
- * Fjaerslandfjord - Ferry journey to Fjaerland; Norsk Bremuseum (Norwegian Glacier Museum); Supphellebreen & Boyabreen glacier
- * Flam Railway Journey - Mountain trip up to Myrdal - journey past waterfalls & beautiful scenery



Sheri Nakken, former R.N., MA, Director/Creator, Well Within & Earth Mysteries & Sacred Site Tours
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Conducting Conferences & Workshops throughout the world since 1982
(All tours personally led by Sheri)

Tentative Itinerary

Day 1 Fly into Sogndal airport via Oslo airport and arrive early afternoon. Pick up there & travel to the Balestrand area for overnight.



Day 2 Introductions & orientation this morning. Introduction to Norse history and folklore and mythology. The Sognefjord at Balestrand is at its widest with 7 narrow fjordarms pointing in all directions. It is an area of glaciers, water, apricot-trees & artists. Local - Viking Burial Mound, Church - Today time for sightseeing in the town including the English church of St. Olav - a spiky brown and beige wooden structure built in the general style of a stave church (wooden churches Norway is famous for) in 1897. Also we will visit 2 marked Viking burial mounds. Also visit the beautiful Kvikne Hotel. Overnight in Balestrand.



Day 3 Today all-day journey by ferry from Balestrand through Fjaerslandfjord - a wild place. The mountainsides are blanketed with a thick covering of trees extending down to the water's edge. The village of Fjaerland is made up of a ribbon of old wooden houses edging the

fjord. It was one of the last settlements on the Sognefjord to be connected to the road system. It is also a Norwegian "book town" with a large number of bookshops. We also will visit Norsk Bremuseum (Norwegian Glacier Museum) - learn everything there is to know about glaciers as well as visit Supphellebreen & Boyabreen - areas of the glacier. Arrive back in Balestrand at around 5 p.m. Overnight in Balestrand.

Day 4 & 5 - Travel up and into Gaular with its incredible waterfalls. The protected Gaularvassdraget watercourse flows through the whole area with incredible waterfalls along the way. This water course was placed under permanent protection in 1993, after more than 20 years of battling on whether it should be protected or used for hydro-electricity production. Continue on thru mountains and along fjords to Briksdalsbreen, with its easy 45-minute walk to the glacier, passing waterfalls and weaving up the river on the way with incredible waterfalls along the way. This watercourse was placed under permanent protection in 1993, after more than 20 years of battling on whether it should be protected or used for hydro-electricity production. Overnight in this area for 2 nights.



Day 6 Travel to Briksdal Glacier area today and overnight in this beautiful valley - Oldedalen (the Olden Valley)



Day 7 - 10 Travel to visit the Jostedalbreen glacier - an 800 sq. km. ice plateau that dominates the whole of the inner Nordfjord region.

The glacier has 234 arms that flow down into the nearby valleys and its Jostedalbreen glacier that gives the local rivers and glacial lakes their distinctive blue-green coloring. The glacier is now within a national park system. Glacier lakes & waterfalls. View one of the most spectacular and also easiest accessible of the many glacier arms - the Nigardsbreen Glacier. Also a visit to the visitor center & museum - Breheimsenteret - as well as beautiful walks in the area. Optional (extra cost) glacier hikes (a guided hike on the blue ice of the Nigard Glacier) or kayaking on the Styggevatn glacier lake.

Day 10 Early afternoon visit to the Sogn Folk Museum at Kaupanger (Heiberg Collections). This museum shows how people lived from the Middle Ages up to our own time. The open-air museum, with more than 30

buildings, ranges from medieval buildings to modern industrially produced houses from the end of the 1980s. The museum presents exhibitions on agriculture, crafts, food traditions, clothing, holidays and celebrations, boats and fishing equipment. There are more than 30,000 objects in the collection, and the museum also boasts a comprehensive library. If you spend a few hours here you will gain insight into life along the Sognefjord for the past 300 years. We will then continue south, crossing the Sognefjord by ferry and travel further to Borgund Stave Church - one of the



biggest and most spectacular and the stave church with the best-preserved mediaeval appearance. The church was built approx. 1180, and has also served as the model for the restoration of several other stave churches. There is an exhibition about the history of stave churches in Norway and their role in the Middle Ages; Art and objects from the old churches; & museum shop and cafe. Then we will continue on to the Flam area.



Day 11 Day in Flam & trip on the Flam Railway, considered as one of the world's finest railway journeys through unique scenery with high snow-covered mountains, thunderous waterfalls and emerald valley pastures & incredible tunnels. Take the train back down or walk part or all of the way.



Day 12 This afternoon, travel towards Bergen airport for journey home on Day 13.

Day 13 - Flight home or longer in Bergen or Norway on your own.

Well Within's Earth Mysteries & Sacred Sites Tours

Celebrate, with us, our 37th Anniversary. Experience incredible journeys to ancient & sacred sites throughout the world. Well Within's 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 & well over 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, Norway, Greece, Sweden, France, Egypt & Bali.

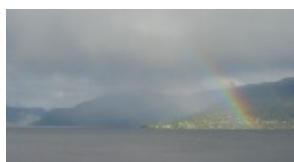
Sheri Nakken, former R.N., M.A., is Director & Creator of Well Within & Earth Mysteries & Sacred Site Tours. She has a great passion for mythology, legend, ancient practices, ancient sites, & history's mysteries, where clues are found as to why we are here on this planet & other realms that are present 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!



Accommodations (all tentative depending on availability)

We will be staying in hotels or beautiful holiday cottages in the various areas we travel to. I have chosen holiday cottages wherever possible as they are lovely & in incredible locations. They have bathrooms with toilets and showers in them and are nicely furnished and some have kitchens. For those times in holiday cottages (called hutte's) you will need to bring a bottom and top sheet for a single bed, pillow cases, towels & washclothes (comforters, blankets & pillows are provided). Below are some of the places we stayed in or visited in the past & hopefully will be able to reserve for 2019 (as soon as we know we have people registering, I will reserve them).

Balestrand Hotel, Balestrand



Fretheim Hytte (cabins), Flam



Jostedal Hotel, Jostedalen



Melkevoll Bretun Cabins - Briksdalsbreen



Tour Conditions

I. Price of Tour: Send deposit of \$750 to hold place as soon as possible as trip will fill. **See Registration Form for Prices.** (These costs are based on the exchange rate of 5 - 9 kroner per US dollar. If the dollar falls in value before the trip, the price may have to be adjusted slightly upward.

II. Included: Price includes 12 nights accommodations in twin/triple rooms; in Bed & Breakfast or Hotel or Cabins; all breakfasts, transportation from/to airports chosen as starting & ending airports & throughout tour; admission to sites listed; all workshops.

III. Not Included: Cost does not include airfare to/from starting & ending locations in Norway; lunches & dinners; passport & items of personal nature.

IV. Travel Arrangements - Well Within is also a travel agency. Call Well Within for discount non-published airfares as soon as possible. **We have some great airfares!!**

V. Deposit & Payments: \$750 deposit secures space. 1/2 of balance of payment due by **90 days before tour**. Remaining 1/2 of balance (full payment) due by **60 days before tour**. Total \$150 late payment fee added if payments not made by due dates (\$75 for each payment not met).

VI. Cancellations & Refunds: Refunds minus \$100 fee will be made if cancellation is postmarked by 120 days prior to departure. If cancellation postmarked between 60-119 days prior to departure \$500 is non-refundable. If cancellation postmarked between 30-59 days prior to departure, \$800 is non-refundable. If cancellation postmarked between 15-29 days before departure \$950 is non-refundable; and 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.



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 _____

Place of Employment _____ Email Address if have _____

Payment by (circle one):

Paypal - paypal payments at <http://www.paypal.com>
my account is wellwithinclasses@gmail.com

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

Check or Money Order

Norway Tour - send \$750 deposit Date of Tour you are Registering For _____

Take \$100 off the price if you pay balances by cashiers check

Regular price if payment by **credit card** excluding airfare

- \$3295 per person twin/triple occupancy if \$650 deposit received by December 1, 2019
- \$3395 per person twin/triple occupancy if \$650 deposit received after December 1, 2019
- Single supplement - \$500 if you desire single room in shared cabin and single rooms in other locations
- Single supplement - \$800 if you desire private cabin when we stay in cabins and single rooms in other locations

Type of Room desired throughout Tour (some places we will be staying in cabins with 2 bedrooms per cabin with 2 or more beds per room - will only put 2 persons per each room in cabin, unless you are traveling with a group and want more per room) CIRCLE which one you desire below

- Twin room with twin beds
- Double room with 1 double bed to share (if possible)
- Single - private bedroom but in shared cabin in some locations (private bedroom but share cabin) & single room in B&B's hotels
- Single - private cabin (not sharing cabin) & single room in B&B's hotels

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

(Signature) _____

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 a lot of newly released information that you may not have heard before. If you have a curiosity about mythology, sacred sites, other cultures, and a sense of adventure and want to travel with like-minded people in small intimate groups with a nice balance of workshop time, site time as well as free, independent time, these tours are designed for you. They are not your ordinary, large group tours, being herded into buses with little time to experience the energy of the site. We allow special extra time at sacred sites and there is always the option of being with the group or being on your own. Also, meals are usually not included, except breakfasts to afford you the opportunity to explore on your own at meal time or eat with the group.

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

Flights & Travel Arrangements

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

We have access to non-published discount fares to Norway from most locations in the U.S./Canada/ World



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 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. The England tour is based on the exchange rate of 5 - 9 kroner per dollar. 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.

The airlines or transportation companies concerned are not to be held responsible for any acts, omissions, or events during the time passengers are not on board their planes or conveyances. The passenger contract in use by the carriers concerned, when issued, shall constitute the sole contract between the airlines or transportation companies and the purchase of this tour and/or passengers.