

ITINERARY | DAY-BY-DAY



CAREER ENRICHMENT



Holistic Nursing Journey to Ireland

Dublin & Cork

9 days / 7 nights

September 16-24, 2023

\$5,499 (based on double occupancy)

\$999 (single supplement)

Visit Ireland on this customized holistic nursing journey where you will explore the many mystical and energy centers of Ireland while also learning about Holistic Nursing and alternative healthcare practices in Dublin and Cork.

BOOK NOW 888.747.7501

Professional Connections

- ✓ Meaningful interaction and collaboration between program participants and professionals in Ireland will include meetings with **holistic nursing professionals** in Dublin and Cork like Lansdowne College of Acupuncture and Complementary Medicine or UCD College of Naturopathic Medicine
- ✓ Discuss topics of mutual interest including the inroads being made around **holistic and traditional care** and how they can complement Western medicine when you visit Cancer Support House in Cork.
- ✓ Learn what programs are available for **training and advancement of holistic medicine** in Ireland today. What holistic principles, presence and teaching/learning strategies do they have?

Cultural Immersion & Exploration

- ✓ Explore some of the iconic sites of Ireland, including the **historic Dublin, Ring of Kerry, and Lough Gur**, rich in folklore and archaeology.
- ✓ Put on your dancing shoes for a visit to **O'Shea's Merchant Pub** where you can learn Irish dancing.
- ✓ Enjoy a guided meditation and tour at the mystical **Hill of Uisneach**, one of the most sacred & historical sanctuaries in the world.
- ✓ Explore **Cahir Castle** one of Ireland's largest and best-preserved castles.
- ✓ Visit Muckross Traditional Farm and Enjoy a **butter and scone making** demonstration and learn all about traditional rural life in Country Kerry during the early 1900's.

Guests Welcome – Optional Extension

- ✓ **Accompanying guest program** – *alternate activities will be provided for those who do not wish to attend the meetings.*
- ✓ Optional post-program **extension to Country Clare & Limerick**

What's Included:

- 4* accommodations throughout
- All transportation and activities outlined
- International flights to Ireland (gateway city set tentatively out of New York area)
- Local professional guide throughout
- Most tips to local drivers, guest guides and restaurant staff

Not Included:

- Personal expenses at the hotel
- Meals not specified
- Tips for national guide
- Passport renewal or issuance
- Domestic flight to gateway city
- Departure taxes where applicable



Ireland | www.nandajourneys.com | 888-747-7501



ITINERARY | DAY-BY-DAY

📍 New York Area

DAY 1: Saturday, September 16, 2023

Fly to Dublin

Depart from a New York area airport and make your way to Dublin, Ireland. The stunning beauty and friendly people alone are worth a visit!

📍 Dublin, Ireland

DAY 2: Sunday, September 17

Welcome to Dublin

Upon arrival, the group will be met and transferred to Dublin city center. Enjoy a **panoramic tour of Dublin City**. Here you will discover the north and south side of the River Liffey including such iconic sites as O'Connell Street, Phoenix Park, the house of Bram Stoker (the author of *Dracula*), and the medieval district where Dublin Castle and the two Anglican Cathedrals can be found. Enjoy lunch at a local restaurant before heading to the hotel to check in this afternoon (around 3:00 pm).

All program participants will gather later this afternoon with your national guide for an **early afternoon orientation and welcome**.

The **Iveagh Garden Hotel** is a modern take on traditional luxury in an urban oasis just steps from Grafton Street. They offer onsite casual dining with a bar and bistro and access to a nearby health club for a small fee. Guest rooms have flat-screen TV, laptop safe, luxury amenities, free Wi-Fi, USB charging station and coffee & tea maker.

Enjoy a welcome dinner this evening at the hotel.

Overnight: Iveagh Garden Hotel (or similar)
Included meals: Lunch & Dinner

📍 Dublin, Ireland

DAY 3: Monday, September 18

Professional Program

Please Note: Breakfast is included daily at your hotel.

Professional members of the program will meet with your nursing counterparts today at a facility like **Lansdowne College of Acupuncture and Complementary Medicine** or **UCD College of Naturopathic Medicine** in Dublin. Discussions with representatives will focus on education and training for holistic nurses and other allied healthcare professionals trained in integrative medicine in Ireland today.

Lunch will be provided at a local restaurant.

The afternoon we will request a visit to a **local hospital or clinic** in Dublin to discuss how integrative (holistic) medicine is used in Ireland and how widely alternative care is accepted in treatment and preventative care.

Guest program: *Today accompanying guests will enjoy a visit to County Kilkenny with Kilkenny Castle and Jerpoint Park. The town of Kilkenny is often referred to as "the Marble City" and is the most interesting and best preserved of the medieval Irish cities. It owes its immense charm to the various impressive historical monuments. Kilkenny Castle has been an important site since it was built by the Anglo-Normans in the 12th century. The castle has been remodeled in Victorian times and set in extensive parklands which was the principal seat of the Butler family, Marquesses and Dukes of Ormonde. Due to major restoration works, the central block now includes a library, drawing room, and bedrooms decorated in 1830's splendor, as well as the beautiful Long Gallery. A warm Irish welcome is guaranteed at Jerpoint Park, a period family home and working sheep farm. A sheep dog demonstration with a collie dog herding sheep in the farmyard is a sight to behold!*

Dinner will be provided at a local restaurant or pub.

After dinner, head to **O'Shea's Merchant Pub** or similar for a night of traditional Irish music and dancing (optional).

Overnight: Iveagh Garden Hotel (or similar)
Included meals: Breakfast, Lunch & Dinner





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📍 Dublin, Ireland

DAY 4: Tuesday, September 19

Cultural Program

Depart for Boyne Valley this morning. We will request the opportunity this morning to visit **Brú na Bóinne Visitor Center and Newgrange**. Brú na Bóinne is Ireland's richest archaeological landscape along the River Boyne, famous for their spectacular prehistoric passage tombs of Knowth, Newgrange and Dowth which were built circa 3200BC. These ceremonial structures are among the most important Neolithic sites in the world.

After lunch visit the **Hill of Tara**. Explore and learn about the ancient ceremonial and burial site during a visit with your guide. An ancient seat of power, 142 kings and a "stone of destiny"... welcome to the historic epicenter of royal life in Ireland.

These striking ridges of once dominant ring forts offer much more than just incredible views of the lush County Meath countryside. They tell old tales of **kings, gods, and sacred rituals**. This place has been an important site of worship and a coveted seat of power since pre-Christian times, and it overflows with the myths and legends that make Ireland's Ancient East so endlessly fascinating.

Return to Dublin where dinner is by individual arrangement.

Overnight: Iveagh Garden Hotel (or similar)

Included meals: Breakfast & Lunch

📍 Dublin, Ireland

DAY 5: Wednesday, September 20

Drive to Cork & visit Hill of Uisneach

The group will depart after breakfast for **Cork** in southwest Ireland. The group will enjoy a **guided meditation** and tour at the **Hill of Uisneach**, one of the most sacred and historical sanctuaries in the world. This ancient ceremonial site, in the barony of Rathconrath in County Westmeath, is in Irish mythology the location of the center of Ireland connected with both ley lines and sacred geometry. It is where the five provinces of Ireland meet and where the magical otherworld is said to be accessible via the **Catstone** (*Aill na Mireann* or Stone of Divisions). The stone is also reported to be the burial location of goddess Eriu (also one of the Tuatha de Danann). Tour with a local guide and take part in a special meditation session. The Ancient Walkway connects the royal sites of Uisneach and Tara, and its remains can be seen today. Uisneach predated Tara as a royal residence for the High Kings of Ireland.

Lunch will be provided this afternoon before heading to the hotel to check in and to have dinner nearby.

Overnight: Kingsley Hotel (or similar)

Included meals: Breakfast, Lunch & Dinner





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📍 Cork, Ireland

DAY 6: Thursday, September 21

Professional Program Day

Wrap up your professional exchange today with a morning visit to a **community healthcare facility** to continue discussions around how at this local level they are working to improve the health and wellbeing of service users, staff and the wider population of Cork and Kerry. Key areas of improvement include chronic diseases, staff health and system reform. A meeting will also be requested with the **Cork ARC, Cancer Support House** to learn about the free services provided to patients and their families during this difficult journey.

Lunch will be provided at a local restaurant today.

Guest program: *Today accompanying guests will depart for a trip to Mizen Peninsula. Mizen Head Irish Lights Signal Station is located at Ireland's most southwesterly point, at the end of the Mizen Peninsula, where the currents meet from the west and south coasts and where waves from the mid-Atlantic crash into the land. Mizen Head Fog Signal Station was sanctioned in 1906 by the Irish Lights Board to combat the high loss of life and shipping on the rocks. Visitors can dare to cross the iconic bridge high above the gorge; watch for seals and their pups in the swell below; experience the solitude of the keepers' lives and the elemental power of the restless Atlantic where the ocean currents swirl; laugh with exhilaration into the fresh salt-laden sea air.*

Dinner is by individual arrangement.

Overnight: Kingsley Hotel (or similar)

Included meals: Breakfast & Lunch



📍 Cork, Ireland

DAY 7: Friday, September 22

Ring of Kerry & Muckross Farms

This morning head out for a full day trip that includes some of the highlights of the **Ring of Kerry**. Rolling green hills and sparkling lakes. Sheep bleating and cows grazing in patchwork fields. *Note this will include some of the ring's highlights, not a trip along the full 111-mile road.*

This 179km circuit of the Iveragh (*pronounced eev-raa*) Peninsula winds past dreamlike landscapes, dramatic coastlines, pristine white sandy beaches, medieval ruins, mountains, and loughs, with ever-changing views of the island-dotted Atlantic.

Your guide and driver will stop frequently to allow you to admire this spectacular scenery, some of the most beautiful in all of Ireland. They are sure to include infamous vantage points such as **Moll's Gap** and **Ladies View**. Moll's Gap provides magnificent views of Macgillycuddy's Reeks Mountains. The rocks at Moll's Gap are formed of old red sandstone and a great scenic vantage point. Ladies View is another scenic vantage point whose name stems from the admiration of the view given by Queen Victoria's ladies-in-waiting during their 1861 visit.

After lunch at a local pub or café, the group will head to **Muckross Traditional Farms**. The Muckross traditional farms are an authentic outdoor interpretation of rural life in Kerry in the 1930s and 1940s, on a 70-acre elevated site. Traditional buildings and field systems are recreated, and domestic farming and craft practices are carried out daily.





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You'll be greeted upon arrival by a schoolmaster; proceed into a classroom for a short background on school life in the early 1900s and learn some traditional Gaeltacht (Irish) words.

Then take part in a butter making and scone making demo. The *Bean an Tis* (women of the house) will explain the importance of butter to the Irish farmer's wife, how it was transported throughout the world, and why Irish butter is ranked so high both at home and abroad. Sample the wares and have some tea or coffee afterwards.

Return to Cork where dinner is by individual arrangement (own expense).

Overnight: Kingsley Hotel (or similar)

Included meals: Breakfast & Lunch



📍 Cork, Ireland

DAY 8: Saturday, September 23

Cultural Exploration

Today head out to explore **Lough Gur**. Lough Gur is a magical and mysterious place that is rich in folklore along with a wealth of archaeology and history dating back to Stone Age times. It is **home to Ireland's oldest and largest stone circle** noted for its most recent megalithic art find in August 2022. Formerly covered in moss, the stone now has visible carvings that are drawing a lot of attention and being studied for their unusual design.

Lunch will be by individual.

Later today head over to **Cahir Castle** for a tour! Once the stronghold of the powerful Butler family, Cahir Castle retains its impressive keep, tower and much of its original defensive structure. It is one of Ireland's largest and best-preserved castles so well worth a visit. Built in the 13th century it has featured in tv and film including *Excalibur* and *The Tudors*.

Say goodbye as you reflect and share memories over a **farewell dinner** at a local restaurant.

Overnight: Kingsley Hotel (or similar)

Included meals: Breakfast & Dinner

📍 Cork, Ireland

DAY 9: Sunday, September 24

Drive to the Shannon Airport (two-hour journey) for check in for your flight home. Depending on the flight time, lunch is by individual arrangement.

Included meals: Breakfast



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📍 Dublin, Ireland

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Dublin, Ireland

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<https://iveaghgardenhotel.ie/>



📍 Cork, Ireland

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