

Mental Health Journey to England

OPTIONAL BELFAST & DUBLIN POST PROGRAM EXTENSION

5 days | Explore Belfast & Dublin including the Giant's Causeway

Extend your stay first in Belfast. Northern Ireland's capital, it lies along the banks of the River Lagan on the east coast of Ireland. Famous as a port city and for its colorful past, it is a must see while you are in the UK. Wrap up with a stop in Dublin to see the highlights of the city including a visit to Trinity College to see the Book of Kells.

DAY-BY-DAY ITINERARY

DAY 1: SUNDAY, OCTOBER 10, 2021

📍 Belfast, Northern Ireland

Fly to Belfast today where you will meet up with your local guide and driver for your transfer to **Belfast City**.

This afternoon enjoy a Whiskey tour in Belfast. In the comfort of the oldest building in Belfast, enjoy an Irish whiskey master class. Three wonderful drinks, paired with food samples, to surprise and enjoy. Learn how to enjoy a fine "halfun", learn what a "halfun" is, and discover the history of the spirit and unique place Ulster has in the whiskey story.

Lunch is on your own arrangement today.

Head to the hotel this afternoon for check in. The remainder of the day is yours to relax with dinner included at the hotel this evening.

Meals: Breakfast, Snack During Whiskey Tour, Dinner

Overnight: Grand Central Hotel (or similar)

DAY 2: MONDAY, OCTOBER 11

📍 Belfast, Northern Ireland

Enjoy a full Irish breakfast at your hotel before heading out on a **Traditional Black Cab** experience, to learn of Belfast city's rich political history. Let the experienced black cab driver take you on a journey back in time to explore the many places of interest. You choose what you want to see or simply leave it to the driver. The political murals of the Falls and the Shankill tell their own graphic story of what has been called "The Troubles" in Ireland's recent history. See the infamous

Peaceline, a wall built to keep Nationalists and Loyalists apart and in the process divided the communities.



After your Black Cab tour, depart for your explorations of some of the key sites of the city. Your first stop today is to **Titanic Belfast**. Located in the heart of Belfast, Titanic Belfast recreates the story of the world's most famous ship in an iconic, six floor building right beside the historic site of the original ship's construction. Opened in April 2012 to coincide with the centenary of its launch, the self-guided journey begins on entering the building's giant atrium, where the visitor is surrounded by the four 'ship's hull' shaped wings which house the Titanic Experience. As you journey through the nine large galleries of the interactive exhibition, you will uncover the true story of the Titanic, from her conception in Belfast in the early 1900's, through her construction and launch, to her famous maiden voyage and subsequent place in history.

Enjoy lunch at a local pub or cafe (own expense).

Head onward to visit **Crumlin Road Gaol** to experience the history inside the former prison, which dates back to 1845. Closed in 1996, it also played a significant role during the troubles in Belfast. Designed by Charles Lanyon at a cost of £60,000, it was one of the most advanced prisons of its day and was built within a five sided wall on ten acres. The prison was designed to hold between 500-550 prisoners but during the civil unrest in Northern Ireland especially during 1970's as many as 900 prisoners were held here. The Gaol has now been turned into a major visitor attraction and conference center. You will be able to tour the prison and hear the varied history of the Gaol that dates back to 1845. Visit the execution cell where 17 men were executed between 1854-1961 before heading to the Governors office and the restored cells of C wing. There will be an opportunity to walk along the underground tunnel that links the Gaol to the courthouse where the prisoners were led to the Gaol after being sentenced.

Enjoy an Irish night of music and dance tonight including dinner.

Meals: Breakfast & Dinner

Overnight: Grand Central Hotel (or similar)

DAY 3: TUESDAY, OCTOBER 12

📍 Belfast, Northern Ireland

After breakfast at the hotel, depart for your day trip to explore the **North Antrim Coast**. Encounter Northern Ireland's favorite giant Finn McCool at the new Giants Causeway Visitor Center on the North Antrim coast which opened in the summer of 2012. According to legend, Finn McCool created the **Giants Causeway** by building stepping stones to Scotland to challenge the Scottish giant Benandonner! The new visitor center explores the major themes of mythology, geology, landscape, ecology, culture and social history based on the UNESCO World Heritage site that consists of 40,000 basalt polygonal columns formed 60 million years ago after a volcanic eruption. There are



various interactive exhibits and short video presentations within five designated interpretive exhibition areas and the self guided visit will culminate with a spectacular two minutes audio-visual projection of a volcanic eruption flowing over the walls and onto the floor.



Stop for lunch on your own before heading onward to visit **Dunluce Castle**. The ruins of this 13th century castle on the North Antrim coast is accessible via a bridge connecting it to the mainland. A local legend states that at one point, part of the kitchen next to the cliff face collapsed into the sea, after which the wife of the owner refused to live in the castle any longer. According to a legend, when the kitchen fell into the sea, only a kitchen boy survived, as he was sitting in the corner of the kitchen which did not collapse. However, the kitchen is still intact and next to the manor house. You can still see the oven, fireplace and entry ways into it. It wasn't until sometime in the 18th century that the north wall of the residence building collapsed into the sea. The east, west and south walls still stand.

An early evening meal at Ballgally Castle will be included before returning to the city.

Meals: Breakfast & Dinner

Overnight: Grand Central Hotel (or similar)

DAY 4: WEDNESDAY, OCTOBER 13

📍 Drive to Dublin

Leave Belfast this morning and make the journey to Dublin, for the final portion of your trip. Your local private driver will collect you at your Belfast hotel and bring you the 1.5- 2 hour journey back to the capital. Enjoy a visit to **Malahide Castle** in North Coast Dublin, in route. Malahide Castle is one of Ireland's oldest and most historic castles. The 100-hector estate was founded in the 12th century by the Anglo-Norman Talbot family and was occupied by this family until 1976. The castle contains much of its original 16th Century furnishings, a minstrel's gallery and a unique collection of Irish historical portraits. It also houses the Fry miniature railway for railway

enthusiasts. The short tour of the castle is recommended, as is the small café in the basement of the Castle.

Lunch will be on your own this afternoon.

This afternoon, you will be met by your private guide for your Dublin **city walking tour**. Enjoy getting to know the city at a relaxed pace, taking in the city highlights & learning of Dublin's rich history & culture as you tour.

Much of Dublin's inner-city architecture was built during



the Georgian period (1714 to 1830) and remains largely intact; particularly around the south side of the inner city. The name, Georgian, comes from the 4 King Georges who reigned during this period. Modern Dublin began with the construction of Henrietta Street in the mid 1720's and the four-story townhouses [built there] became a template for the rest of the city, which was constructed in phases over the next century.

During the mid-18th century, a total of 5 "squares" were added to enhance the newly developed streetscapes. In each case, a park formed the centerpiece of the Square; surrounded on each side by 4-story townhouses. Stop to see various locations including St. Stephen's Green, the largest of these squares, and perhaps the most beautiful. It is known colloquially as Stephen's Green, and is without doubt the most fashionable part of Dublin due to the array of high-end shops and restaurants.

Continue on to visit **Trinity College**, which was established by Royal Charter in 1592; during the reign of Queen Elizabeth I. It is Ireland's oldest and indeed prestigious university and the present buildings date from c1750. Trinity College Library houses Ireland's largest collection of books and manuscripts, and its principle treasure is the 8th century hand-illuminated Book of Kells. It is considered to be the most striking manuscript ever produced in the Western world, and one of the greatest masterpieces of early Christian art.

Your next stop is **Dublin Castle**. Once seen as a poignant symbol of British power in Ireland, most of the original 13th century Dublin Castle has long since vanished. The present

buildings date from the mid-18th century and are principally used for hosting official State visits, as well as more informal foreign affairs engagements. Since 1938 each of Ireland's presidents have been inaugurated here and today the main courtyard and State Apartments are open to members of the public.

Wrap up your tour with a visit to the **Christ Church Cathedral**. The Anglo-Normans (The English) arrived in Ireland in 1169; an event which simultaneously extended the Holy See of Rome to their shores. Christ Church Cathedral was built inside the city walls for the English; while St. Patrick's Cathedral (a short distance away) was built outside the city walls for the native Irish population. At the time of the Reformation both cathedrals were passed to the Anglican Church of Ireland. While cathedrals in Europe are traditionally the seat of a bishop, St. Patrick's Cathedral has a Dean – the most famous of all being Dean Jonathan Swift (1713-45) writer of Gulliver's Travels.



Last stop before you are returned to the hotel is at the **Temple Bar** which serves as Dublin's Cultural Quarter and is a lively, bustling and cosmopolitan area in the heart of Dublin. This small area boasts a dazzling choice of restaurants, cafes, bars, hotels and shops. Its narrow cobbled streets are pedestrianized and are ideally suited to a leisurely stroll through the quarter. There are area maps located on every street in Temple Bar to assist you in locating the many places of interest to visitors to the area.

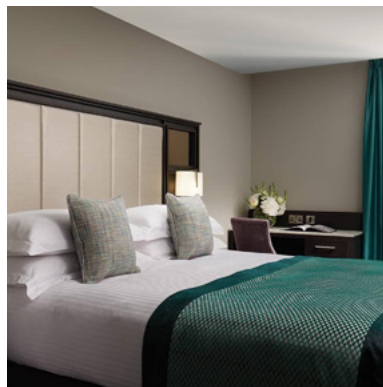
Enjoy a tasting menu and matching beer flights this evening at the delightful Stack A Restaurant of Urban Brewing in Dublin.

Meals: Breakfast & Dinner

Overnight: Grand Central Hotel (or similar)

DAY 5: THURSDAY, OCTOBER 14

Head to the Dublin airport today for your return to the U.S. and your connecting flights home.



Grand Central Hotel

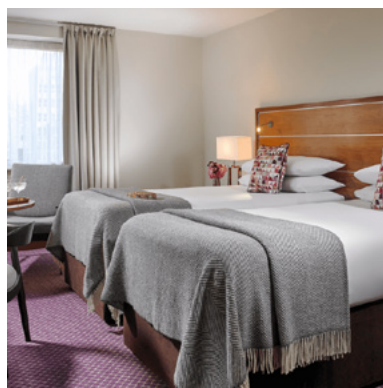
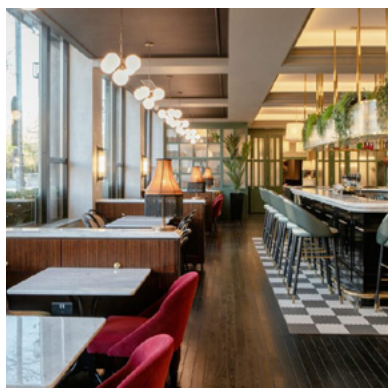
9-15 Bedford St, Belfast BT2 7FF, United Kingdom

Tel: +44 28 9023 1066

 www.grandcentralhotelbelfast.com

Hastings Grand Central is more than a hotel. It's an ode to a city. Standing tall in Bedford Street, this impressive jewel fuses glamour and grandeur with a uniquely Belfast spirit. Perfectly placed in Belfast City, the property is at the heart of Belfast.

Theatre buffs, shopaholics and historians alike will all be spoiled for choice, with a host of options right on their doorstep. Conveniently located for all transport access, the Grand Central is perfectly placed for every city center endeavor—from business to leisure and everything in between.



Green Hotel Dublin

1-5 Harcourt St, Dublin 2, Ireland

Tel: +353 1 607 3600

 www.thegreenhotel.ie

The Green Hotel Dublin is comprised of two magnificently restored Georgian buildings, with a heritage of great historical and cultural importance to Ireland. Enjoy the stunning glass atrium, filling the lobby with natural light and overlooking the idyllic Stephen's Green park. The stylish interior design throughout the hotel, with wood paneling and soft leather furnishings sitting alongside Georgian stucco ceilings and elegant fireplaces, beautifully showcases the fusion of old and new.

PROGRAM INFO

Date & Length: 5 days October 10–14, 2021

Extension cost: \$2,399 per person. *Single supplement:* \$599.

Inclusions: Flight to Belfast, group airport transfers; baggage handling, most gratuities; tours; meals as mentioned; local guide for tours and transfers; and accommodations based on double occupancy.

Not Included: Hotel incidentals and meals not mentioned.

To participate in the optional extension, complete and return the extension registration form. Return no later than 90 days prior to departure or within five days of receiving the information.