

## Holistic Nursing Journey to Ireland

# OPTIONAL COUNTY CLARE & LIMERICK POST PROGRAM EXTENSION

4 days | Explore County Clare & County Limerick Including the Cliffs of Moher

Extend your stay for three additional nights in Ireland. This will provide an opportunity to continue exploring the picturesque village of Adare, authentic medieval castle in Bunratty, stunning Cliffs of Moher and gorgeous landscapes in the region.

## DAY-BY-DAY ITINERARY

### DAY 1: SEPTEMBER 12, 2021

📍 County Clare, Ireland

After breakfast at the hotel this morning, you will depart for County Clare. In route you will have an Irish coffee demonstration at **Foynes Flying Boat Museum**. From 1939 to 1945, Foynes was the center of the aviation world for air traffic between the United States and Europe. Located just west of Limerick city on the Shannon estuary, the museum recalls this era with a comprehensive range of exhibits and graphic illustrations. The museum features the original Terminal Building including the authentic 1940's cinema; the radio and weather rooms, complete with transmitters, receivers and Morse code equipment. Irish Coffee was invented in Foynes by Chef Joe Sheridan who made the first pot in 1942 to warm up some damp and miserable passengers. Since then Irish coffee has become one the most popular welcoming drinks in the world.

Nex stop is to visit **Lough Gur Heritage Center**. Time will allow to also visit the nearby wedge tomb, cemetery and Grange Stone Circle to wander and take in the feel of these sacred sites. Lough Gur is a magical and mysterious and rich in folklore, along with a wealth of archaeology and history dating back to the Stone Age. The heritage center provides a fascinating interpretation of the sites associated with Lough Gur and have a exhibition detailing its 6,000 years of history.



Enjoy a leisurely lunch at local restaurant in **Adare** which is regarded as one of Ireland's most picturesque villages. The small village has thatched cottages dotted throughout the town dating back to the 3<sup>rd</sup> Earl of Dunraven who built many in the 1820's for his estate workers. Today they are mostly used as craft shops or restaurants.

Continue onward to check into your local hotel and overnight. Dinner is on your own this evening.

**Meals:** Breakfast & Lunch



### DAY 2: SEPTEMBER 13

📍 County Clare, Ireland

After breakfast at the hotel, depart for your day trip to see the **Cliffs of Moher**. Situated on the Atlantic Ocean and bordering the Burren region, the Cliffs of Moher are one of Ireland's most spectacular sights. Standing 230 meters above the ground at their highest point and 8km long, the Cliffs boast one of the most amazing views in Ireland. On a clear day, the Aran Islands are visible in Galway Bay as well as the valleys and hills of Connemara.

Next travel through the Burren region. The **Burren landscape** covers over 150 square km, one of Ireland's six National Parks. The region is visually similar to a moonscape, yet shelters a mixture of flora and archaeological sites which have attracted visitors for centuries. Centuries of weathering has produced a terrain of fissured limestone pavements, disappearing lakes, terraced mountains, and underground cave systems.



After lunch on your own, enjoy a photo stop at **Poul nabrone Dolmen**. Among the most famous landmarks in County Clare, the remarkable image of the sun setting through this dolmen is one of those most commonly associated with the area. The dolmen is surrounded by the characteristic Burren limestone pavement where a patient visitor may find examples of the famous flora.

Finally enjoy a guided tour of **Caherconnel Stone Fort**. This offers you the opportunity to visit an exceptionally well-preserved example of the stone forts and ring forts existing within the area. This may not have been defensive in a military sense but rather for personal security from raiders or wild animals which were among the most common foes at the time. Ringforts such as Caherconnell are thought to have been inhabited from 400-1200 AD. Enjoy a light dinner and **traditional Irish music** at the Doolin Music House. Christy Barry and his partner Sheila have entertained friends and musicians at their home for many years, sitting around the fire playing music and telling stories.

**Meals:** Breakfast & Dinner

### DAY 3: SEPTEMBER 14

📍 County Clare, Ireland

After breakfast at the hotel, take a ferry from Doolin to the Aran Island of Inis Mor for a minibuss tour of the island. The



three Aran Islands, **Inisheer**, **Inishmaan** and **Inishmore**, standing out in the Galway Bay, form a mass of limestone, similar to the Burren's geology. Today the inhabitants live essentially off fishing and tourism while remaining strongly attached to Gaelic traditions. These islands are the last real "Gaelthacht" of the modern Ireland. Inishmore is the largest of them, it is covered in old stone walls and little fields. On the West Coast of the island, majestic cliffs drop into the wild Atlantic ocean. This area is dominated by Dun Aengus, one of the most impressive Neolithic forts in Europe. A trip to the islands offers a journey through time, as well as an encounter with the old Ireland, the mythical Ireland. For this reason, the islands are quite fascinating. Inishmore, the largest of the Aran Islands, it is made up of 14 tiny villages.

Return to the village for lunch on your own today. You will return in the late afternoon to Rossaveal and the mainland, which allows free time for exploring the island before departure.

Late this afternoon visit the **Aran Island Cheese Farm**. Gabriel of Aran Goat's Cheese will introduce you to his herd of goats and take you through the process of making his award winning product before sampling and experiencing the range for yourself. His beautiful Nubian and Saanen goats graze on the unique pastures of the Aran Island. The climate is perfect for the grass herbs as the island is served by the Gulf Stream. The unique diet of the goats gives the cheese its unique, delicious flavor.

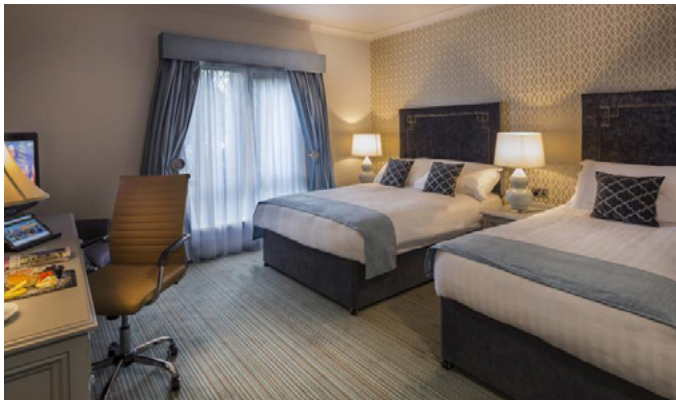
Return by ferry to the mainland later today where dinner will be provided at a local restaurant such as Cornstore.

**Meals:** Breakfast & Dinner

### DAY 4: SEPTEMBER 15

Depart today for your return to the U.S. and your connecting flights home.





Treacys Oakwood Hotel is a newly refurbished hotel located 2 miles from Shannon Airport. Guest rooms feature stylish, modern decor and comforts like a hair dryer, iron and board, as well as laundry service. They also have free wireless internet and coffee/tea making facilities.

#### HOTEL INFORMATION

##### Treacys Oakwood Hotel - 4 Star

Shannon, Co. Clare, Ireland

 [www.treacysoakwoodhotelshannon.com](http://www.treacysoakwoodhotelshannon.com)

## PROGRAM INFO

**Date & Length:** 3 days September 12-15, 2021

**Extension cost:** \$1,599 per person. *Single supplement:* \$299.

**Inclusions:** 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.*