

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 27, 2020

📍 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.

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 3rd Earl of Dunraven who built many



in the 1820's for his estate workers. Today they are mostly used as craft shops or restaurants.



Finish the day at **Bunratty Castle**, one of the most complete and authentic medieval castles in Ireland. Built in 1425 and plundered on many occasions, it was authentically restored in 1954 to its former medieval splendor and now contains mainly 15th and 16th century furnishings and tapestries capturing the mood and the style of the times. Within the grounds of Bunratty Castle is Bunratty Folk Park where 19th century life is vividly recreated. Set on 26 acres, the impressive park features over 30 buildings in a 'living' village and rural setting. Meet and chat with the Bean an Ti (Woman of the House) and various street characters including the Policeman and Schoolteacher. Enjoy the tastes, scents, sights and sounds of this enchanting place as you stroll from house to house or around the charming village complete with school, post office, doctors house, hardware shop, printers and of course the pub!

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

Meals: Breakfast & Lunch

DAY 2: SEPTEMBER 28, 2020

📍 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.



Enjoy a light lunch 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.

Finish the afternoon by exploring the **Burren landscape** covering 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.

Return to Clare where dinner is on your own this evening.

Meals: Breakfast & Lunch

DAY 3: SEPTEMBER 29, 2020

📍 County Clare, Ireland

After breakfast at the hotel, take a ferry from Doolin to the Aran Island of Inis Mor for a minibus 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.

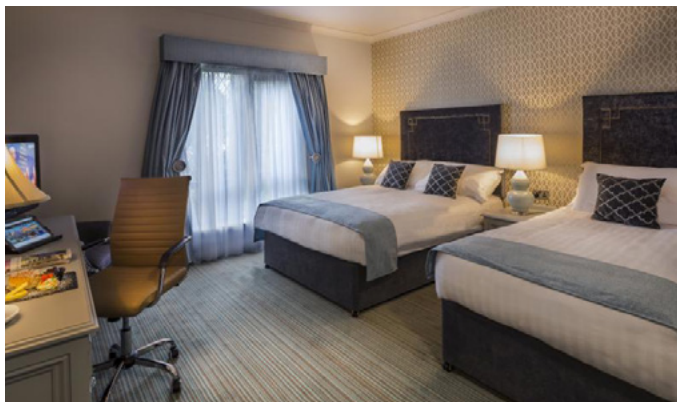
Late this afternoon visit the **Aran Island Cheese Farm**. Gabriel of Aran Goat's Cheese will introduce you to his herd of goats and take you through the process of making his award winning product before sampling and experiencing the range for yourself. His beautiful Nubian and Saanen goats graze on 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 30, 2020

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 s and coffee/tea making facilities.

HOTEL INFORMATION

Treacys Oakwood Hotel - 4 Star

Shannon, Co. Clare, Ireland

 www.treacysoakwoodhotelshannon.com

PROGRAM INFO

Date & Length: 3 days September 27-30, 2020

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.