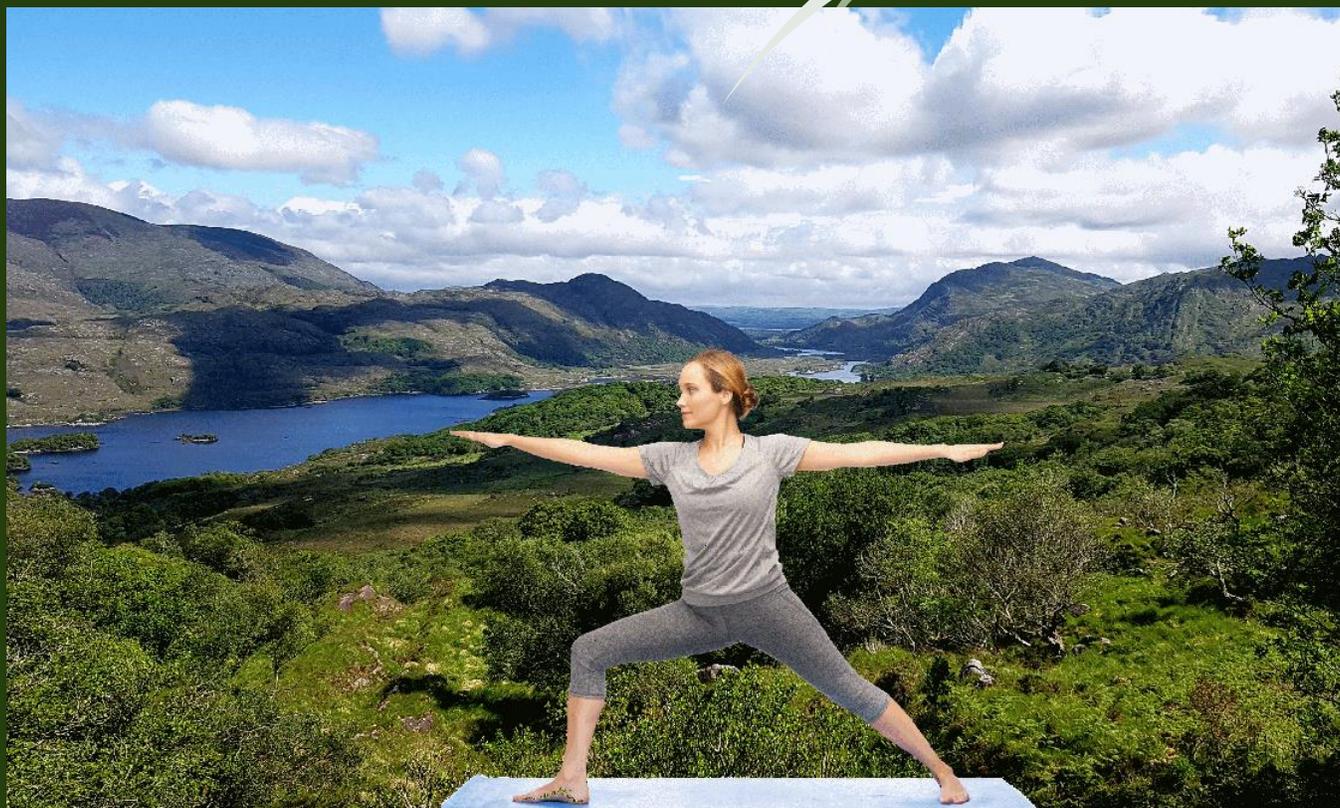


ireland us experience



7 DAY YOGA RETREAT & TOUR OF IRELAND 11th-18th July 2023

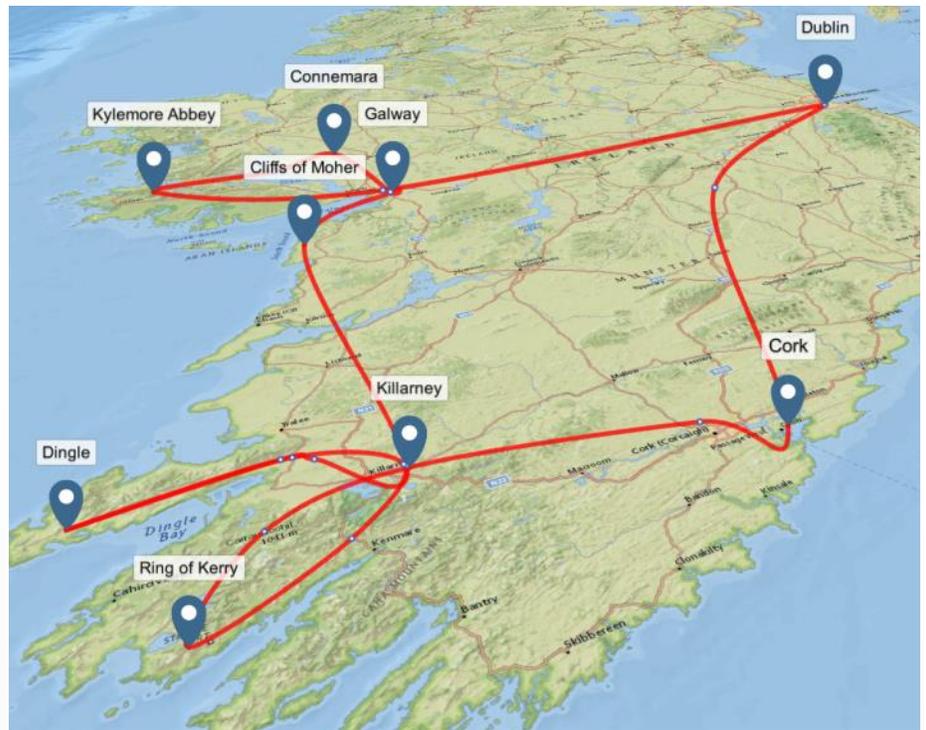
Flying out of USA on 10th July
Flying Home On 18th July

*WITH OPTION FOR 2 ADDITIONAL DAYS
IN DUBLIN CITY AT END OF TRIP
Flying Home On 20th July*





Cliffs of Moher



ATTRACTIONS INCLUDED IN TOUR

- **GALWAY**
Tour of Connemara
Kylemore Abbey
- **CLARE**
Cliffs of Moher
- **KERRY**
Dingle Peninsula/Slea Head
Ring of Kerry Tour
Muckross House & Gardens
- **CORK**
Blarney Castle/Blarney Stone
Cobh Heritage Centre
- **OPTIONAL 2 DAY DUBLIN ADD-ON**
Dublin City Tour
Guinness Storehouse
Trinity College/Book of Kells
Glendalough
Kilmainham Gaol

Ireland US Experience invite you on a 7 Day Yoga Retreat and Tour of Ireland, where you will not only take a leisurely tour around a country that has some of the most breathtaking and inspiring scenery in the world, but enjoy daily all-level yoga practices under the guidance of a trained yoga instructor.

Over 7 days you will visit attractions as diverse as the spectacular Cliffs of Moher and Kylemore Abbey in the wilds of Connemara, the fabulous scenery on the Ring of Kerry and picturesque towns like Dingle and Cobh. Along the way, you will find out what makes Ireland so special, whether it's the people, the places, the music or the humor.

As part of the tour we will begin each morning with a yoga session, with all yoga mats and equipment supplied, followed by breakfast and the day's activities/sightseeing. We will finish with a second yoga session in the evening, to help you wind down before breaking for your nightly dinner, also included in the cost of the tour. And, of course, you will have plenty of time to relax or engage in your own explorations.

At the completion of the official tour there is also an option to stay on in Dublin, Ireland's capital city, for a further two days where we will have a tour of the city and visit some of its most iconic landmarks, plus pay a visit to the ancient monastic settlement at the magical valley of Glendalough in the nearby Wicklow mountains. Note that, while breakfast is included during the Add-On stay in Dublin, there are no yoga sessions or dinners included, but there are a wide variety of dining options available in and near your hotel.

You will find further details of the day-by-day itinerary on the following pages.

We look forward to welcoming you to Ireland! Namaste.

CLIFFS OF MOHER



GLENLO ABBEY HOTEL



CONG



THE PULLMAN IN GLENLO



7 Day Yoga Tour of Ireland

Kylemore Abbey



Mon July 10th - Depart The USA

Your adventure begins as you take to the air on your journey to the Emerald Isle.

Tue July 11th - Day 1 - Dublin - Galway

Welcome to Ireland. Your guides will meet up with you in the Arrivals area of Dublin Airport and take you on a short tour of Dublin, Ireland's capital city, before heading off across country to the West Coast of Ireland towards Galway, "The City of the Tribes", where we will have a short city tour visiting famous sights like the Spanish Arch, and the old medieval streets, then have a stroll along the seafront in Salthill, looking out on Galway Bay, before checking into our hotel in Galway, the opulent [Glenlo Abbey Hotel](#). Here we will have our first yoga session of the tour at 6.30pm to help you relax and recover from your travels, in the scenic settings of Glenlo's outdoor Walled Garden (weather permitting!). We then have an evening dinner arranged for you at 8.30pm, following which you will then have the remainder of the evening free to enjoy the amenities in the hotel, including its lakeside walks, or perhaps take a short taxi ride into Galway. One of Glenlo Abbey's most unique features is the Pullman Restaurant, situated in two rail carriages from the original Orient Express, and located in the grounds of the hotel (Alas it is not included in the itinerary as there are usually only limited bookings available, and it costs around €75 per person, but if you are interested in having a unique dining experience and feel what it would have been like to travel in style in the 1920's then let us know as soon as possible and we will see if we can get you a booking)

Wed July 12th - Day 2 - Galway-Connemara-Kylemore Abbey-Cong

This morning we rise for our first morning session, weather permitting, in the Walled Garden in Glenlo Abbey at 6.30am. This will be followed by breakfast in the hotel (you can select from a wide choice of menu options depending on your personal preferences). After breakfast and a freshen up, we will travel into the wilds of Connemara, an area of stark beauty, paying a visit along the way to the majestic Victorian Walled Gardens of Kylemore Abbey, home to the Benedictine Nuns for over 100 years (and famous for its handmade treats!) and Cong, the location for the famous John Wayne Irish movie, 'The Quiet Man'. We will then head back to Galway to [Glenlo Abbey](#), where we will have our second yoga session of the day, at 6.30pm, to de-stress after the day's touring, followed by dinner at 8.30pm. Again, you will have the remainder of the evening free to enjoy the tranquil ambience of this unique hotel.

Thurs July 13th - Day 3 - The Cliffs of Moher - Killarney

We will again start our day with our 6:30am yoga session, followed by breakfast, before taking our leave of Galway and heading down the coast through County Clare. Along the way we will stop off to pay a visit to the Cliffs of Moher, one of Ireland's most iconic sights, where you will get to stroll along the cliffs and take in the bracing Atlantic air. We will then travel down through County Limerick and take the ferry across to County Kerry (or "The Kingdom" as they like to refer to it locally!) Our destination for today is one of Ireland's most famous towns, Killarney, where we will check into our home for the next three nights, the [Gleneagle Hotel](#), where we will have our 6.30pm yoga session, followed by our 8.30pm dinner. You will then have the evening free to rest up or explore Killarney, the center of which is only a 20 minute walk from the hotel (or a short taxi ride!)

Fri July 14th - Day 4 - Dingle Peninsula - Slea Head

After our early morning yoga session and breakfast, we will head out onto the Dingle Peninsula to Dingle town, where you will have the opportunity for a leisurely stroll around this picturesque fishing town before we head off further down the peninsula to Slea Head, with majestic views out into the Atlantic Ocean, and a backdrop of Skellig Michael, a craggy island, once home to an ancient monastic settlement (and used as a location in recent Star Wars movies). On our return leg we will stop off in Annascaul, where we will visit the South Pole Inn, once owned by the famous Irish explorer Tom Crean, who travelled to the Antarctic with both Scott and Shackleton. On our return to Killarney, and the [Gleneagle Hotel](#), you will partake in your evening yoga session to help you wind down, followed by dinner. You will then have the remainder of the evening free to relax and take in the atmosphere of this unique part of Ireland.

Sat July 15th - Day 5 - Ring of Kerry - Muckross House

Today, following our morning yoga session and breakfast, we head will off on a journey around one of Ireland's most scenic drives, the Ring of Kerry, visiting the seaside town of Waterville, whose most famous summer resident was Charlie Chaplin, then on through Cahirciveen and Molls Gap, stopping off to admire the stunning scenery at Ladies View (featured in our cover image) and finishing up in Muckross House and Gardens, nestling along the banks of the Lakes of Killarney. We will have our evening yoga and dinner in the [Gleneagle](#) on our return to Killarney. After dinner you have the evening free to enjoy the delights of Killarney or take the opportunity to just chill out and relax.

Sun July 16th - Day 6 - Blarney Castle

After our morning yoga session and breakfast, we will leave Killarney and set off eastward across Ireland to Cork -the 'Rebel County'. Our first stop will be in Blarney Castle where you will have the opportunity to kiss the Blarney Stone, that legend says will give you the gift of eloquence. The stone is on the ramparts of the castle, so if you are nervous of heights, or don't fancy kissing a lump of rock, there are always the extensive grounds of the castle to explore, or its famous woolen store. The final leg of our journey today is to your hotel for the next two nights, the 5-star [Fota Island Resort & Spa](#), where, after you evening yoga session and dinner, you have the evening free to enjoy the resort facilities and grounds.



LADIES VIEW, RING OF KERRY

CLIFFS OF MOHER



LAKES OF KILLARNEY



MUCKROSS HOUSE, KILLARNEY



BLARNEY CASTLE



FOTA ISLAND RESORT



COBH CATHEDRAL



GUINNESS STOREHOUSE



KILMAINHAM GAOL



Glendalough



Mon July 17th - Day 7 - Cobh

For the final touring day of the trip, we will start off, as always, with our morning yoga session, followed by breakfast, and head to the nearby seaside town of Cobh, famous as both a fishing village, and the last place that Titanic took on passengers, before heading off on its fateful first and last voyage. We will pay a visit to the ornate cathedral and the Cobh Heritage Centre, where you can find out more about the history of the town and its famous naval visitor. We then return to [Fota Island](#), where you will have your final evening yoga session and dinner, with the remainder of the evening free to enjoy the resort.

Tue July 18th Day 8 - Dublin Airport (or Start Of Optional Add-On)

Today, after our final morning yoga session and breakfast in the hotel, we will make our return journey to Dublin, to arrive in Dublin Airport in good time to catch your afternoon return flight to the USA. Dublin Airport has a US Immigration Pre-Clearance facility so on landing in the US it will be the equivalent of arriving on a domestic flight. **For those of you who have taken the option of the additional two days in Dublin, we will pay a visit to Kilmainham Gaol, where you will be taken back in history, and get a sense of where the Irish psyche comes from when you walk in the steps of many of Ireland's most famous revolutionary heroes over the centuries who were imprisoned there or met their final end in the main courtyard.**

We will then travel to our hotel for the next two nights, the [Clayton Hotel Charlemont](#), on the banks of the Royal Canal and a twenty minute walk from Dublin City Center and Grafton Street (Dublin's "5th Avenue").

Wed July 19th - Day 9 - Glendalough - Guinness Storehouse

This morning, we will pay a visit to one of the most tranquil places in Ireland, the monastic settlement of Glendalough, situated beautifully in a valley between two lakes. The site dates back to the sixth century, when it was founded by Saint Kevin and some of the old monastic buildings, crosses and the round tower still exist. Then it's on to Dublin's most famous location, the Guinness Storehouse, officially the most visited attraction in the Republic of Ireland, and you will find out why when you see the panoramic view of the city from the Gravity Bar, and, should you wish, you can learn from the masters how to pull a proper pint of 'the Black Stuff'. We then return to the [Clayton Hotel](#) where you have the evening at leisure to relax or explore the city center if you are feeling adventurous.

Thurs July 20th - Day 10– Trinity College - Return Home To USA
 All good things must come to an end, so for our final morning we have something special—a visit to historic Trinity College, and in particular, the Book of Kells, a illuminated manuscript created by monks dating back to 800AD. You might even have time for a stroll around the quad, or do some last-minute shopping in the Kilkenny Design Store, or the stores in Grafton Street, a short walk away.

We will then get you to Dublin Airport in good time to catch your afternoon return flights to the USA. We hope that you will bring back with you many happy memories of your time wiith us in Ireland.

COSTS OF TOUR

Cost of Tour Per Person Sharing In A Twin or Double Room (including flights to Ireland)	Euro € 5,230 (20% Deposit : € 1,046 Payable On Booking) (Tour Cost Excluding Flights: €4,130 Deposit: €826)
Cost of Tour Per Person in Single Room Accommodation (including flights to Ireland) **	Euro € 6,175 (20% Deposit : € 1,235 Payable On Booking) (Tour Cost Excluding Flights: €5,075 Deposit €1,1015)
COSTS PER PERSON INCLUDING ADDITIONAL 2 DAY DUBLIN ADD-ON AT END OF TOUR	
Cost of Tour Per Person Sharing In A Twin or Double Room (including flights to Ireland)	Euro €5,550 * (20% Deposit : € 1,110 Payable On Booking) (Tour Cost Excluding Flights: €4,450 Deposit €890)
Cost of Tour Per Person in Single Room Accommodation (including flights to Ireland) **	Euro € 6,695 * (20% Deposit : €1,339 Payable On Booking) (Tour Cost Excluding Flights: €5,595 Deposit €1,119)

* Due to the effect of the Covid epidemic on the airline industry and the recent fluctuations in fuel prices, it is possible that airlines may decide to increase flight costs at short notice, or possibly introduce fuel surcharges. As these adjustments would be outside our control, it would be necessary for us to pass any such additional costs on to you. We try to confirm flights as quickly as possible after a booking is made to minimize the possibility of this situation arising. Alternatively, and particularly if you have accumulated air miles or have preferred status with a specific airline, you might prefer to make your own flight arrangements, in which case the 'Tour Cost Excluding Flights' costings above would apply. If you choose this option then we will notify you when we have confirmed our initial flights so that you can co-ordinate your arrival time in Ireland to avoid missing out on any part of the tour.

Because we are an Irish company, all payment amounts are quoted in Euro. The amount payable in US Dollars may be higher or lower depending on the Euro/Dollar exchange rate at the time any payments are made.

** The supplement costs on single rooms in Ireland can be almost the same as the twin/double room rates. So if you know another single coming on the trip and don't mind sharing a twin room together, then substantial savings can be made by both of you.

A 20% non-refundable deposit is payable at the time of booking to reserve your place on the tour. The balance will be due four months prior to the travel date, and will be non-refundable once paid.

BOOK OF KELLS



THE LIBRARY TRINITY COLLEGE



DINGLE PENINSULA



THE GARDENS IN GLENLO ABBEY



TERMS & CONDITIONS

At Ireland US Experience we like to keep things simple, so we don't have reams of tightly packed legal talk that you probably won't ever read or actually understand. What we want to do, when you travel with us, is to ensure that we give you the best possible vacation that we possibly can, and to make sure that you have such an enjoyable and safe time while you are in our care that you will remember and talk about it for years to come. However, there are a few things that we need to highlight to you, so that you are aware of them prior to travelling with us :

We are an Irish company, based in Ireland, so any bills or invoices we send you will be denominated in Euro. The actual amount in dollars may be higher or lower depending on the actual exchange rate on the dates the payments are made. We currently invoice through Paypal as we find that our visitors are more comfortable making their payments through a payment system that they are familiar with. Please note that you do not need to have a Paypal account to use this facility, and can instead use your debit or credit card as normal via their secure portal. Paypal will automatically handle the Euro/Dollar conversion for you at whatever rate applies on the day that you make the payment.

Again, because we are an Irish company, based in Ireland, all dealings with us will be deemed to come under the jurisdiction of Irish law and the Irish courts system, or where they might take precedence, the laws of the UK or the European Union.

Ireland US Experience Ltd undertake to supply the tour services agreed with our clients, which will usually have been customized to their particular requirements. Should any particular service or accommodation become unavailable at the time of the vacation, due to circumstances beyond our control, we agree to replace the missing item with a similar event or hotel of a similar standard. In return for these services, the client confirms that they will pay the amount agreed.

The Vacation Package will be priced based on an agreed number of passengers on agreed dates. If the number of passengers or dates changes, then this may result in an adjustment to the price per person. Please note, in particular, that single occupancy rooms will normally be more expensive per person than joint occupancy. In addition, hotel accommodation costs tend to increase, and availability can be limited, during the high season (July to August). Hotel prices also tend to be more expensive when bookings are made close to the arrival date, or on different days of the week. Prices quoted by us could therefore require amendment in situations where you request us to change your original travel or accommodation arrangements.

An initial non-refundable deposit of 20% of the total amount due per person will normally be payable on confirmation of the booking. The remaining balance will be payable four months prior to the commencement of the vacation. We will invoice you, at the appropriate times, for the Euro amounts based on the overall price agreed at the time the booking was made. Final payments, once paid, become non-refundable. We would recommend that when travelling long distances, such as to Ireland, that you take out travel insurance that is appropriate to your circumstances. A basic travel insurance policy is included as part of your package and details will be notified to you along with your flight confirmations. If you wish to have a more comprehensive cover, you should consult your insurance advisor.

All entrance costs to the visitor attractions listed in the itinerary that we agree with our clients are included in the price. When requesting us to arrange games of golf, please advise if you would like us to also arrange clubs or buggies and if there are specific courses or types of courses you would like to play.

As a tour operator, we look after you from the moment you arrive at the airport until the moment we return you to the airport at the end of your vacation. We do not arrange the flights themselves, but can recommend local US or Irish based travel agents who can supply these services at highly competitive rates. All prices quoted by us therefore exclude flight costs unless otherwise stated. Please be aware that international flight costs fluctuate, and can either increase or decrease substantially the closer you get to your departure date, depending on how full a particular flight might be. In general, flight costs will be higher and availability lower in peak season (June to August), so you will need to take this into account when budgeting the overall cost of the vacation.

If travellers have any special requirements (e.g. smoking rooms, handicap accessible rooms, bedding type, air conditioning, special dietary requirements) please advise at time of booking. Once hotels have confirmed, guests may incur penalties for any changes. Any special requests are subject to their availability at individual hotels and requests cannot be guaranteed.

In the unlikely event of a medical emergency or issue, our staff will arrange for local medical assistance and transfer to a local hospital, should that be required. While public healthcare is free in Ireland for emergency admittances, if you wished to have private healthcare facilities you will need to ensure that your US health policy covers you for costs incurred outside the USA.

It is the responsibility of all clients to ensure that they have valid passports before they travel. We recommend that you apply for your passport as early as possible if you do not currently have one, or if it will be out of date prior to your departure/return in order to avoid any last minute issues. Please ensure, when booking your flights, that you notify the travel agent of the exact names of all travellers as listed on their passports, as the airlines may not allow you to board the flight if there is a difference between the passport name and the name on the boarding pass.

Gratuities to drivers/guides are not included in our prices.

Any additional Terms and Conditions that might apply to specific vacation packages will be notified to you when agreeing the itinerary.

Please see our website, <http://www.irelandusexperience.com/about-us.html> for up-to-date details on our Privacy Policy and GDPR compliance details.

HOTELS USED ON THIS TOUR

2 NIGHTS GALWAY: Glenlo Abbey Hotel, Galway

3 NIGHTS KERRY : Gleneagles Hotel, Killarney

2 NIGHTS CORK: Fota Island Resort

OPTIONAL TWO ADDITIONAL NIGHTS IN DUBLIN:

2 NIGHTS DUBLIN : Clayton Hotel Charlemont *

TOUR INCLUDES

Travel By Luxury Bus

7 Nights In Above Hotels Or Similar (+ 2 Optional)

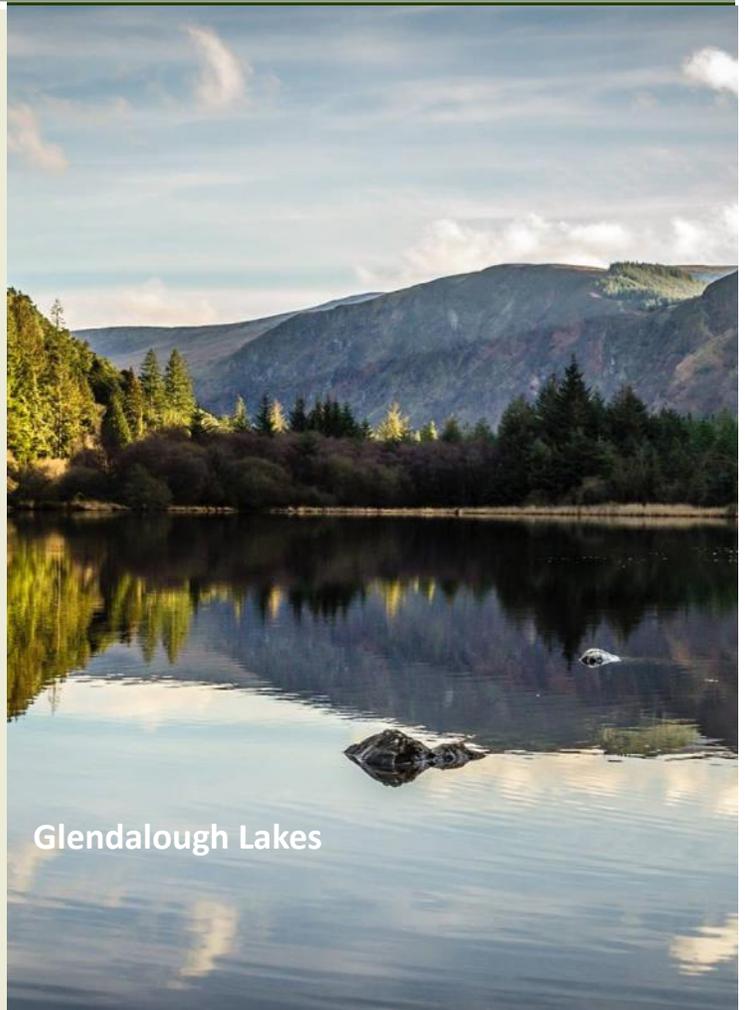
**Including your choice of Full Irish, Vegan or Vegetarian
Breakfast & Dinner in hotels daily
(beverages included are tea/coffee and water)**

All Yoga Mats And Other Equipment

**Daily Yoga Sessions facilitated by
a Trained Yoga Instructor**

Entrance Fees To All Attractions Listed In Brochure

*** Note: While Breakfast is included during the Add-On stay in
Dublin, Yoga sessions and Dinner are not included, but there are
a variety of dining options in, and close to, the Dublin hotel.**



IRELAND US EXPERIENCE

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