

A SACRED RETREAT EXPERIENCE
BRITTANY, FRANCE



Sunday, October 21 – Tuesday, October 30, 2018

10 days, 9 nights

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Welcome!

A SACRED JOURNEY IN FINISTERE, FRANCE

Welcome to a deeply transformative spiritual journey into the heart of the Finistère (Land's End) region of Brittany, France. There are incredible sacred sites in this part of the world which offer powerful multidimensional experiences. This is the spiritual home of Aja, Founder of Multidimensional U, who is thrilled to share this incredible part of the world with you. She is fluent in both French and interdimensional travel and will safely guide you into the magic of multidimensional reality and your True Self.



ITINERARY

DAY 1 (Sunday 10/21): ARRIVAL

Arrive at the small regional Brest airport for pick up transport to lodging in one of Finistère's (Land's End) seaside towns.

We will be staying in a 4 star hotel with modern amenities. You will have a chance to shower and unpack. We'll enjoy a *Welcome Dinner* and our first meditation together.



Welcome Dinner at 7:30pm in the hotel restaurant.

DAY 2 (Monday 10/22): CAIRN de BARNÉNEZ & SEASIDE RAMBLE

Breakfast at the hotel.



At approximately 9:30am, we'll travel 30 minutes to the east side of the Bay of Morlaix to visit the Cairn de Barnenez. This burial mound is Europe's largest megalithic monument, predating Egypt's pyramids. Bring your journal, as we will take time to meditate at this sacred site.

Lunch at a local creperie where your taste buds will delight in the regional specialty,

the galette, a savory crepe.

Time to explore the shops of the inland port town of Morlaix after lunch.

"This town, brimming with art and history, is lovely to look at, whether from below the tiered stories of its famous half-timbered houses, or from the heights of its viaduct." (Brittany Tourism)

Later in the afternoon, we'll go for a leisurely, meditative walk along the sea. *Dinner on your own.*



DAY 3 (Tuesday 10/23): HUELGOAT FOREST

Breakfast at the cottage.

We'll set off in the morning on a 45-minute drive south to the mystical woodland of Huelgoat. The town of Huelgoat (which in Breton means "the wood from above") is nestled in the heart of the Arrée Mountains. The town is bordered by a 37-acre lake, and is on the outskirts of a state-managed forest that extends over some 2,500 acres. Here, we'll find the roots of countless legends born from the fascinating natural setting that has been forged by centuries of nature's fine work.



The truly unforgettable sight upon arriving in the Forest of Huelgoat is the astonishing array of rocks and moss-covered boulders. They follow the course of the River d'Argent all through the forest and are some of the most astonishing natural formations in the world.

We will spend the day exploring the forest, going where summoned and taking time to meditate.

Lunch in Huelgoat. Return to the hotel in the late afternoon. Dinner on your own.

DAY 4 (Wednesday 10/24) MENEZ HOM & LOCRONAN

Breakfast at the cottage.



Today, we set out in the morning on a Spring Equinox adventure to Menez Hom, the most westerly, most majestic of the hills of the Black Mountains that run across southern Finistère. This small mountain was sacred to prehistoric people and inspired Breton legends. We'll take in the sensational views from the top, over 1,000ft above sea level. From its rounded heights, you get uplifting, 360° views across the land and the ocean beyond.

The Celts worshipped their sun god here, while a mother goddess was honoured at a spring on the hillside. Mysterious traces of stone walls have been found around the top of the Menez-Hom, but no one is quite sure from when they date.

On the way to Menez Hom, we will take time to visit one of France's nationally-designated 'most beautiful villages', Locronan.

Lunch in Locronan, with time to visit shops.

We'll spend the afternoon in a walking meditation and shamanic journey atop Menez Hom. Return to the cottage via the D791 and its beautiful new suspension bridge over the Aulne River, where the salmon still run. *Dinner on your own.*

DAY 5 (Thursday 10/25): MOUGOU BIHAN, ROC'H TREVEZEL, MAISON DES FÉES +

We will rest this morning. Enjoy free time to journal, take a walk, and get a jump on packing for our transfer to Carnac tomorrow.

Lunch on your own.

In the afternoon, we'll drive south into the Arrée Mountains to connect with our interdimensional friends, the fairies, korrigans, and elementals. Stops include the Mougou Bihan dolmen, a short hike to reach the Roc'h Trevezel peak to enjoy sweeping views, and a walk amongst the "Wedding Party" sacred stone alignments nearby. We'll finish the afternoon with a visit and guided meditation at the *Maison des Fées* (Fairy House), a 5,000 year old megalithic site.

Dinner on your own.



DAY 6 (Friday 10/26): JOURNEY TO CARNAC

In the late morning, we'll pack up and make the 2-hour drive southeast across the Black Mountains to visit the famous pillars of Carnac.

Lunch en route. Dinner on your own (there are plenty of restaurants in this part of Brittany).

Day 7 (Saturday 10/27) – CARNAC



After breakfast, we'll spend the morning on a guided walk among the various sections of the unforgettable Carnac alignments.

Lunch at a local creperie.

After lunch, we'll make a visit to the Carnac Museum of Prehistory, which features an extensive array of artifacts and information. Late afternoon reserved for packing, relaxation and reflection.

Day 8 (Sunday 10/28) - CARNAC

Free day to further explore the alignments, rest, reflect, and pack. This would be the perfect day to book a treatment at the hotel spa (<https://www.lodgekerisper.com/>).

Final dinner at 7:30pm at L'Azimut Restaurant, a culinary delight!

Day 9 (Monday 10/29): CARNAC to BREST via QUIMPER



We'll enjoy a leisurely morning before our drive to Quimper, the capital of Finistère.

Lunch in Quimper.

We'll take a walk in this charming thousand year old "City of Art and History" situated on the banks of the Odet River. Time for shopping and final souvenir purchases. We'll then make the final drive north to Brest. *Dinner on your own.*

Day 10 (Tuesday): DEPARTURE

Departure via the Brest airport early the next morning. Transport to the airport provided.

TRIP COST, PAYMENT & INSURANCE

2018 TRIP COST

5,780 USD per person, based on double occupancy (4-6 participants)

990 USD Single Supplement

TRIP COST INCLUDES

- Accommodations beginning 10/21 and ending 10/29 (9 nights total)
- Daily breakfast. Welcome dinner and farewell dinner.
- Entrance fees for sites and museums.
- Land transportation to and from Brest airport.
- Retreat guides.

TRIP COST DOES NOT INCLUDE

International airfare, transfers for independent arrival or departure, train or flight service, any meals not specified after each itinerary day, airport departure taxes, additional hotel nights that may be necessitated by airline schedule changes or other factors; pre-trip expenses of medical immunizations (if any), travel insurance, or passports and visas; and other expenses of a personal nature (alcoholic beverages, mementos, gifts, phone calls, etc.).

PAYMENT SCHEDULE*

At time of reservation 500 USD

Please note this deposit is non-refundable.

120 days prior to departure Balance

**Payment plans are available. Inquire at time of reservation. Contact Ales Struna at ales@journeysofthespirit.com*

CANCELLATION FEE SCHEDULE

Up to 120 days prior to departure: Deposit

91-120 days prior to departure: 25% of trip cost

46-90 days prior to departure: 50% of trip cost

45 days or less: 100% of trip cost

TRAVEL INSURANCE

Trip insurance is available through our umbrella seller of travel company.

Information available upon inquiry. Contact ales@journeysofthespirit.com.



ARRIVAL & DEPARTURE

Upon confirming your trip reservation, I will send you a Welcome Packet that includes a list of documents you will need for your trip. Please note that a valid passport with an expiration date that is at least 6 months before the date of your travel home from France is now required by the airlines. You will not be allowed on the airplane if this is not the case.

ARRIVAL & MEETING PLACE

Brest Airport (BES)

Trip members are responsible for traveling to the Brest airport on their own to rendezvous with Aja on Day One. She or another Retreat Leader will be there on time to pick you up.

This is a very small and safe airport. You will have Aja's cell phone to text updates, in the event your flight is delayed.

TRIP DETAILS

The trip is rated 2, Moderate, according to most trip grading systems. We will be walking from 1 to 3 hours each day. The terrain is not difficult, but good walking shoes or light hikers are advised. Trip members should be in reasonable health.

WEATHER

In the maritime climate of Brittany, temperatures are moderated by the Atlantic so it is never extremely hot or extremely cold. Temperatures may reach the mid-60s during the day, with cooling breezes, an occasional shower, and strong winds. At night, the temperature will drop moderately. The weather is variable so be prepared for anything: it can be warm and pleasant or damp and chilly.

DINING

Please note that in Europe, the dinner hour is considerably later than what it is in the U.S. Restaurants do not open before 7:00pm. You may want to pack your preferred snacks if you get hungry between meals.

Most French restaurants don't begin dinner service until 7:00pm and typically lasts about one hour longer than the average American dinner service. Be prepared to eat late and take your time doing so. The food is delicious!



LOGGING



We will be staying in 4 star hotels during the entire trip. Pricing is based on double occupancy, with a twin bed for each guest. If you prefer to lodge alone, please request the single supplement at the time of your reservation. Contact Ales Struna at ales@journeysofthespirit.com.