



Information Sheet: Emerald Heart Pilgrimage: A Journey Through Ireland's Sacred Feminine: July 10 – 17, 2026

Our Itinerary

Day 1 – Arrival & Opening Circle in Dublin

Theme: Arrival • Grounding • Intention

- Morning arrival in Dublin. Settle into your hotel and allow your body to rest after travel.
- Afternoon: Gentle exploration of Dublin's cobblestone streets—perhaps a visit to St. Stephen's Green, Trinity College, or a cozy local café.
- Evening: Daria opens our sacred circle, setting intentions and sharing the story of Ireland's Emerald Heart. Together, we root into connection and presence.



Day 2 – Our Lady's Island, Wexford

Theme: Healing • Reflection • The Lady's Blessing

- Morning departure south to Wexford, a picturesque harbor town rich with Celtic and Christian heritage.
- Afternoon: Visit Our Lady's Island, a site of pilgrimage since the 6th century. We'll walk the ancient causeway, hear stories of "The Lady of Wexford," and offer personal reflections or prayers at the holy well.
- Evening: Free time to explore Wexford's harbor or enjoy traditional Irish music in a local pub.



Day 3 – Journey to Cork

Theme: Flow • Transition • Exploration



- Scenic drive through rolling green countryside toward County Cork.
- Arrive midday, check into your hotel, and enjoy the afternoon at leisure.
- Optional: Visit Cork’s English Market or St. Fin Barre’s Cathedral.
- Evening: Group dinner and gentle reflection circle on movement and flow.

Day 4 – Blarney Castle & Faerie Woods

Theme: Courage • Voice • Wisdom of the Ancients

- Morning visit to Blarney Castle—kiss the legendary Blarney Stone for the “gift of eloquence.”
- Afternoon: “Ancient Grandmother in the Faerie Woods” experience in Blarney Woods. A gentle forest walk filled with storytelling, ritual, and quiet communion with nature.
- Evening: Reflection time and journaling session inspired by the wisdom of the grandmothers.



Day 5 – Lough Gur & The Sun Queen

Theme: Radiance • Renewal • Ancient Knowing

- Morning drive to Lough Gur, one of Ireland’s most mystical lakes, surrounded by ancient stone circles and rich mythology.
- “Aine, the Sun Queen” experience — guided storytelling, meditation, and ceremony honoring the goddess of light and fertility.
- Afternoon picnic by the lake and free time to explore the visitor center or stone monuments.
- Evening: Optional group dinner or quiet personal time.





Day 6 – Kildare & Brigid’s Fire

Theme: Feminine Power • Service • Sacred Flame

- Morning journey to Kildare, the heart of St. Brigid’s legacy.
- Participate in the immersive “Brigid, the Once and Future Queen” experience. Visit the Brigid’s Well, walk the Labyrinth, and light a candle at the Brigidine Sisters’ Flame Room.
- Afternoon tea in Kildare village, time for reflection, journaling, or browsing artisan shops.
- Evening: Sharing circle—what light are you tending in your life?



Day 7 – Powerscourt & Celtic Tree Magic

Theme: Completion • Integration • Blessing

- Travel to the breathtaking Powerscourt Estate at the base of the Wicklow Mountains.
- Guided “Celtic Tree Magic” walk among the estate’s ancient trees, connecting with oak, ash, and yew—symbols of endurance, transformation, and renewal.
- Closing circle and blessing ceremony in the gardens.
- Farewell dinner celebration honoring new friendships and insights.



Day 8 – Departure from Dublin

Theme: Gratitude • Integration • Return Home

- Morning return to Dublin Airport with time for relaxed goodbyes and reflection.
- Depart with hearts full and souls renewed, carrying the emerald light of Ireland home with you.



Overview of Our Travels



Frequently Asked Questions

This trip seems to have a spiritual/meditative Vibe – What does that really mean?

Great question—and no, you won’t be chanting for eight days straight (unless *you really* want to!). When we mention spiritual or meditative aspects, we’re referring more to moments of personal reflection, connecting with nature, and engaging with stories and spaces that hold deep meaning in Irish culture and mythology. Think peaceful forest walks, quiet moments in sacred sites, or perhaps a gentle guided meditation in nature—nothing intense or woo-woo unless that’s your thing. You can always participate in a way that feels authentic and comfortable for you.

Hiking – How much are we talking?

This isn’t a hardcore hiking trip. We will be walking and exploring outdoor locations—maybe a forest path, a hilltop site, or a megalithic monument—but we’ll take our time and keep it doable for a wide range of activity levels. Think more “walk with purpose” than “trail with trekking poles.” If there’s anything strenuous, you’ll know in advance and there will likely be options.



Food – Diabetic-Friendly? .

Ireland's food scene is quite fresh, seasonal, and farm-forward. You'll find plenty of protein, vegetables, whole grains, and low-sugar options. Whether we're at a cozy inn, a local café, or a group meal, we'll make sure to communicate any dietary needs like Type II Diabetes and food allergies. It's very doable, and you won't be stuck eating rabbit food, I promise.

What if I have other questions?

Just reach out to Stephanie Ellis of Travel Girl Group at stephanie@travelgirlgroup.com or **765-413-4310**

The Money Stuff

\$3,850 per person (single occupancy).

This includes:

- Non-stop, round-trip airfare from Indianapolis to Dublin*
- Hotel accommodations
- Private tour guide
- Private tour bus
- Admission to attractions on the tour

*If you are flying from another airport, you'll work with Stephanie Ellis to secure airfare.

Deduct \$500 per person if sharing a room.

Payment Schedule:

- \$500 deposit to hold your spot
- \$1675 due by January 10, 2026
- \$1675 due by June 10, 2026

Note that all fees are non-refundable.

Travel Insurance:

We encourage you to purchase travel insurance to cover yourself in the event you need to cancel or incur health costs on the trip. Travel insurance is estimated at \$150 per person.



To Reserve Your Spot:

Email Stephanie Ellis at stephanie@travelgirlgroup.com (and cc kris@evergreenleadership.com, please). Stephanie will direct you to her travel portal where you can register, make your deposit, and provide your traveler information. She will also help you with travel insurance.

This is a small group experience limited to 14 women. Spots are first-come, first-served, so I encourage you to reserve your spot soon!