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Fall in Ireland—October 9-15, 2007

Emerald Isle has the scenic beauty and the variety of landscape to qualify as a hiker's dream. The wide scatter of villages and small towns across the country transverse forest trails and cliff top paths making biking a joy. It must be the luck of the Irish to have such magnificent lush surroundings. We'll be lodging in luxury in Donegal Bay on the Northern shores of Lough Eske and at the foot of the Bluestack Mountains. Come and join the fun or "craic" as they say in Ireland.

October 9- Depart home cities in the evening for a morning arrival into Belfast or Dublin.

October 10- it's a beautiful drive across Ireland's countryside en route to our grand castle in the mountains. We'll stop for lunch along the way in one of the many charming towns. Upon arrival and after settling in, we head for the hills and enjoy the scenery right away. Back in time for a late afternoon yoga stretch and relaxation before our evening meal.

October 11- an early start straight to the yoga room to wake up our minds and warm up the body before a healthy breakfast. Our 4-hour hike today will take us to one of the most dramatic and interesting hikes in Europe. Not only will we have a majestic view of 6 counties on the highest sea cliff in Europe, but we could get lost in the fog. Challenging and unforgettable, the Sliabh Liag peninsula is a unique mix of breathtaking coastal scenery, rugged hills and stone-age archaeology. Our guide, John, will delight and entertain us every step of the way with a new story. Back at the lodge with all our feel-good endorphins, we take in a relaxing massage. Our opening ceremony will be full of meaningful intentions and gratitude for dinner.

October 12- Wake up feeling refreshed and ready for yoga. After breakfast, we get ready for our 20-mile bike ride around the picturesque lake surrounded by hills on three sides. This particular sheltered location allows rich woodland to grow on its western shores. The scenery continues to charm us. Cycling through Donegal, we will appreciate the way they still stack hay by hand, and how most farms only yield enough produce for one family. Look for the Corncrake, one of Europe's rarest birds. Late afternoon massage or a stress-reducing deep-soaking bath filled with lavender and candlelit for atmosphere. An evening filled with major bonding and laughter.

October 13- Waking up early for yoga gets easier. Yummy breakfast before we venture out into the Bluestack Mountains on the Belshade trail. Today's hike is less steep but quite fun as we crack on at a brisk pace through Irish peat fields. One of the images that come up is that Lake Belshade looks like it's straight from Lord of the Rings. The rolling countryside, baby-blue skies and pale autumn sun act like a balm on our soul, calming away all pre-Ireland stress. In fact, you may even start finding solutions for problems at home that seemed, 3 days ago, unsolvable. After lunch, we wind our way down through Lough Eske forest and round the back of the lough itself returning to our lodge in time for our rewarding massage, yoga, or a nap. Donegal oysters never tasted so good before dinner.

October 14- Restorative yoga starts the day. We feel mentally alert after breakfast while we get ready for our bike ride from Inver around beautiful Donegal coast, passing through Mouncharies beach and the old by-ways long forgotten. Bring your bathing suit for a swim in the crystal clear water after we picnic lunch. Back on the bike meandering along the lakeside to admire more marvels of the area. We must take it all in today. Afternoon free to explore and shop in town. As we have our last supper together, we give thanks that we were able to have this revitalizing life-transforming experience in such a luxurious and safe setting.

October 15- We can sleep in this morning or practice yoga...pack up and enjoy a leisurely breakfast. Say our goodbyes to the fledging bond our group has created until we meet again.

The Investment is \$2,600 not including international airfare.