

Iona Pilgrimage

Visiting Scotland's Isle of Iona, Holy Island of Lindisfarne,
Scottish Borders and The Trossachs

Hosted by Martha Postlethwaite & Ramona Scarpace
October 4 - 12, 2013



Highlights & Inclusions

Spiritual and educational enrichment traveling with a community of pilgrims under the teaching and leadership of Martha Postlethwaite and Ramona Scarpace.

Visit the ancient, rugged Isle of Iona where Celtic spirituality has made its home for centuries.

Journey to the mystical Holy Island of Lindisfarne where the road disappears with the tide.

Customized itinerary and comprehensive program.

International air transportation from Twin Cities on United Airlines, including current fuel surcharge.

Accommodations in Superior Tourist and Tourist Class hotels, based on sharing a room. Four nights on Isle of Iona at the St. Columba Hotel.

15 included meals: buffet breakfast daily, one box lunch and seven dinners.

Private, deluxe motor coaches for transfers and touring including luggage handling of one piece in/out of hotels.

Roundtrip ferries and motor coach transfer from Oban to Iona.

Services of a professional Scottish Blue Badge Guide throughout plus local Iona guide.

Entrance fees and donations for included visits and activities as described in itinerary.

About the Pilgrimage

The Celtic symbol for the Holy Spirit is the wild goose, emblematic of a spirituality that embraces the wildness of God as well as the grace of traveling in community. *Peregrini*, Celtic pilgrims, do not journey to a particular shrine to find God, for God is everywhere. They wander, sometimes for years, in search of their own resurrection. They wander for the love of God.

For centuries, pilgrims have made their way to the Island of Iona where they listened for the heartbeat of God in the wild wind and rugged landscape as well as in the ancient Abbey at morning and evening prayer.

Join with a community of *peregrini* who long to taste the goodness of God in all living things. Follow the wild goose to "thin places" in Scotland and England. Explore Celtic spirituality in the company of friends. Share in practices of contemplation and attentiveness. Walk the Pilgrim's Way with a local guide. Join the Iona Community in daily prayer. Let the art, poetry, and beauty of the landscape speak to you.

Recall the spark of God placed within you at birth and welcome your own resurrection.

Pilgrimage Hosts

Ramona Scarpace is a human services public administrator and a seminarian at United Theological Seminary of the Twin Cities in New Brighton, Minnesota. She is studying to become an Episcopal priest. Ramona has a deep interest in all things Celtic and teaches workshops on Celtic Spirituality. She has been a pilgrim to Scotland and the Isle of Iona, as well as the sacred and thin places of Ireland, France, England, Italy, Israel, the West Bank, Jordan and Mexico. "Pilgrimage is the sacred practice of allowing the Spirit of the journey to travel through you...it is an enlightening and life-changing experience." **Martha Postlethwaite** serves as Chaplain and Associate Professor of Spiritual Formation at United Theological Seminary. She is an ordained United Methodist Minister, psychotherapist and spiritual director. Her heart has found its home in Celtic spirituality. She considers life a spiritual pilgrimage and has led pilgrimages to Scotland, England, France (Taizé), Israel and Egypt.

Customized Itinerary

Day 1 Fri, October 4 **Departure from Twin Cities**
Leave on United Airline flights to Glasgow, Scotland via Newark. (meals in-flight)

Day 2 Sat, October 5 **Arrive Glasgow -
Edinburgh - Melrose**
Morning arrival in Glasgow. Greeting from Scottish Blue Badge Guide and awaiting motor coach. Travel into Edinburgh for a walking tour of the Royal Mile including Edinburgh Castle. Lunch break on own in Scotland's capital city before continuing south into the Scottish Borders. Arrive in the town of Melrose and check in to hotel, dinner and a night of rest. (D)

Day 3 Sun, October 6 **Melrose - Visit to Holy Island**
Begin today with a visit to the Cistercian Abbey of St. Mary in Melrose before an impressive journey to Lindisfarne, a tidal island off the northeast coast of England's Northumberland. Also known as Holy Island, access to the island over a causeway requires timing of the tides. The monastic community, the first in England, was founded in 635AD by Irish born St. Aidan who was sent from the Isle of Iona. Discover the history of this community visiting the Benedictine Priory, built on the ruins of the original priory and the small museum displaying priceless relics. An open-air Sunday worship service, weather permitting. Return to Melrose for dinner and overnight at hotel. (B,D)

Day 4 Mon, October 7 **Journey to Iona**
Today is a memorable journey from the Scottish Borders area to the Isle of Iona. About a half day's drive through beautiful Scottish countryside to the city of Oban for lunch break (on own) and to board the ferry to the city of Craignure on the Isle of Mull. Scotland's Western Hebrides boasts of pristine beaches, rocky cliffs and wild iris-filled pastures of grazing lambs. Drive across Isle of Mull to Fionnphort to board another ferry to the Isle of Iona. Though only three miles long, Iona influenced Christian England and Mainland Europe for centuries. From the pier, walk to the St. Columba Hotel for check in, dinner and overnight. (B,D)

Day 5 Tue, October 8 **Iona**
St. Columba landed on Iona over 1400 years ago and established a monastic community that flourished for centuries. In the 14th century, Iona became a Benedictine monastery. It is believed that here the Book of Kells was begun. Iona was revived as an inter-denominational Christian community in the 1930's. Visit the Abbey, restored when the Ecumenical Iona Community was established on the island. A local Iona guide offers an introduction, historical background and orientation this morning. Time this afternoon for individual or group prayer, reflection, hiking or exploring. Daily worship at the Abbey at 9:00am and 9:00pm. Dinner and overnight at St. Columba Hotel. (B,D)

Day 6 Wed, October 9 **Iona**
Daily worship at the Abbey at 9:00am and 9:00pm. Today is a spiritual and reflective hike to Columba Bay along an un-groomed trail, requiring suitable hiking boots and clothing. Known as the Pilgrim's Walk this enriching and memorable experience is guided by a member of the Iona Community

with a box lunch provided. Time for personal reflection and prayer along the journey. Return to the village for dinner and overnight at St. Columba Hotel. (B,L-boxed, D)

Day 7 Thu, October 10 **Iona**
Full day at leisure for pilgrims to attend the morning and evening services at the Abbey, walk, hike, journal, relax and pray. With weather permitting and enough interest among the group, a private boat excursion may be arranged (additional cost) to Staffa Island. The beauty of this basaltic island, with amazing rock formations and caves, has inspired poets, painters and musicians. Breakfast and dinner at St. Columba Hotel. (B,D)

Day 8 Fri, October 11 **Iona - The Trossachs**
Say good bye to Iona this morning with the ferry back to Fionnphort on the Isle of Mull, motor coach drive to Craignure followed by ferry to Oban. Continue travel into and through The Trossachs, the gateway to the Scottish Highlands, with scenic stops along the way to take in the beauty of the lochs (lakes) including well-known Loch Lomond. Arrive at a country house hotel in Drymen, near Loch Lomond, for a final group dinner and overnight. (B,D)

Day 9 Sat, October 12 **Return Home**
Early morning transfer to Glasgow airport for United Airlines flights via Newark, arriving back to Twin Cities same day. (B-boxed, meals in-flight)

Meals included: B=buffet breakfast, L=lunch, D=dinner

St. Columba Hotel, Iona

Pilgrimage includes four-night stay at the St. Columba Hotel, which is locally owned by residents of Iona. The environment and hospitality at this hotel represents the spirit of this special island.

The hotel's web site: www.stcolumba-hotel.co.uk offers the following introduction: *The St. Columba Hotel is proud to continue a long tradition of hospitality, offering an oasis of relaxation, of warmth and friendly service, of comfortable rooms and superb food. It is the perfect base from which to explore and experience the magic and mystery that is Iona, where legend and history are woven together, where the land you walk upon remains pure and unspoiled.*

We are proud of our food and in particular of our organic garden produce. We work closely with local producers and we are committed to our extensive environmental policy.

Originally built as a Manse in 1846, the hotel stands on rising ground to the north of the village. Guests walk about five minutes from the ferry pier to the hotel along a groomed, gently inclining path. St. Columba Hotel adjoins the Abbey and the ancient Reilig Oran Chapel. Accommodations at this very popular hotel have been reserved for a maximum number of 26 pilgrims. Rooms vary in size and shape. All rooms have private bathrooms with a tub and/or shower. The stay on Iona requires pilgrims to share a room.

Itinerary subject to adjustment as needed for operation.

Passport, Health & Travel Information

U.S. citizens need a passport valid at least six months beyond the tour return date. Passport applications are available at www.travel.state.gov. Non-U.S. citizens are responsible for their own passport, visa and entry requirements. No vaccinations are required for U.S. citizens to travel to Scotland.

Without proper documents entry can be denied at tour member's expense.

This tour requires walking on uneven surfaces including steps and inclines at times for significant distances and periods of one to two hours with periodic rests. All transportation on the Isle of Iona is by foot including the walk from the pier to St. Columba Hotel. If you have concerns about your abilities, consult CrossingBorders or the tour hosts.

For international travel information including country specific background and travel alerts, refer to the web site of the U.S. State Department: www.travel.state.gov/travel/.

While a relatively small country, Scotland's climate is quite varied. Old Scottish saying "there's no such thing as bad weather, only the wrong clothes" reflects not only on the changeable weather but the Scottish attitude toward it.

Average temperature high/low range in early October:
Glasgow 57/43°F Edinburgh 57/45°F Iona 61/32°F

Web sites of interest:
www.visitscotland.com
www.sacred-destinations.com
www.isle-of-iona.net

For Information

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Tour Cost

\$3595 from Twin Cities

Additional costs

Airline/airport taxes - \$198 Gratuities - \$75

Costs current at printing, subject to change, based on a group of 26.
Registration must be received by February 22 to meet
deposit deadline for the St. Columba Hotel, Iona.

Registration

An initial deposit of \$500 per person is **due by February 22** to secure reservation. Make check payable to CrossingBorders Escrow Account and mail to 7805 Telegraph Road, Suite 210, Bloomington, MN 55438.

Full legal name as on passport ☐ Male ☐ Female

Nickname Birth Date (month/day/year)

Spouse's/Partner's full legal name as on passport ☐ M ☐ F

Nickname Birth Date (month/day/year)

Mailing address (No P.O. Box numbers)

City, State, Zip Code

Telephone (day)

Telephone (night)

Email

Roommate

☐ I need assistance in finding a roommate.

Note: an attempt to find a roommate will be made, however, cannot be guaranteed.

City of flight departure: ☐ Twin Cities ☐ _____

Signature Date

Signature Date

Iona Pilgrimage 3126A



CrossingBorders creates international tours for church-affiliated and educational groups. We encourage and support international travel for education, cultural exchange and spiritual enrichment. With our experience and resources we creatively bring people and places together, enriching lives through travel. Ultimately, we strive to earn the patronage and professional respect of our tour hosts and travelers.

Our Services

Design a travel experience sensitive to the needs and interests of a group.

Offer tours of value through our international network of preferred suppliers.

Manage each group program prior to tour, attending to the smallest of details.

Customize tour literature which focuses on being prepared and responsible travelers.

Encourage feedback from travelers to be responsive to changing interests and needs.



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Terms & Conditions

PLEASE NOTE The tour and per person tour cost are based on current airfare from Twin Cities, shared occupancy, land costs and currency valuations as of January 2013, a minimum group size of 26, and subject to availability and change. For a group size less than 26, a supplement per person applies. Airline/airport taxes and fuel surcharges subject to change. A limited number of land only spaces are available; contact CrossingBorders for availability.

NOT INCLUDED IN TOUR COST Airline/airport taxes, gratuities, luggage handling at airports and ferry piers, single room, meals, transfers and sightseeing not specifically mentioned, beverages, passport fees, insurance, excess baggage, items of a personal nature. Land only registration requires a \$100 fee and must be requested in writing at time of registration; does not include arrival and departure transfers if different than group.

PAYMENT Deposit of \$500 due by February 22 to secure registration. A second deposit of \$500 is due by May 1 to secure Iona hotel arrangements and is not refundable after this date. Registration less than 60 days prior to departure subject to a fee. Within 30 days of departure, no registrations accepted. Final payment, including additional costs, invoiced and due July 3, 2013. To offer this group cost, both the deposit and final payment by check only; credit cards not accepted.

SPECIAL ARRANGEMENTS Airfare is based on tour members departing Twin Cities on the same day; a limited number of departures from other cities are available on this group airfare. A limited number of air ticket extensions are available on this group airfare. Requests for special arrangements to extend stay must be in writing and a minimum \$100 per tour member service fee applies in addition to airline service fees and charges. Contact CrossingBorders for rules, fees and availability for special arrangements.

OPTIONAL INSURANCE Optional insurance for baggage, health and trip cancellation is available and recommended; an application is provided at time of registration. Purchasing travel insurance within 21 days of registration may waive pre-existing medical conditions. Contact CrossingBorders for further information.

REFUND POLICY Cancellations received in writing by April 30, 2013, incur loss of \$500 deposit. From May 1-July 15, cancellation fees increase to loss of \$1000 total deposit. After July 15, no refund. Substitution, replacement or transfer of registration not permitted; each registration is a separate transaction. Airline tickets are issued in advance and are nonrefundable. No refund for any unused portion of the tour due to the special contracts for tour features, commitments to other tour members, and the services rendered on behalf of all tour members by CrossingBorders. Optional insurance is highly recommended.

RESPONSIBILITY & WAIVER I hereby waive all claims in connection with the forgoing. CrossingBorders, Inc. acts only as an agent for the sale of air transportation and other travel related services. Neither CrossingBorders nor its employees or agents, nor any other person, party, or entity associated with it shall be responsible or liable for any injuries, damages, accidents, expenses, delays, schedule or itinerary changes, damage to person or property, or any other loss or inconvenience arising out of or in connection with any transportation, accommodation, meals, tours, or other services that relate to the travel program or are referred to herein, or that occur during free time the members may have on the tour. CrossingBorders reserves the right, at its sole discretion, to make changes in the itinerary whenever changes are warranted or deemed appropriate and withdraw participation of any tour member whose conduct is incompatible with the group.

January 2013