

IRELAND TRAVELING INFORMATION

October 2-11, 2022

Golden Light Healing LLC

PLANNING YOUR FLIGHT & ARRIVAL TO IRELAND

Book your international **multi-city** flight to **Dublin (DUB)** from your departure airport leaving on or before **October 2nd, 2022** so that you **ARRIVE in Dublin on October 3rd by 10:00AM**. Pick your departure home from **Shannon (SNN)** on **October 11th, 2022**.

At arrival at Dublin Airport we will be waiting for you with a GOLDEN LIGHT HEALING placard in the main concourse. We do begin our tour directly so if you are concerned with being tired or having jet lag as it will be 2:00am CST when you arrive, which is 8:00am Irish time, you may want to arrive a day early and rest-up and relax in Dublin. There are plenty of airports near the hotel and you can take a bus or taxi into Dublin City if you choose (20-minute ride).

Occasionally, some flights will be delayed. Please EMAIL, IMessage or text me if yours is delayed. Please understand that we will need to collect all the participants before the coach can leave the city.

PASSPORT

A valid passport is required for entry into Ireland. For US Citizens, you can go to the web site at <http://www.travel.state.gov/passport> for renewing your passport or go to your local post office to obtain one. **Make sure your passport is not due to expire within 60 days of your departure from Ireland.** You will want to carry a second form of photo ID, such as a driver's license, and have a photocopy of the personal data page of your passport. Your copy of your passport is the easiest way to prove your identity if you were to lose your passport. If you are traveling with a passport from a different country other than the USA, please check the requirements for your country.

CONTACT NUMBERS

The phone for Golden Light Healing is 920-609-8277; email info@GoldenLightHealing.net. Our ground tour operator is Sheenco Travel. Phone: US: [857-277-5110](tel:857-277-5110)
INT: [+353-1-6917380](tel:+353-1-6917380). Please advise your families of the above numbers in case of emergency at home.

FORMS

We will email you a **Participant Information Form** that will need to be sent to us at least 60-days prior to this trip with your Flight Itinerary, Emergency Contact and Dietary Needs.

HEALTH

This trip requires a moderate level of fitness. Some people like to use hiking poles but be sure they have rubber tips, or they will not be allowed into the heritage site. If you take any prescription medicines make sure to bring enough for your travels. Containers should be clearly labeled with prescription forms to avoid problems at customs. [Click here](#) to see the latest requirements regarding COVID to travel to Ireland. It is your responsibility to check on what you may need or want by visiting the CDC web site for US government information and recommendations about traveling abroad. <http://www.cdc.gov/> It is important that you let Golden Light Healing LLC know of any medical problems, allergies, etc. you may have. Golden Light Healing LLC (GLH) has the right to disqualify anyone at any time during the trip if GLH feels it is medically necessary. Refunds are not normally given under such circumstances. You are responsible for your own personal health.

TRAVELER'S INSURANCE

We strongly recommend you purchase Traveler's Insurance that covers the cost of both the flight and the trip. This is not just for trip cancellation or delays, but they typically offer Medical Insurance as most people's health insurance DOES NOT cover you when you are out of the country. It can be very costly if you need medical care and do not have health insurance coverage. It is helpful in case of medical problems or illness, flight issues or emergency circumstances. I typically use TravelGuard or Allianz. They allow you to add in both your flight and the trip cost. To get the best coverage and rates, apply for this as soon as you register for the trip.

CLIMATE

October is a mild autumn month in Ireland, with temperature in the range of an average low of 8.8°C (47.8°F) and an average high of 14°C (57.2°F).

MONEY

Ireland's currency is the Euro. The exchange rate at that the time of this writing is \$ dollar is equal to .82 Euro. You can contact your bank and get Euros before you travel, or you can exchange your US money at the airport upon arrival. You can also obtain money from ATMs located throughout the country. **Be sure to contact your bank and credit card company before coming to the country to inform them that you will be traveling abroad and to make sure you have access to foreign ATMs.**

LUGGAGE

Check with your airline for their current regulations. Be sure to include in your carry-on an extra change of clothes, hiking shoes, and any other essentials you may need in case your luggage gets lost or delayed. Everything else should fit inside your main, checked suitcase/s. Also remember to leave some space in your main bag for souvenir purchases or bring along a large duffle bag which becomes your second carry-on bag on the way home. Please make sure your luggage is labelled with your name, and colored yarn or ribbon for easy recognition at airports and hotels.

CONTACTING HOME

Wi-Fi and Internet service will be available at our accommodations which typically allow you to get and send email through your phone, tablet or computer. Please be sure to check your mobile phone carrier about international plans before travel as many are quite costly.

WHAT TO BRING

These are **suggested items** to consider:

- Light blanket or wrap and warm socks for on the flight
- Reusable water bottle
- Small Backpack to carry your things for day trips
- Comfortable hiking/walking shoes or boots
- Extra set of shoes for evening
- Bug Repellant
- Sunglasses (being optimistic ☺)
- Flashlight if you would like to walk the grounds of our hotels at night
- Camera, extra digital card & batteries or phone with camera—make sure there is room on your phone's memory
- Journal & pens
- Personal hygiene products
- Prescription Drugs and/or natural remedies
- Electrical **converter** if you are bringing hair dryer, CPAP, etc. (Ireland has 220 current)
- Jeans, hiking or yoga pants
- Short and Long-sleeved shirts
- Jacket
- Umbrella, rain gear or rain poncho

- Swimsuit & towel
- Pajamas
- Warm hat and gloves
- Hiking poles with rubber tips, particularly if you have knee or back issues
- Extra duffle bag to bring home your purchases (optional ☺)
- Any sacred offerings you feel inclined to bring to offer at sacred sites and sacred objects you want to connect to the sacred sites.
- Our evening dining experiences encourage a little nicer clothing, e.g suit jacket & pants for men; dress or nice pants & shirt for women.

TIPPING IN IRELAND

Tipping recommendations from our Ireland tour operator:

"When it comes to tipping, the driver/guide gratuity is usually given at the end of the trip. The recommended gratuity amount is usually between €10 to €15 per person per day. As always tipping is entirely at your own discretion and should reflect the service received. Tipping in Ireland is a little different to the US. You will find that most pubs only offer table service if you are having a meal, otherwise you will have to go to the bar to order your drinks. Bar staff do not expect tips however if the bar is crowded a tip will make sure you get the bar tenders attention quickly when next you appear at the bar! If you are eating and the service is good a 10% tip is adequate. €2 coins are handy for tipping hotel staff, e.g.; bellboys, etc. Tipping for your included meals is not expected."

Siochan Leat (peace be with you)