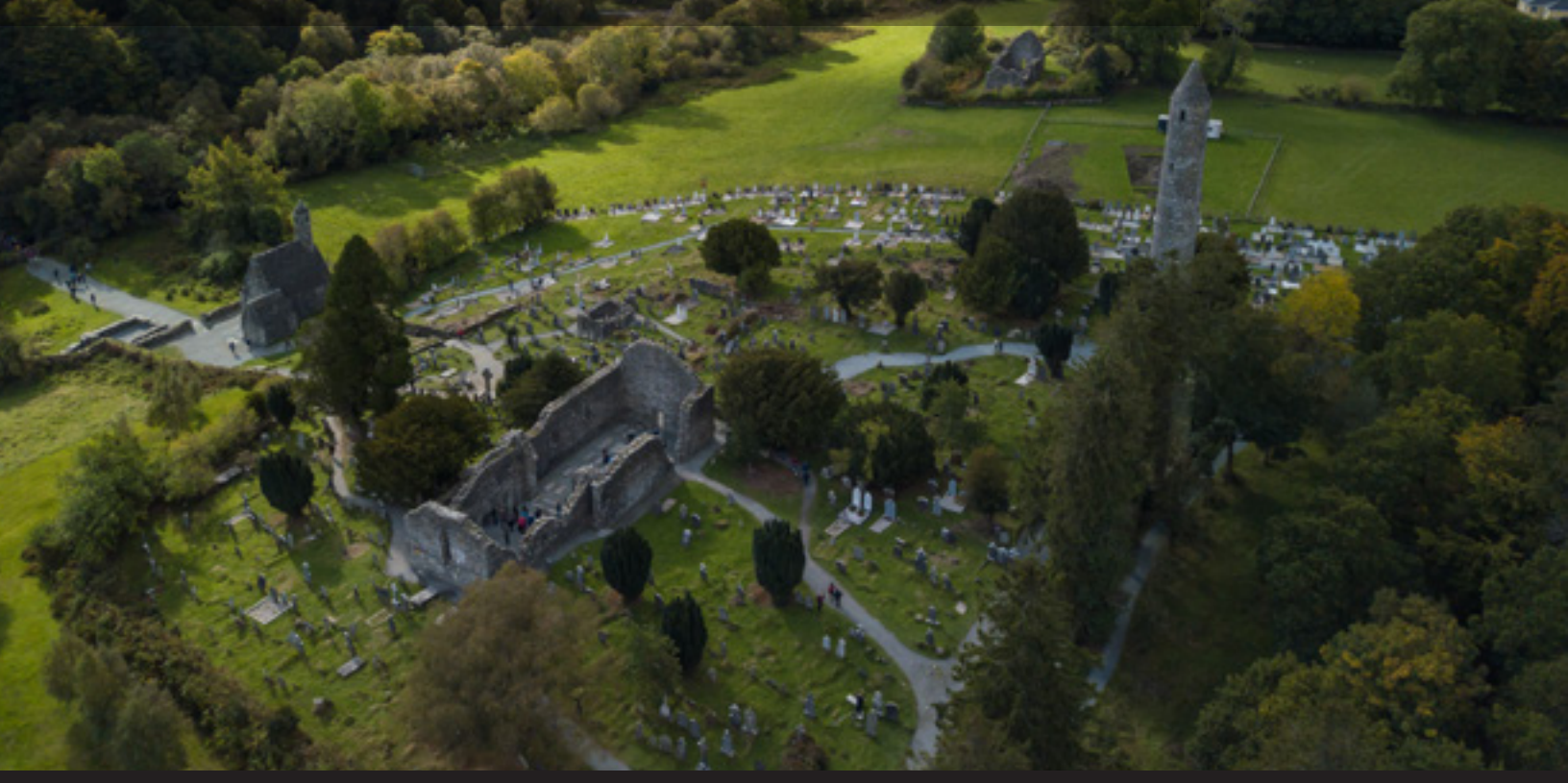


EMBARK ON AN UNFORGETTABLE JOURNEY: WICKLOW WAY, DUBLIN, IRELAND



EMBARK ON AN UNFORGETTABLE JOURNEY: WICKLOW WAY, DUBLIN, IRELAND



Departure: Sept 19, 2024

Completion: Sept 28, 2024

Cost: Sponsored; donations encouraged on a sliding scale of 1% of annual household income, with a maximum fee cost of \$2,250. Includes guides, facilitation, accommodations, breakfast each day and participants carry a light day pack while their luggage is transported daily!

Our walking adventure itinerary along the Wicklow Way, starting from Dublin and ending with a seaside stay at Haddington House, offers a blend of scenic walks, historical sites, and comfortable accommodations. This itinerary outlines your journey through the heart of the Wicklow Mountains, allowing you to immerse yourself in Ireland's stunning natural beauty and rich cultural heritage.

The itinerary offers a wonderful blend of coastal walks, mountain treks, and charming towns, providing a comprehensive experience of Ireland's

“Prepare to be captivated by the diverse and dramatic landscapes...”

natural beauty and hospitality. Our trek is designed to balance walking and relaxation, offering a memorable journey through some of Ireland's most picturesque landscapes. Each accommodation has been selected to provide comfort and a unique experience after a day of trekking.



GUIDES



Bruce joined the TrekEpic team in 2012. He brings 25 years of experience in community leadership, training, coaching and organizational development to the TrekEpic format. Bruce is renowned for bringing important timeless traditions from international cultures along with personal stories, humor and honed interpersonal skills to his role providing insights and guidance to others.



Leslie resides in California with her husband and numerous animals and has four grown children. Her vision for TrekEpic originated through insights and fond memories experienced while hiking along Northern California trails with family and friends. She recognized that many young adults seeking their path in life would benefit greatly from a reflective experience that integrates movement and nature as a vehicle for personal exploration and transformation.



Andrew's expertise is in guiding and supporting emerging young adults and those in transition toward their next steps. As an independent educational consultant with a focus on college and early career guidance, his purpose is to help people understand more of "who they are" and "what they have to offer the world around them". Through a process of exploration, his clients come to more fully understand their purpose and their core gifts, such that they may discover and live within their purpose and experience meaning in their lives.



TREK SCHEDULE

Sept 19th, Thursday: Departure from the USA

Depart from the USA on an overnight flight to Dublin, Ireland.

Sept 20th, Friday: Arrival in Dublin

Accommodation: Haddington House, Dun Laoghaire Harbor near Scotsman's Bay - Arrive in Dublin in the morning. Transfer to Haddington House at Dun Laoghaire Harbor, near Scotsman's Bay for your first night. After settling in, we will enjoy exploring the vibrant area of Dun Laoghaire, stroll along the East Pier, visit the James Joyce Museum, and relaxing at the nearby beach.

Sept 21st, Saturday: Dun Laoghaire to Bray

Accommodation: The Firefly, Bray - After breakfast, we begin our trek towards Bray, walking along the coast with stunning views of the Irish Sea and passing through Killiney, noted for its beach and hill offering panoramic views. Continue on to Bray, a charming seaside town with a lovely esplanade. Explore the town, perhaps visiting the Bray Head, which offers beautiful views of the Wicklow Mountains and the sea.

Sept 22nd, Sunday: Bray to Powerscourt Springs Health Farm

Accommodation: Powerscourt Springs Health Farm - From Bray, we head towards the Wicklow Way, passing through enchanting woodland areas and open mountain trails, with the possibility of detouring to see the Powerscourt Waterfall, Ireland's highest waterfall. The day ends at the relaxing Powerscourt Springs Health Farm.

Sept 23rd, Monday: Powerscourt Springs to Lus Mor Bed and Breakfast

Accommodation: Lus Mor Bed and Breakfast - We continue through the Wicklow Mountains' heart, experiencing its serene beauty and possibly encountering local wildlife. Lus Mor offers a cozy, welcoming stop for the night.

Sept 24th, Tuesday: Lus Mor to Wicklow Lodge

Accommodation: Wicklow Lodge for two nights - Journey to Wicklow Lodge, exploring the region's natural lakes, historic sites, and stunning landscapes. The lodge provides a peaceful environment to rest after the day's trek.

Sept 25th, Wednesday: Day Walk from Wicklow Lodge

We will use this day for a lighter exploration near Wicklow Lodge. Visiting Glendalough and hiking nearby peaks for more fantastic views.



Sept 26th, Thursday: Wicklow Lodge to BrookLodge & Macreddin Village

Accommodation: BrookLodge & Macreddin Village - The day's walk brings us through varied landscapes to the unique BrookLodge, where we can enjoy organic dining and spa amenities.

Sept 27th, Friday: BrookLodge to Rathdrum

Trek to Rathdrum and then take the train back to the Dublin area for a final night's stay at Haddington House, the return from whence we came, enjoying the coastal ambiance once more.

Sept 28th, Saturday: Departure

Depart from Dublin. If time allows, enjoy some last-minute exploration or relaxation at Haddington House before heading to the airport for your flight home.

FREQUENTLY ASKED QUESTIONS

What will the weather be like?

Of course, the weather is unpredictable, but the historical weather maps show an average July temperature in the lower to mid 70s during the day on the Irish coast.

Will I need to get a lot of special gear?

No. You'll need some layered clothing, rain-gear, some trail or walking shoes, and a few other things. Once registered, we'll send you a standard detailed packing list.

Will I be carrying a heavy pack?

No. Your luggage will be transported each day by courier to our destination for that night. You will be bringing a small day pack to carry your snacks, rain-gear, and whatever else you might need for the day's walk.

What is the age range?

Participants age range between 23-32 years, post college age, early career twentysomethings oriented toward their next steps in life!



I need to make my travel plans. What time do I need to be in Dublin on September 19th to meet the group, and what time will I be able to depart on September 28th?

People will arrive and depart at different times due to individual travel itineraries, but plan on departing the USA on September 19th, and arriving at Dublin, Ireland no later than 1pm on September 20th. You can depart anytime on Saturday, September 28th after 1pm, from Dublin. You will receive information about our arrival hotel prior to departing the U.S.

How large is our group?

We are limiting the group to 8 participants and 2 guides. We have found over the past thirteen years of trekking that this size allows for people to really get to know each other, yet is large enough for lots of variety of ideas and personal styles. Perfect size to maximize fun and learning.



Is this going to be physically demanding?

This is a walk, not an endurance test. Trek participants are generally tired at the end of the day, but not exhausted. We want you to still have energy at the end of the day so we can meet for our evening sessions without you falling asleep!

How many miles do we walk each day?

The daily mileage varies from 6-12 miles. We generally are walking between 9:00am-4:00pm, so we can cover the miles without feeling like we are rushed. Some days we will only walk for ½ day, since we will have other activities to do. Past experience says we generally walk about 2 mph during the trek. This is the average speed of somebody walking down the street in your town.

When you say “average fitness,” what do you mean?

The primary determiner for you should be whether or not you experience physical symptoms that would make daily walking uncomfortable or unsafe. Certainly, if you have heart, joint, or other serious medical conditions you should not apply. If you are not a regular exercise walker, we suggest that you purchase an inexpensive pedometer and wear it for several days prior to coming. Many people are surprised to discover how far they walk during their average days while at home. We have never had a trekker who was unable to complete the journey because of the physical demands.

What happens during the evening sessions?

We will meet most evenings for 1-1 ½ hours, either before or after dinner. The sessions are designed to help you reflect on who you are, your hopes for the next period of your life, and commitments you want to make involving activities, careers, relationships, and personal development. They are designed with a variety of short activities including telling stories, writing short reflections, silence, and sharing ideas. This is not therapy! This is not forced sharing of stories you are not comfortable telling the world! We want you to look forward to gathering with other participants and getting and giving inspiration.

What other costs might I have beyond the registration fee?

We cover accommodations, in-country travel which is part of our itinerary, breakfasts, guides, and evening facilitation. The registration fee does not include your airfare, and you are responsible for your lunch and dinner costs. Trekkers often bring a little extra money to purchase mementos along the way.

What is the “in-country travel” you refer to in the previous question?

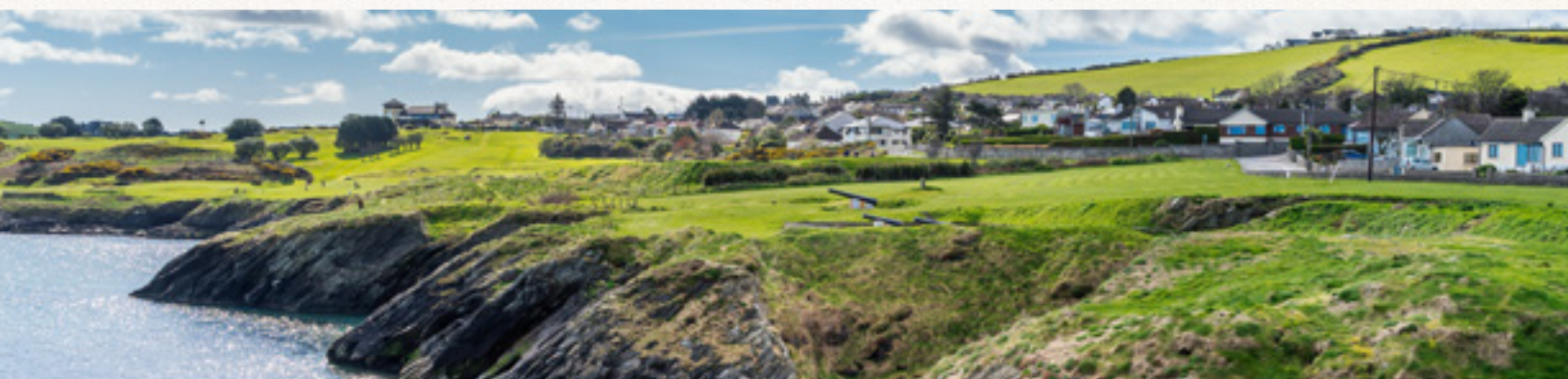
Our route involves us taking several short bus, train, and ferry rides. Previous trekkers have told us they enjoy these rides as another way to see the countryside and also to spend time with local residents. Some of us like the chance to rest our legs!

Is it possible for us to get lost?

We are not in remote wilderness. We are walking between towns on established trails, across farmland or woodlots, on country lanes, and beaches.

Will my health insurance cover me in Ireland?

Many health plans cover travelers going outside the USA, but you should check with your specific provider for coverages and what to do in case of illness or accident in order for your insurance to cover the costs. Most health insurance websites have information for foreign travelers. It's a good idea to bring your health insurance card. The organizers of this trek do not provide insurance of any type for participants.



What are the accommodations?

We are staying in a variety of different hotels and inns, all of them average quality. This is not a luxury tour! The registration fee is based on double-occupancy. Note: With the exception of couples who may come on this journey together, we try to switch roommates each night so you have more opportunity get to know everyone.

What about getting money when I am trekking?

There is easy access to ATM machines in most towns, and credit or debit cards are widely used. We recommend participants notify their bank of travel plans prior to departure.

What about bringing electronic gadgets?

There is no right answer to this. Many trekkers come on trips specifically to get away from the usual demands of staying connected all the time, and believe bringing a cellphone offers the basic contact, email, and emergency connecting they need. Other trekkers are so dependent on their laptop they can't imagine leaving home without it. One additional note: If your electronic devices are stolen, we will not cover the cost of replacement. We have never had a problem with thievery, but it is always a possibility when traveling.

What about getting work done while I am trekking?

We strongly recommend you NOT plan on getting significant work done while on this trip. You will not have the available time, and experience tells us it usually interrupts a trekkers ability to really be present with other trekkers and the beauty we will be surrounded by. Many trekkers do some brief checking in with home or work in the evening to catch up with important details.

If I choose not to bring electronics, what do I do about emergencies?

The guides will have cellphones with international calling plans and laptops which you can use in an emergency.

Do you have recommendations about setting up my phone for foreign use?

Most of the places we will stay have wi-fi available at no cost, so you do not need to purchase an expensive data plan for your phone prior to departing. Many trekkers add international texting to their phone plan for the time they will be gone, since it's a reasonable cost to do so. It's difficult to find inexpensive international calling plans, so most trekkers rely on texting and email, and use phone apps like WhatsApp to make internet phone calls.

Why is this trek Sponsored by Trek Epic?

Trek Epic has a focused mission of serving emerging adults, so this adult trek is part of its established mission or activities. The Trek Epic guides are doing this trek as an activity for twenty something adults who have told us over the years they would like to go on a trek to explore their futures. We encourage participants to either donate or have supportive people in their lives make donations to our non profit in lieu of fees.





If you have other specific questions,
don't hesitate to contact:
Andrew Bryan, Trek Guide
Call or Text +1-208-484-5835

Registration and Deposit
Please contact Andrew Bryan
for details on registration and deposit.

