

## PRESS RELEASE

FOR IMMEDIATE RELEASE

INSERT DATE

**Contact:** Barbara Robitaille, (503) 333-3910, [barbara@eireretour.com](mailto:barbara@eireretour.com)

### **Eire Retour Announces a New Way for Travelers to Experience the Heart of Ireland**

*Founders offer a deeper travel experience, blending a guided tour with healing retreat*

(Portland, OR)— Today, Eire Retour announced its first trip to County Mayo, Ireland set for May 3-13, 2016. Led by cofounders Barbara Robitaille and Craig Stewart, Eire Retour blends the elements of both a guided tour and healing retreat. Robitaille and Stewart designed the ten-day trip to offer a deeper travel experience to participants.

“The launch of Eire Retour comes at a time when many are setting their intentions for the New Year,” said Stewart. “We’ve created this trip to give our guests time away in the beautiful Irish countryside, to nurture spiritual growth that doesn’t always happen on its own.”

“We are taking our guests on the most beautiful journey they will likely ever experience,” said Robitaille. “By sharing our love for and deep connection with Ireland, we take our guests one step closer to living a life fully engaged.”

Participants immerse themselves into Irish culture, see a number of destinations, and learn practices to achieve the feeling of a life well lived. The Retour presents a rare opportunity to step away from responsibilities and daily routine to rekindle a sense of purpose.

#### **Destinations**

Participants explore the beauty and wildness of the Irish landscape. Destinations include:

**Achill Island:** the largest of Ireland’s islands lies off the western shore of County Mayo. Achill Island features striking natural beauty from Blue Flag beaches to cliffs rising out of the sea.

**Cong:** home to Ashford Castle, built by the Guinness family, and setting for the acclaimed movie, *The Quiet Man*. Cong sits on the borders of Counties Mayo and Galway, and is surrounded by water and waterways.

**Croagh Patrick:** considered the holiest mountain in Ireland, Croagh Patrick rises prominently on the shore of Clew Bay, a few miles west of Westport.

**Downpatrick Head:** a few miles north of Ballycastle is the dramatic and historically significant limestone outcropping, just offshore on a remote section of the Wild Atlantic Way. Downpatrick Head ranks high on the top ten list of “must see” places to visit in Ireland.

**Moynes Abbey:** a designated Irish National Monument located north of Ballina on Killala Bay. Moynes Abbey remains one of the most notable medieval monastic ruins in Mayo.

**Westport:** named the “Best Place to Live in Ireland” by the Irish Times, Westport sits on the southeast corner of Clew Bay, beneath towering Croagh Patrick. It features tree-lined roads, shops, pubs, churches, and natural setting.

### **Retreat**

Along with group adventure, the following practices are offered to bring participants closer to living a fully engaged life.

- Mindfulness techniques
- Guest talks
- Guided meditation
- Journaling
- Music and song
- Quiet reflection

### **About Eire Retour**

Eire Retour offers ten days in County Mayo, Ireland for guests looking to practice the art of slowing down and living fully engaged. Blending a guided tour with a healing retreat, Eire Retour is a powerful opportunity to relax, renew, and reconnect. To learn more, visit

[www.EireRetour.com](http://www.EireRetour.com)

###