

Iona

PLEASE Book your flight ASAP:

June 8, 2023 to Edinburgh: **UA 118W 08JUN TH ORDEDI HK30 6:45P 8:25A**

June 18, 2023 Returning to Chicago: **UA 119V 18JUN SU EDIORD HK30 11:30A 2:00P**

*** If you are flying from another city or on a different flight, please send your itinerary.

Itinerary:

Dates: June 8-18, 2023

June 8th: Fly from Chicago to Edinburgh.

June 9th: Arrive in Edinburgh. Bus meets us at airport. Spend the night. Dinner and Breakfast included in hotel cost

June 10th: Bus to Oban (3 hours) Ferry to the island of Mull (90 minutes). Bus to cross Mull (90 minutes). Catch the ferry to Iona (10 minutes)

June 10th: Arrive at St. Columba Hotel.

June 17: Depart Iona for Edinburgh. Hotel, dinner and breakfast

June 18: flight to Chicago or go on for personal travel

Flow of the days on Iona:

Each day begins and ends with prayer and meditation, either at the Abbey or elsewhere together on the island.

In the mornings John Philip teaches on themes related to Celtic Spirituality and the sacredness of the Earth.

The afternoons are then given to hiking, conversation, and rest.

In the early evenings, before our shared meal, we gather again in the 11th-century Chapel of St Oran for chanting and simple rituals of healing and awareness.

On a number of evenings there is the option of joining the Iona Community for night prayer at the Abbey.

Half way through the week we walk the seven-mile island pilgrimage route together, reflecting on the journey of our lives and world, and pray for peace.

The Columba Hotel's organic gardens, eco-friendly policies, and welcoming staff are an important part of our community life together.

What to pack:

Weather average: the 50's and can be very wet

1 carry-on bag is highly encouraged. There is laundry service at the hotel on Iona.

Waterproof rain jacket and pants

1 wool sweater (merino wool in thin and lightweight)

Down vest

3 pairs of hiking pants

4 shirts in addition to what you wear on the plane

Light jacket

Scarf and wool hat

3 pairs of compression socks (Sockwell)

Comfy shoes for indoors

Good walking/hiking shoes/boots- waterproof recommended

Headlamp or flashlight for night time walking

Medications: bring cold medication, stomach, Tylenol etc. as there is not easy access to these products on Iona

Need adapter for phone.

Hotel has hairdryers CAN NOT USE YOUR OWN

Bring extra cash as there are no atm's on Iona

Cheaper to exchange your money through an atm in Edinburgh