



.....Nourishing Mind, Body and Soul

Self Energy and Self-Like Parts A Retreat with Pamela Krause October 2024 in Ireland

October 21st – 25th, 2024.

Killarney Plaza Hotel and Spa, Kenmare Place, Killarney, Co. Kerry, Ireland.

<https://www.killarneyplaza.com>



Here is some general information which you might find useful as you plan your trip to Ireland for this wonderful retreat.

If we have missed anything or you have any further queries, please don't hesitate to let us know. You can contact us at contact@souliology.com

How to get there.....and more!!



Killarney National Park.

All major international airlines fly into Dublin Airport and “Terminal 2” is the international arrival and departing terminal. You can fly from Dublin Airport to Kerry Airport. You can also fly from London Stansted, London Luton and Manchester airports directly to Kerry Airport.

Killarney Town is approximately 321km/199miles from Dublin Airport and is well served by air, train, bus or car. Kerry Airport is approximately 17km from Killarney Town Centre and is also served by taxi, bus or car. You can also fly into Cork Airport which is approximately a 90-minute drive from Killarney or you can fly into Shannon Airport which is approximately a 120-minute drive from Killarney. Neither airport is well serviced by a train or bus so you would need to either hire a car or you could hire a taxi to Killarney which would cost approximately €155 - €200 one way.



Kerry (Farranfore) Airport

By Air from Dublin - Ryanair (www.ryanair.com) from Dublin Airport to Kerry (Farranfore) Airport with a flight time of around 1 hour. Ryanair flights arrive and depart from Terminal 1 at Dublin Airport which is approx. a 10-minute walk from Terminal 2. You can also fly with RyanAir from London Stansted, London Luton and Manchester airports directly to Kerry Airport. Please check the Ryanair departure and arrival schedule for suitable times. While Ryanair is a very affordable way to fly to Kerry, please ensure you book your luggage correctly as they are apt to try to squeeze a few extra euro out of your for excess baggage or baggage not booked correctly.

By Train from Dublin - Irish Rail - The trains leave from Heuston Station in Central Dublin, therefore you will need to take a taxi from Dublin airport to Dublin Heuston Train Station. (Taxi Travel time approx 30 mins – add on an extra 20 minutes during rush hour traffic) Train travel time from Heuston Station to Killarney Station is approx. 3 hours and 51 minutes. **(Be aware that you have to change trains at Mallow Station to connect with the Killarney train)** Check out the link for Irish Rail - <https://www.irishrail.ie/en-ie/station/killarney> . When you arrive at Killarney Station you can either take a taxi to the hotel which will take approx 5 minutes or you can walk - walking time 10 to 15 mins.

By Bus from Dublin - Three bus companies offer a service from Dublin Airport (or Dublin City centre) to Killarney bus station. (Please check their schedules for pick up and set down at Dublin Airport). (Killarney bus station happens to be beside the Railway station) (Bus travel time - Approx. 4/5 hours depending on the bus you choose).

1. Flightlink: www.flightlink.ie – Private Company with a direct route to and from Dublin Airport. We recommend this private company as it is more comfortable, stops at fewer stops and is therefore faster and drops you directly in Killarney (Mission Road is a 5 minute walk from the Hotel) and drops you directly back to the airport.
2. Dublin Coach : (<https://www.dublincoach.ie>) Private company – Also referred to as the **BIG GREEN BUS** .This is our second preference and we would recommend this private company as you can go to Dublin City Center with this bus. (You may need to change at the Red Cow in to go to the Airport or Dublin City Centre – please ensure to ask the bus driver)
3. Buseireann :(www.buseireann.ie) The national carrier. Not ideal as it stops in too many places and takes too long to get to Killarney. It is also not as comfortable but it is still another option.

Car rental – All major international car rental companies are based at Dublin Airport and Kerry (Farranfore) Airport. Drive time by car from Dublin Airport to Killarney - 3 hours and 44 minutes. Driving time from Kerry Airport to Killarney approx. 19 minutes. Average cost of a Taxi from Kerry Airport to Killarney, €50+ (Euro).

In our opinion, the easiest travel option to get to Killarney if you are arriving in Dublin airport is either:

- *Dublin Airport to Kerry Airport with Ryanair (remember to book your luggage correctly) and taxi to the Hotel or*
- *Take the private coach Flightlink directly from Dublin Airport to Killarney. It stops close to the Hotel so you can walk to the Hotel once you arrive at the bus drop off – Literally 10 minutes walk).*

Please be advised that this is simply our opinion on the easiest and fastest way to get to Killarney.

Kerry Airport to Killarney, Taxi Companies: (It is advisable to book in advance)

Sean Casey:

Tel: 0646 6366666.

Cell/Mob: 087 418 8564.

Dan Corcoran:

Cell/Mob: 087 248 8757.

Con Moran:

Tel: 066 976 4701

Cell/Mob: 087 253 8759.

Gerard Savage:

Cell/Mob: 087 235 4786.

You can also pre-book an UBER to collect you at the airport.

Taxi Companies, Killarney Town:

Walsh Taxi:

Cell/Mob: 087 2538759.

Flemings Taxi:

Cell/Mob: 087 238 3592.

Taxi Killarney:

Cell/Mob: 087 191 1955.

Bicycle Rental Company, Killarney Town:

O'Sullivan's Killarney, Rent a Bike: (Across the road from the Retreat location).

Tel: 064 662 2389

Website: <https://killarneyrentabike.com/>

Horse drawn Cab Company, Killarney Town:

Killarney Jaunting Cars -Tangney Tours:

Tel: 064 663 3358

Website: <https://killarneyjauntingcars.com/>



Killarney Town, places of interest to visit -:

Ross Castle.

Muckross House.

Killarney National Park

Torc Waterfall.

Killarney House & Gardens - – only a 10 minute walk from the Hotel

Muckross Abbey.

Killarney Brewing Company.

County Kerry, places of interest to visit:

Beara Peninsula. (Wild Atlantic Way).

Ring Of Kerry. (Wild Atlantic Way).

Portmagee Cliff View. (Wild Atlantic Way).

Gap of Dunloe, Blackvalley, or Molls Gap.

Take in the view from below or climb Ireland's tallest mountain: Carrauntoohill.

Kenmare Town

Ladies view.

Dingle Peninsula. (Wild Atlantic Way).

Inch Beach. (Wild Atlantic Way).

Skellig Island. (Wild Atlantic Way).

Check out.... The Wild Atlantic Way - <https://www.thewildatlanticway.com/>

Some Tour Guides Companies to check out:

- <https://www.paddywagontours.com>
- <https://vagabondtoursofireland.com>
- <https://www.ireland.com/en-us/things-to-do/themes/ireland-on-screen/ireland-on-screen/>



What to Bring?:

In Ireland we can have a full conversation based solely on the weather and of course we have lots of descriptions for the type of weather on any given day!! One of our most favourite sayings is “If you don’t like the weather, hang around 5 minutes” – which basically means that our weather is very changeable and unpredictable. Ireland’s weather in September/October tends to be reasonably settled but it can still be pretty chilly. We will undoubtedly get a few days rain, a few cloudy days but hopefully some sunnier days (without the heat you may be accustomed to!!) The temperature can vary from 40F right up to 60F plus. So to cover all bases we suggest you bring some rain gear, some warm clothes, good waterproof walking shoes if you are a keen walker and comfortable clothes that don’t resist movement for relaxing during the retreat. It might be a good idea to bring clothes that allow you to layer up or layer down depending on the weather. Also, as the hotel has an indoor pool and spa don’t forget to bring your swim suit too.

Where you will be staying for the retreat:

The Killarney Plaza Hotel and Spa



The Killarney Plaza Hotel and Spa is located in Killarney town centre and on the doorstep of Ireland's oldest National Park, Killarney Park and Gardens. The Hotel blends classic luxury with a vibrant town centre location offering you the best of all worlds - Great food, a tranquil spa, the bustling main street and nature's playground on your doorstep, allowing you to seamlessly transition between the buzz of the town and the calm of the hotel at your own leisure.

Killarney town centre has all the amenities that a medium sized town has to offer such as shops, pharmacies, lots of restaurants and cafes and both rural and town walks. Killarney House and Gardens is directly opposite the Hotel and offers a wide variety of walking trails from easy to strenuous. There are approximately 15 kilometres of walking trails that you can access from here so you will get to spend plenty of time surrounded by nature if that is your preference. The hotel does not feel too small nor too big which creates a warm, relaxing and intimate atmosphere so you will hopefully feel right at home. The staff are very friendly and they are available at all times to assist you if needed. A member of staff from Souliology will also be available throughout the retreat week if you need help with anything.

The SPA at the Killarney Plaza



Located in the basement of the hotel is the Spa, Leisure Centre and Gym which offers a further space to relax, unwind and replenish the mind and body. The Spa contains a 15m swimming pool, sauna, steam room and whirlpool plus an extensive range of holistic treatments and massages to allow retreat participants relax and unwind. Use of the leisure centre and gym are complimentary for all retreat participants but all Spa treatments are an additional cost. However, we are thrilled to have negotiated a substantial 15% discount off all treatments for participants of this retreat during the retreat days only. We have attached the spa brochure and if you would like to book now, please do so by emailing them on spa@killarneyplaza.com

We highly recommend you pre-book your Spa treatments prior to arrival to avoid disappointment. When booking please let them know you are attending a retreat with Souliology so they can apply the discount at check-out.

Here is the link to their online spa brochure -

https://www.killarneyplaza.com/cmsFiles/2022-12-15_-_web_brochure__1_.pdf

Retreat Particulars:

You can read more about the retreat on our website at:

<https://www.souliology.com/selfenergyandself-likeparts-1>

OUR COVID – 19 POLICY

Please review our FAQs page on our website for details about Covid-19 -

<https://www.souliology.com/faqs>

Finally, in light of the current global circumstances, we recommend taking out travel insurance which includes trip cancellation insurance plus we recommend booking refundable flights to the retreat venue. While we are fully committed to hosting the retreat in person, we acknowledge the uncertainties, and we believe it's wise to safeguard your financial investment. (you may be able to avail of some cover through your credit card; so please don't forget to inquire).

If you require any further information, please do not hesitate to contact us at contact@souliology.com.

We are looking forward to welcoming you to the Emerald Isle!



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