








GROUP RETREATS & PILGRIMAGES




SEGOVIA and Avila

Sample retreat-pilgrimage: In the footsteps of the Spanish mystics

Time	Monday <i>arrival day</i>	Tuesday	Wednesday	Thursday	Friday	Saturday <i>departure</i>
08.30		Morning Prayer	Morning Prayer	Morning Prayer	Morning Prayer	
09.00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10.00		Group retreat session: John of the Cross in Segovia	Group retreat session: John of the Cross: keys to his poetry.	 to Avila In the footsteps of the mystics: walk in Ávila & visit of San José & La Encarnación 	Poetry walk by the river: How well I know the Fountain 	DEPART 
11.00	Meet at Madrid Airport  to Segovia	Free personal time to explore the gardens.	Free personal time to explore the city.			To Madrid Airport
13.00	Lunch	Lunch	Lunch	Lunch	Lunch	
Afternoon	Quiet Time	Quiet Time	Quiet Time	 Return to Segovia	Quiet Time	
17.00	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	
17.15	Welcome and intro to the retreat	In the footsteps of the mystics: Segovia walk & free time in the city 	Group retreat session: Teresa of Avila: her life and ministry	Group retreat session: Teresa of Avila: mystic and leader	Group retreat session: concluding reflections Eucharist	
20.00	Dinner	Dinner	Dinner	Dinner	Dinner	
21.30	Night Prayer	Night Prayer	Night Prayer	Night Prayer	Night Prayer	

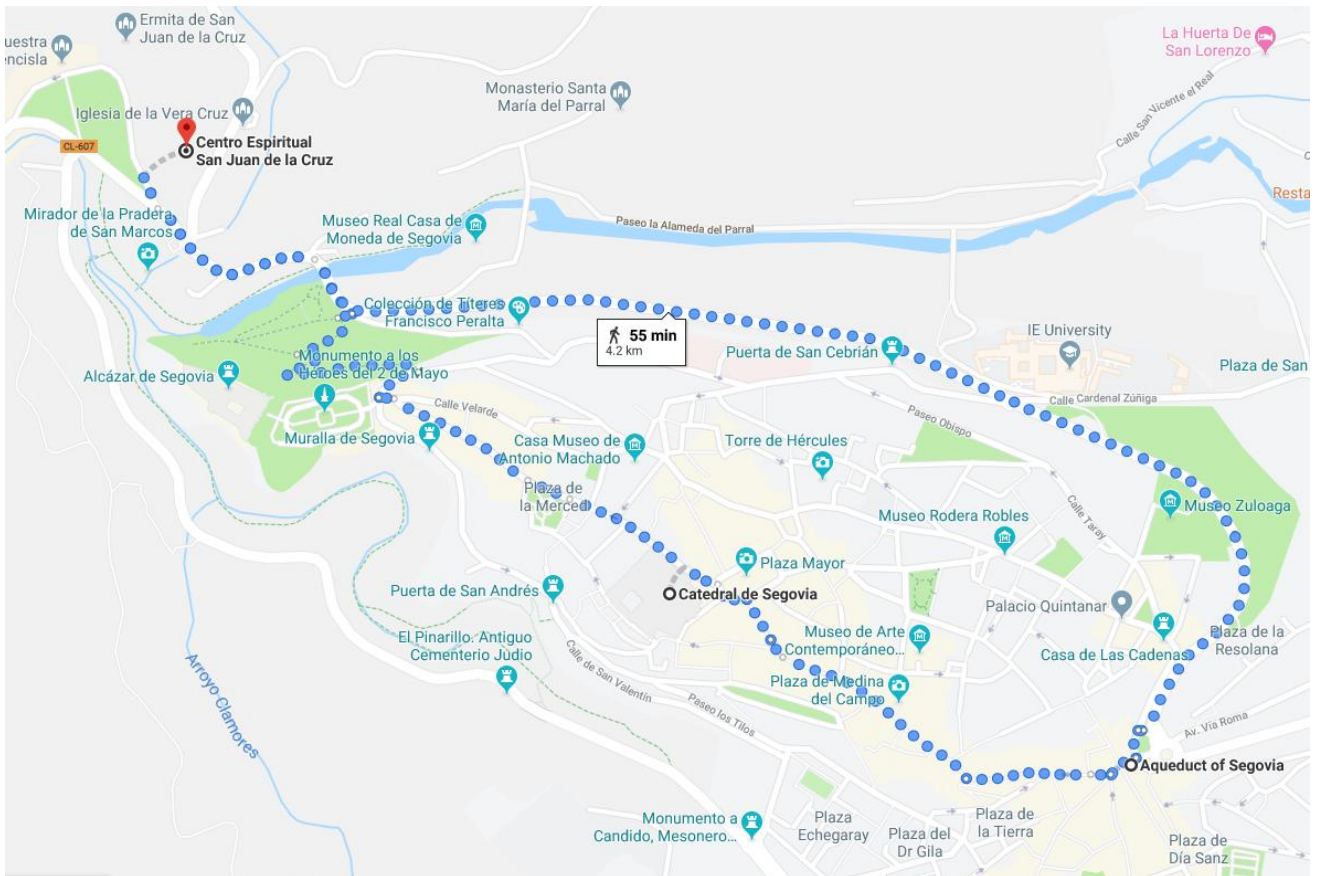
NOTES

 Shuttle bus service to the destinations

 Pilgrimage walk exploring cities and sacred sites. For a sample walk see next page.

SEGOVIA and Avila

Sample pilgrimage walk: In the footsteps of the Spanish mystics



Most pilgrimage walks will cover an average of 5-6 kms (3-4 miles), at a leisurely pace, with several stops, including a longer stop with free time in the middle, in which pilgrims will be able to explore the city centre by themselves.

In Segovia, the walk will follow the Saint John of the Cross itinerary, marked through the historic city centre, stopping at sites connected with the mystic. The first part of the walk starts at the retreat centre, goes via the cathedral and ends at the Roman Aqueduct. After some free time, the second half of the walk starts at the Aqueduct, goes via the Puerta de San Cebrián, and ends at the retreat centre.

The overall walk will take around 3 hours, of which approximately half of the time will be the group walk, and the other half personal free time.