

GROUP RETREATS & PILGRIMAGES



SEGOVIA and Avila



View of Segovia with cathedral (left) and castle (right).

Segovia is one of the most exquisite mediaeval cities in Spain, boasting a magnificent Roman aqueduct, a beautiful gothic cathedral and an iconic castle. It has also been a centre of Carmelite spirituality, since John's and Teresa's day to the present. Many of its streets, alleyways, churches and monasteries were places of special significance for the two mystics, and as part of this pilgrimage we will walk together in their footsteps through cobbled streets and by the river side.

The Carmelite monastery that John of the Cross himself built and where he is buried is on the edge of the city. Your group will stay in the retreat centre within the monastery, surrounded by gorgeous countryside, not far from the river that became a source of spiritual inspiration for the mystic. The simplicity of the venue is enhanced by the spiritual atmosphere that envelops the building, its cloister and gardens. All accommodation is en-suite and we will enjoy dedicated group spaces (meeting room, chapel and refectory).



St John of the Cross Retreat Centre in Segovia



View of Avila city walls at dusk.

From Segovia we will be able to visit Avila, an impressive mediaeval walled city. Avila was the centre of the Carmelite reforms initiated by Teresa and John in the 16th century. Our pilgrimage through the city will include visiting a number of sites of spiritual significance, including the monasteries of *La Encarnación* and *San José*, where Teresa of Avila lived and ministered most of her life, as well as the cathedral and city walls. Retreat-pilgrimages in Segovia and Avila will typically include time in the monastery (including input sessions and free time) and guided walks in both cities.