

Help Save the Ocean Spiritual Journey*

St. John's Newfoundland

Sep 25 – Oct 1, 2024

*Spiritual Journey is an educational experience and fundraiser for Legacy Labyrinth Project. Trip is hosted by Legacy Labyrinth Project and trip planning by Irene at Hidden Journeys.

ARRIVAL DAY : Wed Sep 25th, 2024

DEPARTURE DAY : Tue Oct 1st, 2024

***LAND PRICE: USD \$1975 Per Person Double Occupancy**

Single Room USD \$2515 For One Person in own private room. (based on availability)

*PRICE does not include Travel Insurance or Flights.

If a single traveler is coming on their own and wishes to share a room with someone, we can assign a roommate (of the same gender) if there is another person requesting a roommate. If no roommate is found by Aug 26th (final payment), then that person will need to pay the additional Single Supplement of \$540 USD

PRICE INCLUDES: 6 Nights Accommodations (includes all hotel and provincial taxes)

2 Day Workshop & Labyrinth Dedication

Sightseeing, Events & Meals as listed included in Itinerary

[Extra Nights are available for those who wish to come earlier, or stay later. Inquire with Irene, Hidden Journeys on rate and availability]

BOOKING & PAYMENTS:

DEPOSIT OF USD \$250 per person is required to hold your space on this tour. Deposit is non-refundable. Deposit will be applied towards package price. [If you choose not to come on tour, or have to cancel, your deposit will be converted to a donation to Legacy Labyrinth Project]

1st PAYMENT: USD \$750 Per Person due by Sat Jul 27th (by e-transfer)**

FINAL/FULL PAYMENT: Due by Mon Aug 26th (by e-transfer)**

**e-transfer information will be provided when booking is confirmed

CANCELATION TERMS & CONDITIONS:

If you cancel more than 60 days prior (before Sat Jul 27th) Your tour deposit of USD \$250 Per Person is non-refundable. Your \$250 deposit will be converted to a donation to Legacy Labyrinth Project.

If you cancel 60 - 30 days prior (between Sat Jul 27 and Mon Aug 26th) The cancellation penalty is USD \$500 Per Person, of which \$250 deposit will be converted to a donation to LLP.

Cancellation less than 30 days in advance or no-show (after Mon Aug 26th) will result in 100% cancellation penalty, of which \$250 deposit will be converted to a donation to Legacy Labyrinth Project.

NOTES:

Changes in the Itinerary will happen as new experiences are added and the schedule may shift around as well.

Bring your walking shoes. The hotel, cathedral and sights are all located in the picturesque St. John's downtown and are 10-20 minutes walking distance apart. We will car share when we go to any activity further away (as listed on itinerary)

TWO DAY WORKSHOP:

The Principles of Contemplative Labyrinth Activism, we will explore how Ocean Health became the purpose for the Cathedral's new labyrinth and how to walk a labyrinth with a conscious intention for change. This work is based on the conscious healing longitudinal research Legacy Labyrinth Project has done with Baylor University, the work of the Global Healing Response and over 40 years of labyrinth walking experience of the presenters. The outcome of this workshop is aimed at training all attendees how to walk a labyrinth with the intention for Ocean Health and experience its impact. We will initiate and walk the new labyrinth in the Cathedral during this workshop.

Day by Day Itinerary

Day 1 · Wed Sep 25 · Group Arrival Day St. Johns

Spiritual Journey Participants ARRIVAL YYT - St. John's Newfoundland (Flights not included)

Book your flights to arrive anytime on Wednesday September 25th. Those who wish to arrive a few days earlier, or stay a few days more, we do have a special rate at the hotel for extra nights. Ask Irene at Hidden Journeys.

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TRANSFER from Airport to Hotel (not included)

TAXI - taxi stand outside of arrivals. Approximately CA \$25 one way
UBER - outside of arrivals, Approximately CA \$20 one way

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Stay at DoubleTree by Hilton St. John's Harbourview

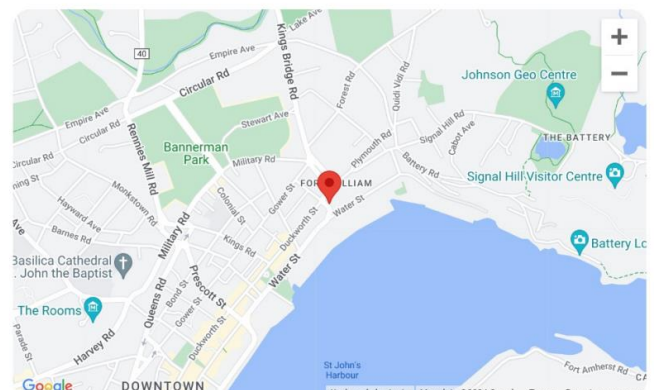
Address
2 Hill O'Chips, St. John's, Newfoundland and Labrador A1C 6B1

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Location

2 Hill O'Chips 2 Hill O'Chips / 2 Hill O'Chips, - A1C 6B1 - ST. JOHN'S ST. JOHN'S, St. Johns - NF, St. Johns - NF / St. Johns - NF



DINNER on your own (not included)



Spiritual Journey participants will be touching base with one another, for those wishing to go to a local restaurant together.



Day 2 · Thu Sep 26 · Settle In - Welcome Day St. John's

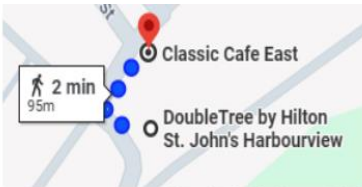
BREAKFAST on your own (not included)



Breakfast available in hotel restaurant - The Little Sparo



OR Neighborhood Restaurants along the route to Anglican Cathedra of St John the Baptist (which is a 13 minute walk from the hotel)



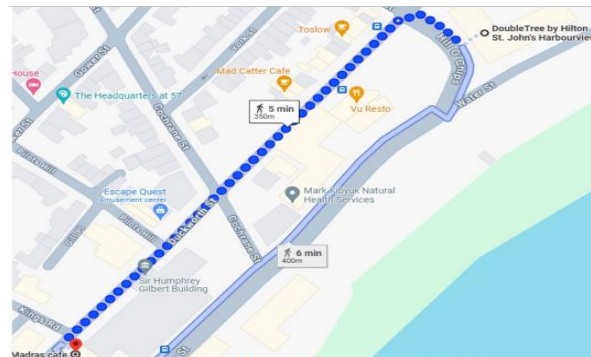
Classic Cafe East - 73 Duckworth St, St. John's, NL A1C 5H7



Toslow Coffee Shop - 108 Duckworth St, St. John's, NL A1C 1E8



Gian's Kitchen - 131 Duckworth St, St. John's, NL A1C 1E9




Madras Cafe - 183 Duckworth St, St. John's, NL A1C 1G3



Bagel Cafe - 246 Duckworth St, St. John's, NL A1C 1G8

TOUR - Anglican Cathedral of St. John the Baptist 10 - 11 am

 Start Time
Sep 26 at 10:00AM UTC

 End Time
Sep 26 at 11:00AM UTC

 Location
St. John's Newfoundland



INCLUDED TOUR of the historic cathedral from 10-11 am

HISTORY

This Parish of St. John the Baptist was founded in 1699 in response to a petition drafted by the Anglican townfolk of St. John's and sent to the Bishop of London, the Rt. Rev'd Henry Compton. In this petition, the people also requested help in the rebuilding of their church, which had been destroyed by fire in the course of hostilities with the French. The first rector was a former Royal Naval chaplain, the Rev'd John Jackson. At least six wooden churches stood on or near this site. Those that survived the rigours of Newfoundland weather fell victim to accidental fires and military operations during the wars between the French and the British which finally resulted in British control of North America. The first stone church was begun in 1843 under the direction of Aubrey Spencer, the first bishop of Newfoundland, but little progress was made on this relatively modest edifice beyond the laying of a cornerstone before Bishop Spencer resigned due to ill health.

The present Cathedral was begun in 1847 by Edward Feild, the second bishop of Newfoundland. Bishop Feild commissioned plans from the leading Gothic Revival architect George Gilbert Scott, who envisioned a more impressive cruciform structure with varied ornamentation in the twelfth-century English style. The Nave, built between 1847 and 1850, served as the entire Cathedral Church for 35 years until the Transepts, Chancel and Sanctuary were added in the period 1880-1885.

On July 8, 1892, the Cathedral was extensively damaged during the Great Fire. The roof timbers ignited, which caused the roof to collapse, bringing the clerestory walls and piers in the nave down with it. The intense heat caused the lead to melt in the glass windows, resulting in the complete destruction of all but two; the sole surviving stained-glass window can now be seen in the Sacristy. Restoration of the Cathedral commenced in 1893. By 1895, the Chancel and Transepts had been rebuilt, while the Nave reached completion in 1905.

The Anglican Cathedral of St. John the Baptist was designated a National Historic Site in 1981, and was designated a Registered Heritage Structure by the Heritage Foundation of Newfoundland and Labrador in 1991.

LUNCH on own (not included)

Grab a bite to eat before our afternoon walking tour of historic St. John's



TOUR - Historic St. John's Downtown Walking Tour 2-4 pm

🕒 Start Time
Sep 26 at 2:00PM NDT

✓ End Time
Sep 26 at 4:00PM NDT

📍 Location
St. John's, NL, Canada

INCLUDED WALKING TOUR of this historic town

Highlights:

- Stroll the oldest streets of downtown St. John's with your guide
- Learn the history of this colorful and charming city center
- Admire important buildings and landmarks up close

Description:

Join your knowledgeable and friendly guide for a walk along some of the oldest streets in St. John's and learn about the important buildings, landmarks, and monuments that make up the historic downtown area.

There are frequent stops along the route at key locations to take in the surroundings and listen to interesting stories and lesser-known details as a group.

By taking this walking tour, you'll have a newfound appreciation for downtown St. John's and have the confidence to find your own way through the downtown core.



Welcome Dinner Reception at local restaurant 5'ish (included)

🕒 Start Time
Sep 26 at 5:00PM UTC

✓ End Time
Sep 26 at 8:00PM UTC

WELCOME! Our welcome dinner at a local restaurant will be an opportunity to experience the local fare of St. John's and get to mingle with fellow travelers on our Spiritual Journey.

DINNER - choice of selected entree and non-alcoholic beverage is included in your package price (additional food items or alcoholic beverages are not included)



Day 3 · Fri Sep 27 · St. John's, NL, Canada

Sunrise from Signal Hill (Ride Up - Walk or Ride Down) 6 - 8 am

🕒 Start Time
Sep 27 at 5:30AM UTC

📍 Location
St. John's newfoundland

TRANSFER to/from Hotel and Signal Hill is INCLUDED in your tour price (Sign up with Irene is required)



EXPERIENCE SUNRISE ON THE EASTERN MOST POINT IN

NORTH AMERICA

Weather Permitting Sunrise on Signal Hill on Friday Morning

(if overcast, then we will try for Saturday Morning, if overcast, then Sunday Morning)

SIGN UP with Irene if you are interested in this Sunrise Experience, so we can ensure ride space.

5:50 MEET in LOBBY to share taxis/rides up the hill

6:00 DEPART HOTEL for ride up Signal Hill

Sunrise: 6:50 am (Twilight 6:20)

7:30 RETURN by shared car rides or those who wish to walk down, can enjoy the ocean facing walk back down the hill (25 - 45 minute walk based on your walking pace)



DRESS WARMLY --- it can be very windy and cool and fresh in the morning

BREAKFAST on your own (not included)

🕒 Start Time
Sep 27 at 6:00AM UTC

✓ End Time
Sep 27 at 9:00AM UTC



Morning FREE TIME

🕒 Start Time
Sep 27 at 9:00AM UTC

✓ End Time
Sep 27 at 12:00PM UTC

MORNING FREE to take your time walking down from Signal Hill sunrise or exploring the neighbourhood.

Grab your LUNCH at a local restaurant prior to the Workshop start at noon.



EARLY LUNCH on own (not included)

- 🕒 Start Time
Sep 27 at 10:00AM UTC
- ✓ End Time
Sep 27 at 11:30AM UTC

Grab a bite to eat before our afternoon workshop.



Day 1 Workshop 12 - 4 pm Principles of Contemplative Labyrinth Activism for Ocean Health

- 🕒 Start Time
Sep 27 at 12:00AM UTC

Day 1 Workshop - Principles of Contemplative Labyrinth Activism for Ocean Health 12 - 4 pm
11:30 meet at Cathedral and get acquainted with the other participants of the Labyrinth Workshop.
LOCATION: Anglican Cathedral of St. John the Baptist



DINNER with Workshop Group 5-7 pm (not included)

- 🕒 Start Time
Sep 27 at 5:00PM UTC
- ✓ End Time
Sep 27 at 7:00PM UTC

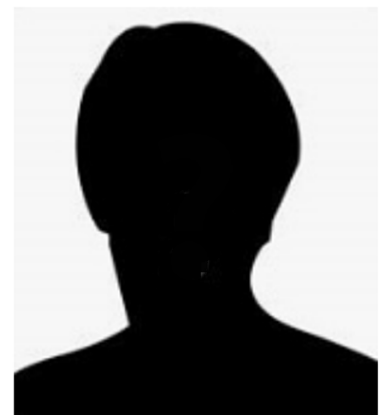
Labyrinth Workshop and Spiritual Journey participants will be heading out to a local restaurant to enjoy the local cuisine and get to know one another.



Guest Speaker Activity 8-9:30 pm

- 🕒 Start Time
Sep 27 at 8:00PM UTC

Our first special guest speaker tonight!
More details to come.



Day 4 · Sat Sep 28 · St. John's, NL, Canada

BREAKFAST on your own (not included)

🕒 Start Time
Sep 28 at 6:00AM UTC

✓ End Time
Sep 28 at 9:00AM UTC



Meditation on St John's Garden Labyrinth (9 - 9:45 am)

🕒 Start Time
Sep 28 at 9:00AM UTC

✓ End Time
Sep 28 at 9:45AM UTC

9:00 am Meet at the church garden labyrinth for meditation, and a silent walk on the outdoor labyrinth.

If weather is not ideal, we will move inside for meditation.



Day 2 Workshop 10 - 4 (with included Lunch) Principles of Contemplative Labyrinth Activism

🕒 Start Time
Sep 28 at 12:00AM UTC

Day 2 Workshop - Principles of Contemplative Labyrinth Activism 10 am - 4 pm
Lunch will be provided during the workshop.

LOCATION: Anglican Cathedral of St. John the Baptist



Labyrinth Walk in Bowring Park & Picnic 5 - 9 pm (transfers & picnic dinner included)

🕒 Start Time
Sep 28 at 5:00PM UTC

✓ End Time
Sep 28 at 9:00PM UTC

TRANSFERS from hotel and park, and picnic dinner Included in Tour

5:00 meet in hotel lobby for ride sharing to Bowring Park

5:30 BOWRING PARK LABYRINTH, walk, consciousness exercise and picnic dinner

Walking the Labyrinth and Picnic



Day 5 · Sun Sep 29 · St. John's, NL, Canada

BREAKFAST on your own (not included)

- 🕒 **Start Time**
Sep 28 at 6:00AM UTC
- ✓ **End Time**
Sep 28 at 9:00AM UTC



Dedication of Legacy Labyrinth #9 Morning (TBD)

- 🕒 **Start Time**
Sep 29 at 8:00AM UTC
- 🕒 **End Time**
Sep 29 at 10:00AM UTC



Time and Details of Dedication To Be Determined

Closing Labyrinth Workshop Lunch (included)

- 🕒 **Start Time**
Sep 29 at 12:00AM UTC
- ✓ **End Time**
Sep 29 at 1:00AM UTC

Our last gathering of the participants of the Labyrinth Workshop as we reflect on the experience and say our good bye's to our new found friends.

Closing Lunch at a local restaurant for those participating in the Labyrinth Workshop included in tour.

LUNCH - choice of selected sandwiches and munchies and non-alcoholic beverage is included in your package price (additional food items or alcoholic beverages are not included)



TOUR - Bus Tour of Coast to Cape Spear, Petty Harbour 3 - 6 pm

- 🕒 **Start Time**
Sep 29 at 3:00PM UTC
- ✓ **End Time**
Sep 29 at 6:00PM UTC

INCLUDED - BUS TOUR

Not only will we visit the most easterly point in North America, we visit the area's top attractions including Cape Spear, Petty Harbour, Cabot Tower, Signal Hill, Quidi Vidi, and the colorful "Jellybean Row" houses.

Explore the province's oldest surviving lighthouse and remnants of World War II defenses at Cape Spear. Visit Cabot Tower and take in breathtaking panoramic views of St. John's, the harbour, and the Atlantic ocean from the top of Signal Hill. Walk the roads of Quidi Vidi fishing village and experience quaint outpost living in Newfoundland.

We will stop for a meditation and spiritual exercise along the coast, have time to stop in a quaint village to explore,



Day 6 · Mon Sep 30 · St. John's, NL, Canada

BREAKFAST on your own (not included)

- 🕒 Start Time
Sep 28 at 6:00AM UTC
- ✓ End Time
Sep 28 at 9:00AM UTC



TOUR - Harbour Boat Tour 11:30 am - 1:30 pm (Included with Tour)

- 🕒 Start Time
Sep 30 at 11:30AM UTC
- ✓ End Time
Sep 30 at 1:30PM UTC

INCLUDED 2 HOURBOAT TOUR

Just off the coast of St. John's you'll find the world's largest population of humpback whales, icebergs that are over 10,000 years old and seabirds such as the charismatic Atlantic puffin. This boat tour departs from the heart of downtown St. John's, making it easier than ever to experience the marine wonders of Newfoundland.



LUNCH on own (not included)

- 🕒 Start Time
Sep 30 at 11:30AM UTC
- ✓ End Time
Sep 30 at 2:30PM UTC

Grab a bite to eat before our afternoon trip to The Rooms. or even better, plan to grab a bite at The Rooms Cafe.

The Rooms Café emphasizes Newfoundland and Labrador's food heritage, focusing on traditional fare with an eclectic twist.



Pre-TOUR - The Rooms arrive anytime after 2 pm

- 🕒 Start Time
Sep 30 at 2:00PM UTC
- 📍 Location
St. John's Newfoundland

The Rooms is a 12-15 minute walk from the Pier (where the boat tour ends) or the hotel (DoubleTree)

The Rooms Cafe may be a place to grab a bite before our 3:00 pm tour.



TOUR & Visit The Rooms 3 - 5 pm / Tour at 3 pm (Included)



🕒 **Start Time**
Sep 30 at 3:00PM UTC

✓ **End Time**
Sep 30 at 5:00PM UTC

ARRIVE to The Rooms - anytime after 2 pm (you may also decide to grab a bite at The Rooms Cafe. 3:00 pm Tour. We will have a group tour of The Rooms with a guide, followed with free time to explore and dive deeper into the many exquisite displays.

The Rooms -- Newfoundland and Labrador's largest public cultural space where history, heritage and artistic expression come together.

Immerse yourself in the culture of Newfoundland and Labrador

The Rooms is a portal to the many stories this province and its people have to tell. Here, you'll find collections, exhibits and programs that tell our stories and interpret our natural world through art, artifacts, archaeology, architecture and archival records.

About the Building

A remarkable feature of the skyline of historic St. John's, The Rooms unique design mirrors the fishing rooms where families came together to process their catch. This building, like the collections and exhibitions it houses, represents a tribute to our people and a place in which to preserve our history and culture for generations to come.

Farewell Dinner Reception at local restaurant 6'ish (included)

🕒 **Start Time**
Sep 30 at 6:00PM UTC

✓ **End Time**
Sep 30 at 9:00PM UTC

AU REVIOR! Our farewell dinner at a local restaurant will be an opportunity to review our week in St. John's and our final food experience in St. John's before we all go our own way.

DINNER - choice of selected entree and non-alcoholic beverage is included in your package price (additional food items or alcoholic beverages are not included)



Day 7 · Tue Oct 1 · St. John's, NL, Canada

BREAKFAST on your own (not included)

🕒 **Start Time**
Sep 28 at 6:00AM UTC

✓ **End Time**
Sep 28 at 9:00AM UTC



TRANSFER from Hotel to Airport (not included)

Check Time:
11:00 AM - 11:30 AM
Check out Time:
11:00 AM - 11:30 AM

Transfer back to airport based on your flight time.

Check out is at 11 am. If your flight is later in the day, you can leave your belongings at the front desk at the hotel

TAXI & UBER - can be booked for your return transfer to the airport for your departure flight.

EXTRA NIGHTS - can be booked if you are staying longer, ask Irene at Hidden Journeys for the rate.



Spiritual Journey Participants DEPARTURE from St. John's Newfoundland

Check Time:
11:00 AM - 11:30 AM
Check out Time:
11:00 AM - 11:30 AM

Book your flights to depart anytime on Tuesday October 1st.

If your flight is departing later in the day, please note that you will need to check out of your hotel by 11 am. You may leave your belongings at the front desk if your flight is later in the day.

Those who wish to stay a few extra days, we do have a special rate at the hotel for extra nights.

Ask Irene at Hidden Journeys.



If you would like to talk about the trip,
or get more details, please contact:

Chris at chriskatzenmeyer1@gmail.com

OR Irene at irene@hiddenjourneys.ca
(780) 267-5490