

**SPIRIT & NATURE QUEST**  
**DISCOVERING ANCIENT WISDOM IN NEOLITHIC**  
**ORKNEY, SCOTLAND**  
*May 26, 2015 to June 3rd, 2015*

*"A Quest of any kind is a heroic journey. It is a rite of passage that carries you to an inner place of silence and majesty and encourages you to live life more courageously and genuinely. I highly recommend Catriona's quests. They are truly sojourns of the heart."*  
~Denise Linn



***Discover a  
mystical land  
that time forgot.***

***A place known as the  
"Egypt of the North"  
with perfectly  
preserved temples  
and residences over a  
thousand years older  
than the pyramids  
and Stonehenge!***

***What can we learn  
from these ancient  
sites about our lives  
in the here and now?***

**Join us on this  
amazing once in a  
lifetime journey to  
a land where the  
ancient cultural &  
spiritual traditions  
dwarfed many  
civilizations 6000  
years ago.**

**In the heart of this  
stone age  
settlement we will  
visit:**

**Skara Breck,  
Maeshowe,  
Stones of Stennes,  
& The Ring of  
Brodgar.**

**We will commune  
with the powerful  
energy of the land,  
& Connect with  
Visions that come  
from clear portals  
to a timeless realm.**



***“The Nature Quest to the Orkneys is more than an outward journey to an ancient land, it is a spiritual journey to find the clarity of one’s soul calling.”***

**The intention of the Nature Quest is to provide participants with a deeply empowering inner and outer journey leading to renewal and transformation.**

**In this land that time forgot, we will access a place of immense clarity and ancient wisdom. Participants will benefit from innovative and powerful practices that will support empowering visions while clearing away limiting emotional and mental clutter.**

**Participants will gain greatly by letting go of out-dated belief systems, gaining self understanding, and re-engaging in their life’s purpose with passion and joy.**

### **The Retreat Includes:**

- I. Eight Days in the Mystical Orkneys with a nature & spirit guide**
- II. Seven (7) nights accommodation at Wildwood: *Set in a magical mysterious landscape surrounded by woodland with its own foreshore and views across the bay.* Snowdrops, bluebells and daffodils abound, with a cascading burn and beautiful old dovecot. With its own bluebell wood and waterfall, offers peaceful rooms, home-cooked breakfasts and WiFi. In Evie, on Orkney’s east coast, it overlooks the island of Gairsay and is around 20 minutes’ drive from Kirkwall. Woodwick is located close to the Broch of Gurness and within easy reach of the main historic sites of Maes Howe, Ring of Brodgar and the 5000 year old archaeological site shown on TV in 2012; Ness of Brodgar.**
- III. Two Meals per day: a full Scottish breakfast and dinner (Two dinners may be taken “in the wilds picnic style or at a local town restaurant)**
- IV. Daily meditations and healing energy practices including a past life journey**
- V. Tours to ancient sites including: - Skara Brae - The Sones of Stennes, The Ring of Brodgar, and more...**
- VI. A ferry ride to isle of Rousay - known as the Egypt of the North” to visit The Midhowe Broch**
- VII. A visit to Corrival Farm Museum: An Orkney farmhouse of the late 19th century, illustrating traditional building methods including flagstone roofs and floors and heather simmen thatch. The house has box beds and a peat fire in the open hearth. There is a barn kiln, a parish weavers’ loom, traditional crafts and livestock;**
- VIII. A guided tour of St Magnus Cathedral, built from red and yellow sandstone, is of international significance. The building is a fine example of a Romano-Gothic Cathedral;**
- IX. Travel Information & Recommendations for Getting to the Orkneys.**



## YOUR ANCIENT DISCOVERY GUIDE

*"I highly recommend "Partnering with Nature". The insight (Catriona) shares is something that we can all benefit from." Shirley MacLaine*

Catriona, a descendant of one of the most ancient clans, the MacGregors\*, helps people find meaning in their own lives, through Vision Quests, Nature Retreats, and Spiritual teaching. Catriona's book, "*Partnering with Nature: The Wild Path to Connecting with the Earth*" was awarded a Gold Medal from the 2011 Nautilus Book Award, which recognizes "world-changing books" that "promote spiritual growth, conscious living and positive social change as they inspire the reader to new possibilities for a better world." Previous winners include His Holiness

The Dalai Lama, Deepak Chopra, Thich Nhat Hanh"

(\*descendants of King Alpin, the first King of Scotland)

***"I have been deeply impressed by Catriona MacGregor for many years. Her striking kinship with the animal world and her vision of the natural world are compelling and apparent when you are in her presence. Many people carefully copy native traditions, hoping for a shamanic experience. Catriona MacGregor is a shaman."*** - Jim Gilkeson, - author of *A Pilgrim in Your Body: Energy Healing and Spiritual Process*

***"Catriona is truly a wise woman who weaves her many life experiences, spirituality and intuition into a tapestry of hope. She is gentle, honest and provides a safe space for your dreams to grow and emotions to bound forward. I thank her for helping me to rediscover my dreams and find clarity and peace."*** ~ E. G. San Francisco

***Working with Catriona is a wonderful experience and a blessing. Our time together fed my heart, body and soul. I feel stronger and better able to fulfill many of the dreams and visions that I have."***  
L.W. Canada

## **Pricing**

**\$2,499.00 (Includes Accommodation for 7 Nights (Shared\*) and 14 Meals (Breakfast and Dinner)\***

***Early Bird Special \$2,349. (Save \$150 by reserving your space by December 30th, 2014.)***

**A Deposit of \$800 is required to Hold Your Place & Registration is Required**

**Note this Quest is being kept to 12 or less people to maintain the integrity of the sacred journey and provide a more intimate experience.**

**To Receive a Registration Form and Sign Up Contact [catriona.macgregor@comcast.net](mailto:catriona.macgregor@comcast.net)**

**If you would like more information or want to discuss the Logistics or Quest itself call Catriona 415-785-3887.**



**Check Out  
National Geographic's  
Article....**

### **Before Stonehenge**

**One long-ago day around 3200 B.C., the farmers and herdsman on Scotland's remote Orkney Islands decided to build something big...**

**<http://ngm.nationalgeographic.com/2014/08/neolithic-orkney/smith-text>**



## **How to Get There**

Our Quest begins in the Orkneys - so you have choices as to whether you want to fly into London or Edinburgh or Glasgow first to do a day or two visit in those cities before or after.... If you want to come straight to the Orkneys for our Quest - Fly into Aberdeen and take either a local flight from there or a ferry.... Everything is so close in Scotland - (which is near in size to south Carolina)....

**By car:** If you wish to drive for as much of the journey as possible head north to the [ferry](#) ports of either [Aberdeen](#), Scrabster, Gills Bay or [John o' Groats](#).

[NorthLink Ferries](#) and [Pentland Ferries](#) allow you to take your car, so you can drive around Orkney.

**By bus:** [Citylink](#) buses run to Aberdeen, [Thurso](#) and Gills Bay, From June to the start of September, there is the option of the Orkney Bus, which journeys direct from [Inverness](#) to [Kirkwall](#), utilising the [John O'Groats Ferry link](#).

**By train:** Travel by train to Aberdeen or Thurso, where you can catch a ferry to Orkney from the harbours. More information on train timetables can be found on the [ScotRail](#) or [National Rail](#) websites.

**By ferry:** [NorthLink Ferries](#) has services between Aberdeen and Kirkwall (6 hrs) and Scrabster and [Stromness](#) (90 mins). [Pentland Ferries](#) operates from Gills Bay to [St Margaret's Hope](#) (60 mins). In the summer, there is also a John O'Groats Ferry passenger-only service between John O'Groats and Burwick in [South Ronaldsay](#) (40 mins). The frequency of sailings depends on the season, so please check the ferry operators' websites before starting off.

**By Air - British Airways/Loganair** (0845 773 3377; [www.loganair.co.uk](http://www.loganair.co.uk)) flies at least twice daily (except Sunday) from [Kirkwall](#) airport to [Aberdeen](#) (one hour), [Edinburgh](#) (1¾ hours), [Glasgow](#) (1¾ hours) and [Inverness](#) (45 minutes), with connections to London Heathrow, Birmingham, Manchester and [Belfast](#). There are two daily flights (Monday to Friday, one each on Saturday and Sunday) from [Kirkwall](#) to Sumburgh airport on Shetland (35 minutes). You can book on the website; fares fluctuate depending on date and time of departure

\* Cost does not include airfare or ferry transportation to the Orkney islands.

\* Accommodation is shared (double accommodation). Separate Car Hire is encouraged through recommended carrier Arnold Clark

**SIGN UP SOON SO AS NOT TO LOSE THIS ONCE IN A LIFETIME OPPORTUNITY!:)**