

# Starseed Scotland Adventure

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Edinburgh & Isle of Lewis, June 2025

A Preview of the Highlights

*We invite the power of the ancient goddesses to support our inner nature to celebrate the path of life and renew our spirit.*

Summer solstice exploration of ancient paths with Althea Provost and fellow *Starseed Adventurers*, who allow spirit-led guidance to occur while we celebrate life.

**8 Days, 7 Nights**

**\$3,595** USD

Save \$200 if pre-paid in full.



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## Itinerary

### Day 1 Edinburgh

Edinburgh Airport Transfer. [Edinburgh](#). Monday, June 16<sup>th</sup>

#### Arrival Day and Transportation

Arrive at **Edinburgh Airport** (EDI).

Depending on your arrival time, a pre-booked shuttle airport will transfer you to our well-appointed hotel accommodations. To maximize your stay in Scotland, **please arrive before 3 p.m.**



Wash away the travel day at the **Dakota Hotel**, our lux 4-star hotel in the quaint village of South Queensferry. In your free time, explore the views of the River Forth and all three famous bridges, Forth Rail Bridge, Queensferry Crossing, and Forth Road Bridge, a 15-minute walk from our hotel.

Or discover Scotland's stunning capital and the vibrant heart of Old Town, Edinburgh. Explore Edinburgh's Royal Mile if you're in a material mood. Join the cue for Edinburgh Castle to take in the fortress with spectacular city views, £ 18 online or £ 21 if purchased onsite. Want more free views and options to work off those travel calories? Make your way up to Salisbury Crag, locally known as Arthur's Seat, for the 360-degree view from atop a mighty chunk of an extinct volcano. Maybe bring a few glazed, filled, sugar-dusted, or even vegan gems from Consider it Donuts...shush, no one's judging you if you decide to forgo the volcano hike but choose to discover the Kilted Donut instead. 😊



Should rest and recalibration be your choice, unwind at the Dakota Grill, an open-plan dining experience, or retreat to our stylish hotel rooms for in-room dining.

We will be transferred at 5 p.m. for our welcome dinner.

**Included: Accommodation. Pre-booked Shuttle Airport Transportation is available Monday through Friday from 6 a.m. to 10:30 p.m. (subject to availability) / Ground Transportation - Welcome Dinner.**

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## Itinerary continued

### Day 2 Rosslyn Chapel & Medieval Glen

Group Exploration. [Edinburgh](#). Tuesday, June 17<sup>th</sup>

After a full breakfast, we depart for Rosslyn Chapel to experience the powerful lay line and discover the encoded secrets within the chapel. We will utilize the terrace café for lunch to ground ourselves before exploring the medieval glen below. Should you wish to explore the River North Esk and the surrounding glen, the path to the gorge below is steep, so appropriate footwear is required. This ancient oak woodland is also home to deciduous valley wood, rich in flora with over 200 species of flowering plants, 60 species of birds, stags, and red deer. During my exploration, I was surrounded by buzzing bees, sunshine, waist-high flowers, and native grasses. I am told there are fairies; this pristine forest is the largest surviving area of ancient woodland in the Midlothian area.

Whether in Rosslyn, Old Town Edinburgh, or the Dakota Hotel, dinner options are TBA and based on group desire.

**Included: Accommodation / Full Breakfast & Lunch / Ground Transportation / Entrance Fees**

### Day 3 Arrival, Isle of Lewis

Group activity & individual exploration. [Depart Edinburgh for Isle of Lewis](#). Wednesday, June 18<sup>th</sup>

**Morning Flight: Departing Edinburgh at 7:20 a.m. and arriving at 8:20 a.m. in Stornoway.**

Group transportation to Edinburgh Airport for departure to Isle of Lewis, an Outer Hebridean island where mountains, moors, grasslands, and stunning seas await our discovery.

To comprehend the essence of goddess culture is to grasp the fundamental elements of nature. In the Outer Hebrides, these elements communicate in their unique ways. Our forebears, who lived thousands of years ago, recognized nature's potency. They constructed stone temples that have withstood the test of time, with many meticulously aligned with the sun's trajectory, the moon's phases, and the stars' positions.

*In our contemporary urban landscapes of concrete and steel, the comforts of indoor climate control and artificial lighting lull us into a sense of routine, making us oblivious to nature's forceful winds, her relentless surge of waters, and the intense heat of the sun.*

Although we anticipate pleasant weather, nature will dictate our daily activities and exploration times. We might start early or extend into the evening to make the most of our island adventures, taking

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## Itinerary continued

advantage of the prolonged daylight hours. During our midsummer stay on the Isle of Lewis, the sun sets around 10 p.m.

Individual time is offered to discover the port town of Stornoway and have lunch. Before we check into our new lodging and recalibrate to our new island landscape rich with Gaelic culture, wildlife, locally sourced food, and ancient stones, we will gather delicious and ample supplies for our stay.

**Included: Flight from Edinburgh to Stornoway / Ground Transportation / Lunch / Accommodations / Individual & Group Experience**

## Day 4 Those Standing Stones! Exploring Callanish.

Group Exploration. [Callanish Stone Circles](#) | [Tursachan Chalanais in Gaelic](#). Thursday, June 19th



Callanish is more than just a collection of stones; it's a gateway to a larger, interconnected megalithic landscape, a constellation of stone circles, arcs, alignments, and solitary stones, over 20 sites and 53 stones in total, each with its own story to tell. Erected in the late Neolithic area, Callanish standing stones were used ritually for at least 1,500 years, and it is here that we will deepen our understanding of a ritual landscape steeped in goddess lore. What will this landscape reveal or ask of you?

The goddess or Cailleach in Gaelic is no stranger to our *Starseed Adventures*; she appeared to one of our starseeds on our 2017 *Ireland Adventure*. On the morning of the autumn equinox, we were to depart for Newgrange, a Neolithic passage mound in Ireland that dates to 3,200 BCE. The Cailleach revealed herself wearing a luminescent white dress with long white braided hair. She shared a message that indicated Newgrange was “to Venus.” Our starseed did not know that the lintel above the entrance of Newgrange was linked to Venus and its 8-year cycle through historical myth. Our starseed wouldn't learn this until our onsite visit with author Anthony Murphy. Newgrange is best known for its annual alignment with the winter solstice, when a narrow beam of sunlight penetrates the passage and dramatically illuminates the central chamber—today, visitors with a purchased tour ticket can experience the winter solstice through artificial light simulation. Today, some researchers associate the Moon and Venus with an alignment at Newgrange. Scholars Christopher Knight and Robert Lomas have demonstrated that the precise alignment and engineering of the light box at Newgrange indicate a rare occurrence: on a single day every eight years, the light of Venus enters the passage precisely 24 minutes before the light of the solstice sun. On *Starseed Adventures*, we never doubt the wisdom of the goddess.

I, too, have experienced *Starseed Adventure* moments, from Greece to Egypt, where the goddess reveals herself as a guide sharing information about our ancient history, temple alignment, and the power of nature's elements—all of which I continue to develop that experience-based wisdom into courses to pass the sacred bundle forward. How, if at all, will she reveal herself in Scotland?

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## Itinerary continued

To deepen our connection to our spirit, the ancient ancestors, and the Cailleach of the Moors, whose legacy is embedded in the landscape, it can take time to allow the busyness of mental chatter and travel expectations to fall away. Being spirit-led, we will return to the sacred sites during the day or night to become present and receptive to this ancient landscape.



Throughout our adventure, we will visit many sites and click on the blog post link to immerse ourselves in some of these locations, "[Callanish, Isle of Lewis, Scotland.](#)" We can't wait for you to join us on this memorable adventure.

**Included: Self-assembled continental breakfast & Group Lunch / Accommodation / Transportation / Entrance Fees / Group Experience**

## Day 5 Mountains to Sea

Group Exploration. [Isle of Harris.](#) Friday, June 20<sup>th</sup>



Following breakfast, we resume our journey, delving deeper into the enchanting Isle of Lewis. This day promises a visually stunning drive from Stornoway to Harris, a feast for the senses. We traverse the mountain terrain, heading northwards to the brink of the North Atlantic Ocean.

Our exploration takes us to the remarkable South Harris, renowned for its pristine white sandy beaches that meet the turquoise sea, speckled with shades of purple. The Luskentyre peninsula and Seilebost offer breathtaking vistas, a haven for photography enthusiasts, and an ideal spot for a soulful stroll.

**Included: Self-assembled continental breakfast / Accommodation / Ground Transportation / Individual & Group Exploration of Harris**

## Day 6 Summer Solstice Celebration & Integration Day

Personal Integration. [Isle of Lewis.](#) Saturday, June 21st

We will celebrate the summer solstice throughout the day, returning to Callanish III and the Lightning Stone. Let's enjoy nature's luxurious landscape; we will have a long picnic lunch by water to share time together.



*Life is never about the destination but rather the experience along the way.*

Our evening celebration continues as I invite you to and empty your mind as we integrate the energies of all that has come before. We will recharge at our beach-view spa. Get pampered in luxurious surroundings with a sit-back, relax, and indulge in recalibration. Enjoy the

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## Itinerary continued

You can enjoy the therapeutic benefits of steam and heat from the sauna and hot tub or take a cold, icy plunge--these spa services are included.

Our full immersion spa time will be announced depending on our group size.

**Included: Self-assembled continental breakfast / picnic lunch / Accommodation / Ground Transportation / Group SPA Experience**

## Day 7 Departure to Edinburgh

Group Exploration. [Edinburgh](#). Sunday, June 22<sup>nd</sup>

Before check-out, our group decides which outdoor activities are most desired on our final outing on the Isle of Lewis. Late afternoon flight to Edinburgh. Check-in at the Dakota Hotel.

The group farewell dinner, location, and time are TBA.

**Included: Self-assembled continental breakfast, Dinner / Accommodation / Flight from Stornoway to Edinburgh / Ground Transportation**

## Day 8 Final Departure

Edinburgh Airport Transfer. [Farewell Scotland](#). Monday, June 23<sup>rd</sup>

Breakfast, followed by an airport transfer to **Edinburgh Airport** for your final departure back home.

**Included: Accommodation & Breakfast. Pre-booked Shuttle Airport Transportation is available Monday through Friday from 6 a.m. to 10:30 p.m. (subject to availability).**



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Reserve Your Space for this 8-Day Starseed Egypt Adventure Today with a \$1,250.00 deposit.

## What's Included:

- Roundtrip Domestic flights within Scotland to Isle of Lewis, valid passport required.
- Private tour with Starseeds
- Depending on time of arrival in EDI, Dakota Hotel transfer to and from the airport.
- Hotel transfers to and from Stornoway Airport on the Isle of Lewis.
- Group transportation during tour
- Entrance fees to all visits as indicated in the itinerary.
- Daily breakfast at the Dakota Hotel as indicated in the itinerary.
- Meals as indicated on the itinerary (Alcohol not included)
- All hotel taxes, service charges, and government sales tax.
- 3-nights at Dakota Hotel, Queensbury, Double Occupancy
- 4-nights private accommodations on the Isle of Lewis, Double Occupancy

## What's Not Included

- International Airline tickets
- Meals and drinks, laundry, telephone calls, etc. that are not specified in the itinerary.
- *Travel Insurance is required.* We also recommend medical insurance should you need international assistance.
- Items of a personal nature are not included.

## Hotels Dates

Dakota Hotel, Queensbury	<b>June 16<sup>th</sup> - 18<sup>th</sup></b>	<b>2 nights</b>
Private Accommodations, Isle of Lewis	<b>June 18<sup>th</sup> - 22<sup>nd</sup></b>	<b>4 nights</b>
Dakota Hotel, Queensbury	<b>June 22<sup>nd</sup> - 23<sup>rd</sup></b>	<b>1 night</b>
<b>Total</b>	<b>7 nights / 8 days</b>	

Per person in double occupancy:	\$ 3,595
<u>Single Supplement for the Dakota Hotel:</u>	\$ 875

Check-in time at Dakota Hotel is **3:00 p.m.** Check-out time at the hotel is **11:00 a.m.**

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## Itinerary continued

The cost, not including international airfare, is \$3,595 USD. You can save \$200 if you pre-pay in full with cash, check, or friends and family via PayPal.

Checks and money orders may be made out to:

Thea's Heart, LLC  
6324 Westview Circle  
Parker, CO 80134

## Is this tour for me?

Travel Style:	Physical Rating:	Service Level:	Trip Type:
Mature Adult, Group, Relaxed-Spontaneity	Average to Moderate; Some excursions include light to moderate exercise, extended walking and climbing on natural, uneven earth and stone terrain such as beach sand, limestone rock, <i>rocky cliff outcroppings</i> , and forested steep slopes. Exposure to the elements, including rain, wind, varying temperatures. Ability to adjust easily to moderate altitudes. Ability to swim in sea or pool unassisted, if desired. Ability to be transferred by van throughout this adventure without issue.	Clean, well-appointed modern 4-star hotel room at the Dakota Hotel in South Queensbury. Private House with kitchen, laundry and private bedrooms. Private small group tour with Althea Provost. Group service.	Intimate group experience. Limit to 8 adventurers.  Wait list for an additional 8 adventurers may be provided, if desire is strong.

## REQUIRED TRAVEL DOCUMENTS

As a U.S. citizen, you must have a **valid passport** and at least one blank page before entering Scotland. Starting Jan. 8, 2025, Americans are required to apply for an **electronic travel authorization (ETA)** to travel to the UK, the cost is £10 (\$12.98) and lasts 2 years; please check your respective countries for entry requirements.



## Tour Terms and Conditions

A detailed itinerary will be sent to you 30 days before departure. This itinerary is subject to change due to circumstances beyond my control such as weather, the late arrival of aircraft, acts of terrorism, war and government shut down due to pandemics.

Thea's Heart, LLC acts as a tour operator and reserves the right to refuse to accept or retain any person whose behavior is deemed likely to affect the smooth operation of a tour or adversely affect the enjoyment or safety of other passengers. Thea's Heart, LLC will not be held liable for a refund or compensation by any such person. All medical and health matters are to be disclosed to Thea's Heart, LLC at the time of registration, and we retain the right to refuse registration.

**Tour Cancellation By Operator:** Be clearly advised that a tour departure may be canceled due to travel advisories or warnings, acts of war, war, terrorism, acts of God, natural disaster, pandemics, or any other circumstances outside of our control, are not the fault of Thea's Heart, LLC and are not eligible for refund. If a tour is canceled due to lack of participation, Thea's Heart, LLC will provide a full refund. Thea's Heart, LLC is not responsible for any airline tickets purchased ahead of time. Purchasing travel insurance is required. Proof of travel insurance must be provided to Thea's Heart, LLC, and we suggest purchasing within two weeks of the initial deposit.

**Responsibility:** Thea's Heart LLC accepts no responsibility for financial losses or expenses due to a participant's sickness or emergencies, all such losses are the sole responsibility of the participants. Thea's Heart, LLC is not responsible nor liable for any changes made by independent contractors and suppliers providing transportation, sightseeing arrangements, hotel, and lodging accommodations. Thea's Heart, LLC will not be held responsible for the late arrival of passengers at airports due to inclement weather, nor will they be held responsible for payment or refund for unused hotel/lodging accommodations or meals occasioned by late arrivals.

**Photography and Film:** Thea's Heart, LLC may take pictures and video, and such photos and recordings may be used for promotional purposes. To opt out of photography and video, contact the tour operator prior to making your deposit.

### Payments and Refunds:

A tour deposit secures your reservation. Reservations are accepted on a first-come, first-served basis, as group tours are small and space is limited. When you register, considerable administrative work is initiated on your behalf, which includes travel bookings, lodging, communication, planning, and coordination with our tour company. Therefore, deposits are non-refundable.

Final payment is required on Nov. 30, 2024. If you cancel before final payment is due, your final payment will be returned in full, less the non-refundable deposit. If you cancel after final payment is due, your final payment will be forfeited.

Payment, in the form of deposit, or partial or full, shall constitute consent to all terms contained here.

**Questions** For more information or questions, please get in touch with Althea Provost at [thea@theasheart.com](mailto:thea@theasheart.com) or [theasheart.com](https://theasheart.com)