

## WHO WE ARE

*Spiritours is a unique tour operator that specialises in personal and spiritual development journeys and Christian pilgrimages for small groups with an accent on fair-trade tourism.*

## OUR MISSION

- *To help individuals to take a break and reflect on their lives*
- *To encourage and facilitate personal and spiritual growth*

## WHAT DISTINGUISHES US

- **Small groups:** *Our groups consist mostly of 6-20 participants, creating a more familiar atmosphere, which facilitates sharing among the participants and getting close to the local people.*
- **A slower pace:** *Our itineraries have a slower pace than traditional tours, allowing travelers to absorb the beauty of the sites visited, to regenerate and to learn about the local culture in depth.*
- **Thematic trips:** *Each trip explores a particular theme through suggested activities and/or workshops.*
- **Expert tour escorts:** *Our tour escorts are trained in either psychology, philosophy, theology or spiritual coaching or have developed workshops related to the sites explored during the journeys.*
- **Fair-trade tourism:** *Fair-trade tourism must lead to a spirit of greater openness for the traveler and for the host. It should encourage the local economy and sustainable development in the host country, which is why we favour tourism professionals of the host country.*
- **Member of the Economy of Communion:** *The objective of this new economical vision is based on dedication, solidarity and consideration for the underprivileged. The business owners who participate in the project, freely choose to share their business profits according to three purposes of equal importance.*
  - **To help people in need** — creating new jobs and intervening to meet their immediate needs beginning with those who share in the spirit that animates the Economy of Communion;
  - **To spread the "Culture of Giving"** and of loving — indispensable and necessary values for an Economy of Communion;
  - **To grow the business** — which has to remain efficient while remaining open to giving.



Holder of a tour operator licence

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### Our Partners



Christian pilgrimages

Personal growth

Religious events

Desert treks  
and retreats

International  
solidarity

Fair-trade  
tourism

2011 Edition



AGTA



*Open your Eyes  
your Heart and your  
Mind to the Inner  
and the Outer Worlds*

## PILGRIMAGES

### Holy Land — “In the footsteps of Jesus”

October 28<sup>th</sup> to November 10<sup>th</sup>, 2011

Accompanied by: Father Real Ouellette

Language: English

Nb of participants: min. 12, max. 20

Walk in the footsteps of Jesus in an amazing journey to the Holy Land. Trace the roots of Christian tradition as you cross desert and mountains to the cities of Jerusalem, Bethlehem and Nazareth. Yesterday and today come together in this unique opportunity to deeply connect to the teachings of Christ through the land where he lived.

The Bible comes alive; words leap off the pages...



### Egypt & Mont Sinai — “Discover your gift”

April 27<sup>th</sup> to May 11<sup>th</sup>, 2011

Accompanied by: Father Peter Sabbath and Rose-Marie Boranian

Language: English

Nb of participants: min. 10, max. 25

The cradle of this old civilization (more than 5000 years) is the fertile valleys along the Nile, it evokes images of Pyramids, great temples, fantastic tales of mummies and wondrous treasures.

No wonder that this country continues fascinating us... we are continuously searching the meaning of our existence, always on a quest into the lives of our ancestors... Come and experience this wonderful mythical country and discover: Alexandria, Cairo, Mount Sinai, the Red Sea and the Nile (3 days cruise).



### Santiago de Compostela (the way of Saint James) — “Walk humbly with your God”

September 2<sup>nd</sup> to 24<sup>th</sup>, 2011

Languages: English & French

Nb of participants: min. 6, max. 12

The road to Santiago de Compostela, set in the tranquility and beauty of the astonishing countryside, is a historical road that pilgrims from across the world have travelled for the past 1,200 years. The step-by-step journey by foot is a test of physical, mental and spiritual endurance. It complements the internal journey that helps people get to know themselves better and at the end, to feel a little more serenity and peace.



## INTERNATIONAL CATHOLIC EVENTS

### Beatification of John Paul II — Rome, Italy

April 28<sup>th</sup> to May 4<sup>th</sup>, 2011

Languages: English & French

Nb of participants: max. 300

Since December 2009, the beatification of John Paul II was expected hopefully. After approving a miracle attributed to John Paul II's intercession, Pope Benedict XVI set May 1 as the date for his beatification. This historical event is expected to draw hundreds of thousands of pilgrims to Rome to honor one of the most popular popes of all time.



### World Apostolic Congress on Mercy Cracow, Poland — “In the land of John Paul II”

September 29<sup>th</sup> to October 11<sup>th</sup>, 2011

Accompanied by: Father Néhémie Prybinski

Languages: English & French

Nb of participants: min. 20, max. 40

“The hour has come when the message of Divine Mercy needs to fill the hearts with hope and become the spark of a new civilisation: the civilisation of love.” Pope John Paul II. The Second World Apostolic Congress on Mercy will take place in Cracow, Poland from October 1<sup>st</sup> to the 5<sup>th</sup>, 2011. It is a unique invitation to interiorize the message of Divine Mercy in a personal way and discover the land of Pope John Paul II.



### International Eucharistic Congress Dublin, Ireland

June 9<sup>th</sup> to 18<sup>th</sup>, 2012

Languages: English & French

The 50<sup>th</sup> International Eucharistic Congress will stand in Dublin (Ireland) from June 10 to June 17, 2012 under the theme: “The Eucharist: Communion with Christ and with one another.” A unique moment for enriching understanding of the Eucharist as true personal Communion with Jesus Christ and for renewing our understanding of the Church as an essentially Eucharistic community. A post tour is offered to discover the most beautiful sites of Ireland, the island of the saints.



**N.B. Gather a group of 10 to 25 people and travel for free (conditions may apply).**

## PERSONAL & SPIRITUAL GROWTH

### Morocco & the Sahara — “Desert wisdom”

October 21 to November 2, 2011

Accompanied by: Claudie Pfeiffer

Languages: English & French

Nb of participants: min. 6, max. 12

Live the life of a nomad and discover the power and the wisdom of silence. The Sahara is a place where time stops and you experience the stillness within. Let go of your everyday self and awaken to a new reality inside you. Silent walking in the desert is one of the highest forms of meditation. You are also invited to enjoy Morocco, its people and culture.



### Bahamas — “The human-dolphin connection”

April 24 to 30, 2011 / September 18 to 24, 2011

In collaboration with WildQuest

Languages: English

Nb of participants: max. 20

This tour is done in collaboration with WildQuest which have been connecting and swimming with wild dolphins in the warm Caribbean ocean since 1995. Their dolphin swims are conducted with respect and awareness. The Bahamas offers the very best environment for swimming with dolphins. The water in Bimini is turquoise, beautifully clear and warm. The combination of meditation, healthy food and a supportive and safe environment along with your dolphin connections, helps you to relax, expand and re-connect. Swimming with dolphins is a life-changing experience.



Contact us to receive a detailed program with a registration form or visit our website

Tel: 514-374-7965 | 866-331-7965

[www.spiritours.com](http://www.spiritours.com)

**Customized tours for groups**

We can design your own special tour to the destination of your choice.

Free quotations on request.