

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Travel To Ireland: Celtic Lore And Pub Camaraderie

By Frank Johnson

The signature rolling green pastures of Ireland's landscape is enough to resuscitate the weary traveler back to life with calming beauty and refreshing hospitality. From strange stone formations to thousand-year-old churches, Ireland's countryside is a patchwork of some of the most intriguing remnants of a unique but turbulent history, not to mention the sprinkling of jubilantly jolly pubs that will have you singing folk songs with a signature Irish dark ale in your hand in no time.

Most fascinating of Irish travel is the evidence of ancient Celtic civilization and their Viking invaders in the form of stone circles, monoliths and mounds. Burial mounds, known as Court Cairns and Tumuli, can be found all over the countryside. One such ruin in the Silvermines Mountains has lost its covering over time and the many stone chambers inside are now visible. The most impressive stone circle is The Lios in Limerick, which dates back to 2000 BCE and is given a distinctly eerie feel by the area's abundant overgrowth and crooked trees. The giant circle is 150 feet in diameter and attached to a long stone-lined path that leads to two other smaller circles in the area.

Location, Location, Location Part of the magic of Ireland is that booking a 5 star hotel can turn out to be the equivalent of residing in the King's quarters of a 300 year old castle. The Ashford Castle in County Mayo is one such place where guests may fine tune their equestrian skills in the countryside, pick up a few games of tennis or enjoy full spa services. There is no question that Ireland's countryside is best enjoyed from one of the many castles or bed & breakfasts. When you travel to Ireland, a visit should be paid to Leap Castle, but not an overnight one, as it has earned the fame of being the most haunted castle in Europe. Discover the strange and gruesome 400-year history of this tormented mansion and its "Bloody Chapel."

After leaving the haunted halls, soak in some classic Irish scenery to settle your stomach by ascending the trails of Mount Brandon. Far below, the longest stretch of sandy beach in Ireland comes in and out of view and high up in the mountains you will encounter steep cliffs that drop down to a lake-filled valley. The surrounding Dingle Peninsula is home to two picturesque seaside villages nestled against the rising peaks overlooking Brandon Bay. Another coastal adventure not to be missed is the Cliffs of Moher in County Clare. These dramatically plunging sea cliffs are heavily visited and therefore best enjoyed in the evening while the sun is setting on the water and the waves of the Atlantic are crashing

thunderously into the rocks below.

Not All Enya Ireland has long been pushing the envelope of modern music and culture. An Irish vacation is not complete without experiencing Dublin's revolutionary rock scene or residing in Galway to find out what's new in jazz, literature and art during one of the many festivals held from February through August. Remember, this lovely Celtic island happens to be the home of U2, The Cranberries and Van Morrison.

For more information, visit

<http://www.cfares.com>

, your source for cheap airfare on the web.

Celtic Wedding Rings

By Kirsten Hawkins

A fairly new trend in wedding ring design has risen in popularity over the past few years and it's based on something that is anything but new. Celtic wedding rings, wedding bands and engagement rings that are designed featuring classic Celtic knot work are adorning more and more matrimonial fingers than ever before, perhaps since the days of the Celts themselves. At one time these rings could only be special ordered from specific companies and were very costly. Today, however, with the rise in popularity of ancient Celtic design, many jewelers are carrying Celtic wedding rings and jewelry of all kinds on a regular basis.

The best and most beautiful Celtic wedding rings still come from companies that design the jewelry and do all the work themselves. Special intricate designs can be custom ordered and there are companies that will work your initials into a unique Celtic design for your wedding band... Purchasing your wedding rings from one of these companies can result in your having a true one of a kind ring that is completely unique to you. If you love the Celtic look but want to spend a bit less, however, you can simply go to your closest jeweler and find a Celtic wedding ring that suits your tastes. The method you use is entirely up to you.

Celtic wedding rings take their laced designs from the patterns of the ancient Celts, European peoples in the areas of England and Ireland in the last few hundred years B.C. At one time the Celtic civilization stretched across most of Europe, but it is from Ireland that most of the Celtic traditions and designs have been gleaned. Celtic wedding rings incorporate the most recognizable of Celtic designs, the interwoven lacework of basic shapes, entwined and overlapping in a distinct pattern.

Celtic jewelry, including Celtic wedding rings, first gained popularity with followers of neo-pagan religions like Wicca, but are now worn by people of many faiths who simply like the look of the designs. Influences of Celtic design can be seen in many cultures, traditions, and religions of today, most notably in Roman Catholicism which has long since adopted the image of the Celtic Cross as one of their own. It seems only natural that the intricate, ornate, and beautiful designs of the Celts would once

again find their way into popular culture. Celtic jewelry began appearing in mainstream America again about ten years ago, although it has been around in one form or another for ages before that.

Celtic wedding rings and other Celtic jewelry make a statement about the person who wears them to the rest of the world. Wearing it says that this is a unique and different person with their own style and a different perspective. Having a Celtic wedding ring on your finger will let you hear some things as well. Most common is the comment, "Oh my gosh, what a gorgeous ring! Where did you get that?"

Kirsten Hawkins is an event planner from Nashville, TN. Visit

<http://www.wedding411.net/>

for more

event planning tips, strategies, and resources.



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances

Impair Healthy Healing In People Over The Age Of 30!

