

GROUP RETREATS & PILGRIMAGES



SEGOVIA and Avila



View of Segovia with cathedral (left) and castle (right).

Segovia is one of the most exquisite mediaeval cities in Spain, boasting a magnificent Roman aqueduct, a beautiful gothic cathedral and an iconic castle. It has also been a centre of Carmelite spirituality, since John's and Teresa's day to the present. Many of its streets, alleyways, churches and monasteries were places of special significance for the two mystics, and as part of this pilgrimage we will walk together in their footsteps through cobbled streets and by the river side.

From Segovia we will be able to visit Ávila, an impressive mediaeval walled city. Avila was the centre of the Carmelite reforms initiated by Teresa in the 16th century. Our pilgrimage through the city will include visiting a number of sites of spiritual significance, including the monasteries of *La Encarnación*, where Teresa had her first mystical experiences, and *San José*, her first reformed foundation. We will also visit the house where Teresa was born, currently the location of the male Discalced Carmelite convent. Segovia is about 1.5 hour north west of Madrid, and Avila is less than 1 hour from Segovia.



View of Avila city walls at dusk.



St John of the Cross Retreat Centre in Segovia

The Carmelite monastery that John of the Cross himself helped to build, and where he is buried, is on the edge of Segovia, within walking distance to the historic centre. You will be staying in the retreat house within the monastery, surrounded by gorgeous countryside, and near the river that became a source of spiritual inspiration for the mystic. The simplicity of the venue is enhanced by the spiritual atmosphere that envelops the building, its cloister and gardens. All accommodation is en-suite and we will enjoy dedicated group spaces (meeting room, chapel and refectory). Visit: <https://sanjuandelacruzsegovia.com/>