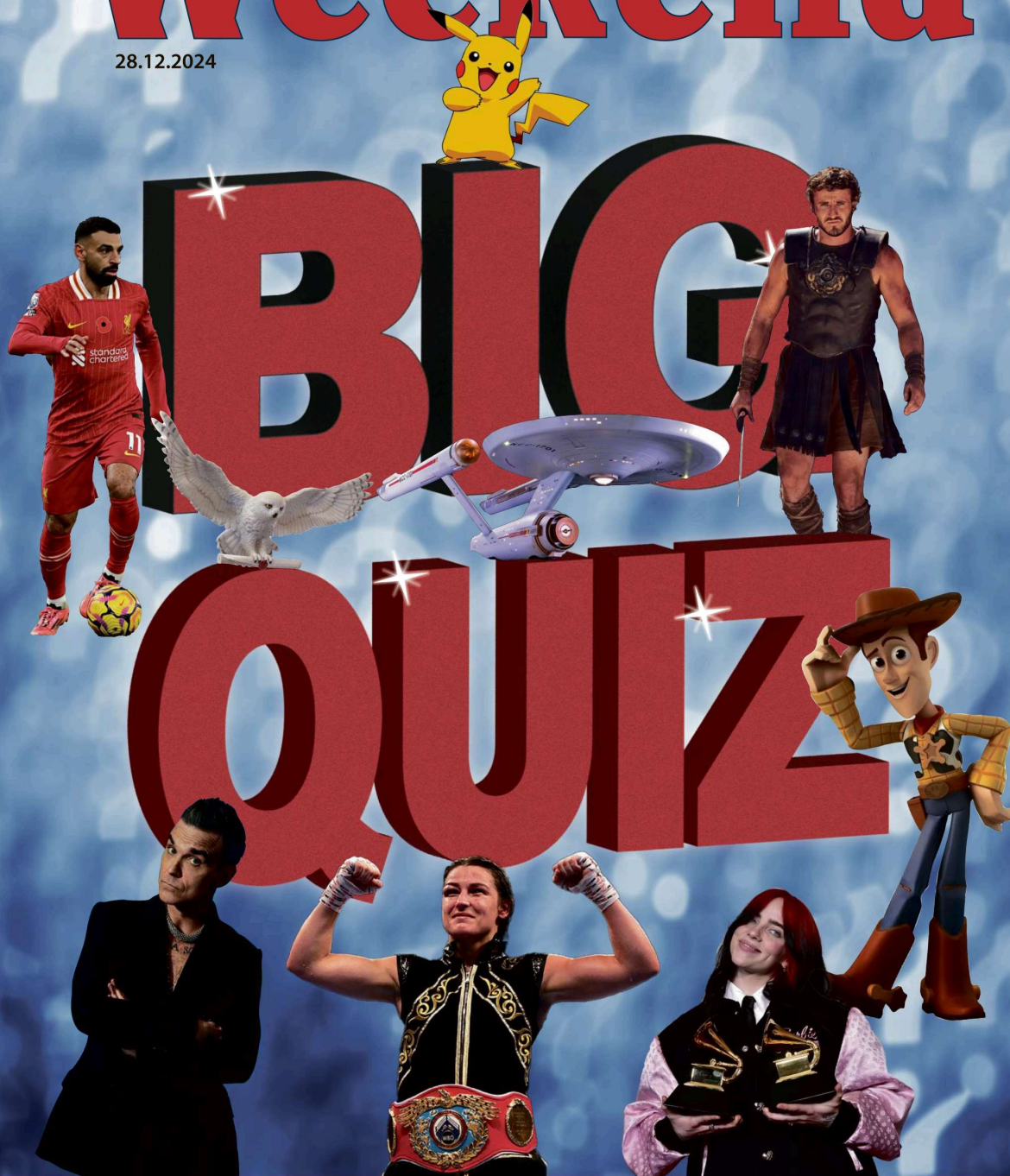


THE Irish Examiner
Weekend

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Departure Lounge
Inspiration for your next trip...

Examiner Escapes

Deal of the week

Making plans for more personal time in 2025? Then why not book a relaxing yoga retreat in Donegal on the wild Inishowen Peninsula. The four-star Redcastle Hotel's Reconnect and Recharge yoga breaks take place on Sunday 26-Tuesday 28 January and also the weekend of March 7-9 and combine mindfulness and yoga with Tara O'Rourke at this beautiful waterfront setting. The retreats are ideal for all yoga levels, with the chance to enjoy sea swimming, a mobile sauna and nature trails. €325 includes 2 nights B&B with dinners, 2 Vinyasa flow sessions, 2 restorative yoga practices, guided meditation, a guided coastal walk and 30-minute sauna.
■ redcastlehoteldonegal.com



Cruise control

Sail away with the kids on May 4 for a 12-night Caribbean odyssey aboard the Royal Caribbean Adventure of the Seas. This fly-cruise special combines a six-night hotel stay in Orlando (room only) and six nights cruising in an insider cabin on full-board with onboard entertainment and activities. Your itinerary includes stops at Port Canaveral in Florida, Georgetown in the Cayman Islands, Palmouth, Jamaica, and Coco Cay in the Bahamas. A really fun route for a memorable family trip. €1,449 pp based on a family of 4.
■ sunway.ie

Holistic closer to home

Fans of the acclaimed holistic retreat Ananda in the Himalayas will find its personalised wellness programmes closer to home this spring with a host of guest retreats at the beautiful Casa Palmela, in Portugal's Unesco-listed Arrábida Nature Park. From February 23-27, the five-day Reset & Reconnect Retreat at this five-star hideaway combines ancient practices with modern wellness expertise in exquisite surrounds. Commit to restoring your balance and energy guided by Ananda's experts in this dazzling location. Luxurious accommodation, daily Ayurvedic therapies, yoga and meditation sessions, culinary workshops, all meals and more are included. €3,000 single occupancy and €4,800 for double occupancy on an all-inclusive basis for five days and four nights.
■ hotelcasapalmela.pt/en/retreat-2025/



Bargains stateside

Travel to the US is set to become even more competitive with the news that United Airlines has expanded its capacity between Dublin and the US for summer 2025. Doubling its Dublin-Washington DC flight frequencies from March 29, from once to twice daily, the airline will also increase capacity to Chicago with the introduction of a Boeing 787-8 Dreamliner on its Dublin-Chicago O'Hare service. With this increase, United will be offering its highest ever capacity from Dublin, including year-round daily non-stop flights from Dublin to New York/Newark, and seasonal daily nonstop services from Shannon to New York/Newark and Chicago O'Hare. United will offer more flights and seats from Dublin than any other US airline for summer 2025.
■ united.com

Kick back and Ree-lax

Indulgence is even nicer with everyone back at work. Steal away for an intimate overnight escape at the laidback Wineport Lodge. On the banks of Lough Ree, you'll enjoy soothing views from your private balcony. A bottle of Champagne will await your arrival, a four-course dinner later in the restaurant and breakfast next morning. Champagne Dreams is available Sunday-Thursday, from €420 for two.
■ wineport.ie

