

A Gourmet Getaway in a UNESCO Global Geopark

Visit Ireland's EDEN. The Burren and Cliffs of Moher UNESCO Global Geopark was awarded a European Destination of Excellence award for tourism and gastronomy for its Burren Food Trail. The Burren Food Trail aims to uncover the path your food takes from field to plate. The members are passionate about their food, growing and producing it locally using traditional methods and skills. Come along and discover the secrets of the produce of the fertile rock, Ireland's most intriguing food destination.

Day 1: Uncover the path your food takes from Farm to Fork

- Be a sheep farmer for a morning, visit a working sheep farm. Take a walk with farmer Donal around the **Gleninagh Lamb farm**, meet the animals and hear how they are raised.
- Drive the coast road and Wild Atlantic Way from Gleninagh around to Lisdoonvarna, stopping at Fanore to **walk to the top of Blackhead**. The trail takes you through farmland where animals graze the limestone landscape.
- Visit a distinguished and multiple award-winning **Burren craft butcher** in Lisdoonvarna, a supplier of Burren Beef and Lamb. Try the range of marinated BBQ meats and learn the secret of preparing Burren beef.
- Taste the Burren produce with lunch at **The Roadside Tavern, Lisdoonvarna**.
- After lunch head inland to Kilfenora to **Burren Free Range Pork Farm** where owners Eva and Stephen raise rare breed pigs. Take a tour of the farm to meet the animals, see how they are farmed while Stephen tells you about the archaeological heritage on site.
- Check into your accommodation and relax in the beauty of the surroundings before making your way to the award-winning **Fitzpatrick's Pub at Hotel Doolin**.

Day 2: Discover Farmhouse Cheese

- Start the morning with a trip to a local farmer's market. The **Ballyvaughan Farmers Market** is recognised as a premium food market and is the perfect place to taste and stock up on local cheese.
- After a morning browsing and tasting make your way to **Aillwee Cave** where for 30 years they have been making Gouda style farmhouse cheese with milk from a neighbouring farm, visit the farm shop and watch the cheese being made. While you're there delve into the unground of the Burren, watch majestic birds of prey in flight and have lunch in café.
- After lunch make your way south through the Burren landscape to the village of Inagh, stopping at the iconic **Poulnabrone Dolmen**, you will also pass Carran Church and **Lemaneh Castle**.
- In Inagh on the edge of the Burren you will find **St. Tola Goat Farm**. A family run farm where they make awarding critically acclaimed Cheese. Meet the animals, learn about their sustainable farming practices and taste the cheese.
- Sample fine dining in the Burren at **Gregans Castle**, they serve modern and creative dishes using fresh local ingredients and have a signature dish of St. Tola Goats cheese Ravioli with Burren Smokehouse trout

Day 3: Taste the Ocean

- Begin your morning with a **foraging walk** on the land and seashore of the Wild Atlantic Way in the coastal village of Lahinch, taste edible wild plants learn plant folklore, recipes and identification tips with local guide Oonagh of **Wild Kitchen**
- Take the coast road north from Lahinch to Doolin, stopping at the World Famous

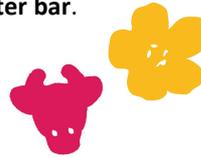


Cliffs of Moher before relaxing with a lite bite at **Sea Salt Café in Doolin**. The baked Salmon, feta, and poppy seed muffins are a must try.

- Refreshed and recuperated drive the short distance inland to Lisdoonvarna to the **Burren Smokehouse**. Discover the secrets of how this artisan producer smokes and handcrafts their Irish organic salmon.
- Next door to the smokehouse is **Kieran's Kitchen**, the perfect location to lunch and taste the salmon. Their signature dish features the hot smoked salmon on a bed of spring onion mash with wilted greens.
- Heading back to the coast drive the **scenic coast road** of the Wild Atlantic Way north. Explore the coastal village of **Ballyvaughan** before reaching the village of New Quay.
- Follow the footsteps of Irish poet Seamus Heaney and walk Heritage trail at the **Flaggy shore** before settling down for dinner at **Linnanes Lobster bar**.



Day 4: Experience a Market Garden



- Start the morning in **Kinvara at the farmer's market**, meet the local growers, sample the produce and take in the lively atmosphere
- Making your way to Ballyvaughan stop at the 13th Century **Corcomroe Abbey** also know as St Mary of the Fertile Rock, where Cistercian Monks farmed and lived a self-sufficient life
- **Burren Fine Wine and Food** is the perfect **lunch** stop, just outside Ballyvaughan, its set in a century old coach house. Lunches are a blend of local ingredients accompanied by owner Cathleen's baking and gardening skills.
- Spend the afternoon exploring the market towns of **Lisdoonvarna** and **Ennistymon** before making your way to Doolin for the evening
- In Doolin village enjoy a **relaxing pint, dinner and some traditional music** in the popular Fitz's bar at hotel Doolin where local seafood and meats are accompanied by herbs and vegetables from their poly tunnel.



Stay: Gregans Castle – The ultimate luxury hideaway with an award-winning fine dining restaurant

www.gregans.ie

Seaview House, Doolin – A luxurious Bed and Breakfast overlooking the Atlantic with an award-winning breakfast menu of locally sourced and home-grown ingredients

www.seaview-doolin.ie

