



2DAYS | 6STOPS

Located just 30 minutes north of Dublin Airport, the Boyne Valley, at the heart of Ireland's Ancient East, enjoys a reputation as one of the leading food-tourism destinations in Ireland today. Steeped in history & natural beauty, there is no better place to enjoy the very best of Ireland's culinary culture.





The Boyne Valley was proud to be named as one of the 'World's Best Food Destinations' in 2019 by the National Geographic Traveller, alongside the cities of Bologna in Italy and Cusco in Peru.

As the heartland of Ireland's Ancient East and the seat of the ancient High Kings of Ireland, the Boyne Valley continues a proud heritage of producing food and drink experiences fit for a king or queen! The historic Boyne Valley is home to a bountiful supply of passionate farmers, skilled food and drinks producers, along with world-class chefs and eateries who are devoted to bringing the rich flavours of the landscape to your table. Travelling east to west across the Boyne Valley, or in the opposite direction if that suits

your travel plans better, this gastronomic adventure brings you the very best of what this lush green valley has to offer.

DAY 1

Start the day with a trip to **Lismullen Cookery School** located just 10 minutes from Navan town which provides a variety of hands-on courses, demonstrations and tasting experiences for individuals, groups, families and children. Small in size, the classes allow participants plenty of space and individual attention.

Bespoke classes can include international themes such as **Spanish tapas**, **French cuisine** or **Italian cooking**, while traditional Irish bread-baking, pastry, cakes and deserts are also on the menu!

After you've enjoyed the fruits of your labour head 20 minutes north to **Martry Mill** located not far from the historic town of **Kells**. One of the few working watermills still in use in Ireland today, the Tallon family has been producing stoneground wholemeal flour here since 1859. Guided tours of this lovely old mill building can be booked on www.martrimill.ie

To finish the first day of your gastronomic adventure in the Boyne Valley head to the **Headfort Arms Hotel** also in Kells where you have the choice of a typical Irish pub experience in the **Keltic Bar** which serves gourmet 'pub grub' or the contemporary bistro atmosphere of the **Vanilla Pod** restaurant which has been rated in 'Tom Doorley's Top 100 Places To Eat in Ireland' and has consistently featured in both the *Bridgestone* and *Georgina Campbell's Ireland Guides*.



DAY 2

On day two, meet the **people crafting delicious contemporary food products using traditional methods** in the Boyne Valley.

The pioneering food producers of the **Slane Food Circle** harness the rich flavours of the Boyne Valley to create nutritious, flavoursome food with production methods that connect the land with people and their heritage.

Choose between four food producers - Michael Finegan of **Mullagha Farm**, who produces goats cheese on his 16th century farm; Mark Jenkinson of **Stackallan House**, a maker of traditional Irish farmhouse ciders and Ireland's only keeved cider producer; Jack Rogers of **Crewbawn House**, producer of cold-pressed oil seeds; or Carina Conyngnam, Countess of Mount



Charles at **Rock Farm Slane**, a pioneering organic farmer who also runs a gold-certified eco-tourism destination on the farm.

The **Afternoon Food Tour** which only runs on Sundays includes a visit to **all four farms**, a tour of Rock Farm Slane and a delicious produce tasting plate. Visit slanefoodcircle.ie for full tour details.

In the evening, take one of Cordon Blue-trained chef, Tara Walker's cookery classes in her purpose-built, home-based, **East Coast Cookery School** located in the picturesque Termonfeckin, Co. Louth. Recommended by *McKennas Guides*, *Georgina Cambell's Ireland Guide* and *Good Food Ireland*, the school offers classes for both adults and children in a relaxed and enjoyable atmosphere. You'll be sure to find



something to tickle your taste buds, with classes ranging from '**A Mexican Feast**', '**Firm Family Favourites**', '**A Taste of Italy**' and '**Healthy, Fast & Fresh**'.

Alternatively, the award-winning **Listoke Gin School**, Ireland's first Gin School, based in Tenure, Co. Louth offers both **tours of the distillery** and a '**Gin School Experience**' which allows visitors to prepare their own perfectly-distilled gin and bring it home!

Visit boynevalleyflavours.ie for more information on **50 of the best of the Boyne Valley's producers, chefs, farmers and venues** offering an exciting calendar of immersive, authentic and experience-led food events!