

Groups or private tours by prior arrangement only .
Please contact Dorothy directly or email dotuama@live.com



South West Cork River Lee Valley Region

Directions: Roads N22 Cork to Macroom
(30 minutes drive southwest from the Cork City South Ring Road)
N584: Macroom to Bantry.
The River Lee Valley we travel through is shown in the above map

Tour 1: Tuesday 9am-4pm Meet the South West Buffalos

Tour 2: Friday 9am-4pm Taste our Stored Sunshine

Price includes:
Personal Guide , Tastings of pro-
duce., Goodie bags of Cheese/Craft
Beer .Transport, Chef Dorothy's
delicious recipe cards to take
home .
Lunch and Drinks not included.
Group Lunches/Delicious Picnics
can be pre - booked 24hrs prior to
tour set off dates.

Tour Group Rates available.

FAQ/ Booking Information :

Tours are not suitable for Children
under 8. 10% discount for under 12.

Layer Clothing/Walking shoes,
Wellingtons or Boots are advisable.

Any food allergy requirements or
health concerns please let us know
before set off.

Animal Welfare /Health and Safety
regulations during site farm visits
will be detailed by specific owners.

Book with us directly by email or
phone. 50% Deposit required to
reserve seat. Payment in full re-
quired 24 hrs prior to set off.

Tour Collection point: Castel Hotel
Reception ,Main Street, Macroom,
Co Cork. **Tour groups size:** Mini-
mum 6,Maximum15.



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Bespoke Guided Food & Culture Trails

LEE VALLEY TASTE TRAIL

EST 2016

ARTISAN FOOD PRODUCERS
FARM VISITS CRAFT BREWERY
IRISH HERITAGE CULTURE

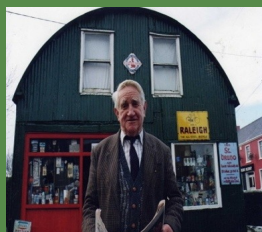
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HIDDEN GEMS

Store of Memories Museum

Here is Inchigeela's unique village shop built over the Derrivane Stream in 1910-2007. It sold bacon, bicycles & bullseyes, bread & bandages among other essentials.

Today, it's a fascinating snapshot of last century's Irish village life. Want to see inside?



Coolavokig Pottery

High quality Ceramics are hand made here for many years, using one of Ireland's oldest Wood Fired Kiln. Meet the Artists ,Bobb and Meredith in this little piece of heaven.

Macroon Castle

During the 1900's ,the castle residents changed into their swimming costumes in this tiny bath house before taking a dip in the Sullane river flowing through the 300 acres of the estate.



Waltons Mills open since 1832. Macroon Oatmeal and Brown Stone ground flour is produced by Donal Creedon, . As the 6th generation Miller, he only uses the highly specialised stone grinding process. Donal has a great recipe for Irish brown bread to share!



A day with your Failte Ireland trained guide, Dorothy will take you to see her favourite hidden gems in a beautiful bus .You will be relaxed and comfortable ,have lots of fun and she will give you some of her bespoke recipe cards to take home to help relive your memories when you get home.

I have a wealth of experience working and studying the Hotel, Artisan/Food Tourism industry. This led me to travel and work away from my home in Inchigeela village, Co Cork to Central London, Brussels and San Francisco. I have also worked and cooked in award winning Irish hotels & restaurants including my own **Award winning** café in Clonmel ,Co Tipperary. I have a Diploma in Artisan Food production, enjoyed many Ballymaloe cookery courses & studied History of Irish Food in UCC and a member of tourguides.ie Association.

Get to know your Guide

SITES TO SEE

Here's some sites to see on a leisurely trail through the River Lee's Heritage ,Artisan Producers & Culture.

Why not explore our delicious food and craft beer produced by those living and working on the River Lee waterways, farms ,lakes & valleys.

Taste Our Stored Sunshine



We head off from Macroon Castle Tower and Gateway , stroll to Walton's Flour Mills by the Sullane river ,drive to visit Coolavokig Pottery to meet the artisan potters .

Follain Jam . Visitor's centre, taste the jams & relish Enjoy a delicious lunch stop at The Mills Inn & Gardens, Ballyvourney in Muscraí Gaeltacht, meet the gaelic speaking locals Choose from Private 9 White Deer Craft Brewery Tour or Coolea Cheese farm visit Tour. Return to Macroon.

Meet the South West Buffalos



We begin with a stroll of Macroon's Town Square 's buzzing Tuesday 's Farmers Market. Head off to Walk on Water across the spectacular Gearagh Nature Reserve .Private Visit to Macroon Buffalo Mozzarella cheese farm. Picnic lunch stop."Store from 1910 Memories "Museum, Inchigeela followed by quiet lakeside drive by Loch Allua ,the 7 Lakes waterway from the River Lee source in Gougane Barra Forest Park & on to the Gougane lake Oratory Island ,6th century site of St Finbarr's Monastic hermitage. Return to Macroon.

Design © Tadhg O'Tuama

