




Ireland

CORK'S COASTAL FOOD TRAILS



THE INTERNATIONAL SLOW FOOD MOVEMENT BEGAN IN IRELAND WHEN THE FIRST CONVIVIUM SET UP IN THE REGION TEN YEARS AGO AND HAS SINCE SPREAD TO CORK CITY, EAST CORK, AND THROUGHOUT THE COUNTRY. WEST CORK CERTAINLY LED THE WAY, BUT NOW THE WHOLE OF CORK COUNTY IS RICH WITH ARTISAN AND SPECIALIST PRODUCE.



Welcome

FANCY A GREAT BREAKFAST OF ORGANIC FREE RANGE EGGS, LOCALLY PRODUCED BACON AND SAUSAGES AND BUTCHER'S BLACK PUDDING? HOW ABOUT A FEAST OF FISH, FRESH FROM THE WATERS OF THE ATLANTIC? WHATEVER YOUR CULINARY PENCHANT, YOU'LL FIND IT ALL IN CORK. HERE IS IRELAND'S FLAGSHIP FOOD REGION, WITH A GOURMET REPUTATION AMONG THE FINEST IN EUROPE.


Cork's food revolution set its roots in West Cork. The first artisans, often 'blow-ins', were the true Rebels of the county. Now the area has an array of farmers, growers, charcutiers, fish smokers and bakers. The international Slow Food movement began in Ireland when the first convivium set up in the region ten years ago and has since spread to Cork City, East Cork, and throughout the country. West Cork certainly led the way, but now the whole of Cork county is rich with artisan and specialist produce.



TRAIL ONE:

Cork City Food & Drinks Trail

FOOD IS AN ESSENTIAL MIX OF CORK LIFE, THIS VIBRANT CITY WELL KNOWN FOR MUSIC, THEATRE, LITERATURE AND SPORT HAS A TREAT IN STORE FOR THE CULINARY TOURIST. THE ENGLISH MARKET IN THE HEART OF THE CITY IS A MUST FOR FOODIES. IN RECENT YEARS THERE HAS BEEN A RESURGENCE OF INTEREST IN FINE FOOD AND IN WHOLESOME AND ORGANIC PROVISIONING. THIS RENEWAL OF INTEREST AND THE WIDESPREAD ENTHUSIASM TO ESTABLISH HIGH FOOD STANDARDS FOR RESTAURANTS, SHOPS AND MARKETS MIRRORS THE PIONEERING SERIOUSNESS AND PROFESSIONALISM OF THE CITY'S 18TH CENTURY BUTTER MERCHANTS.

 *Begin at Tourist Office, Grand Parade*

Turn left and cross the street at the pedestrian lights. Continue over the Nano Nagle footbridge and turn right. On your left is the **Quay Co-op Organic & Wholefood Shop**. This worker's co-operative carries a range of organic wines, organic cosmetics, supplements, herbal remedies and essential oils. Fresh organic fruit and vegetables are delivered every Monday, Wednesday and Friday and the 'in-house' bakers provide a range of fresh breads, rolls, cakes and savouries daily to the shop and restaurant (located upstairs). All specialist dietary requirements are catered to from gluten free to vegan – this is a "must stop" for anyone who has specific needs or for those who enjoy wholesome, healthy food.

Exit the shop and turn left. At the bridge take a right, which will bring you down South Main St., one of the principal streets in medieval Cork where traders and sellers would have brought their wares. On your left you will notice a Tudor style building, once the site of the **Beamish & Crawford** brewery which was founded in 1792. This site was used for brewing since at least 1650 and possibly as early as 1500. Beamish stout remains very popular with Corkonians.

Continue down South Main St. where you will come to the junction of **Washington St.** This is a popular area for evening entertainment and restaurants such as Ireland's famous **Café Paradiso** (Tel: 021 4277939), a specialist vegetarian restaurant with an emphasis on seasonal produce which is located further down the street on your left at 16 Lancaster Quay. The street has other award winning restaurants such as **Liberty Grill** (32 Washington St. Tel: 021 4271049), and nearby **Fenns Quay** (Fenns Quay, Tel: 021 4279527) as well as numerous coffee shops.

Crossing Washington St. continue down South Main St. On your journey you will notice a number of bronze plaques on the footpath which are a reminder of the numerous lanes which once deviated off this main medieval thoroughfare. Take a right at Castle street which will bring you to the junction of Cornmarket St. Just beyond this junction, on 26 Paul St. is **The Natural Foods Bakery** on your left which serves fresh bread, sandwiches and cakes; handmade with natural ingredients supplied from local producers. Their bakery shop is located on the Pier Road in Blackrock, a suburb just east of the city.

Cornmarket Street, popularly known as '**The Coal Quay**', has many buildings that have been renovated and now

house popular bars and restaurants which come alive in the evenings. The street's formal name derives from the 18th century corn market that once stood at its Castle Street end. Markets are part of the life and history of this street. Until the 1960s, the street was a food and clothes market, run by the 'shawlies' who were women dressed in the traditional Irish black shawl. The street market survives and is at its busiest on Saturdays (9am - 3pm).

Continuing down Cornmarket St. you will come to a footbridge which spans the northern channel of the river Lee. Cross this bridge and turn left onto Pope's Quay. Coming to Brown's Square, you will turn right up Shandon St. If you were to continue along the quay you would find the **Franciscan Well Brewery** (Tel: 021 4210130 www.franciscanwellbrewery.com) on North Mall. A Franciscan friary founded in 1229 once stood in this area. A nearby well, legend has it, was said to have curative properties and the brewers now draw on this to produce their chemical, additive and preservative free Lager, Ale, Stout and Wheat Beers.

Shandon Street is one of the oldest continuously inhabited parts of Cork City and formed the link between Cork and the rich agricultural land to the north of the city. As you walk up Shandon Street, you'll pass the many food and outlet stores from various countries across the world. This area was once the main cattle market for the city. Butchers, coopers, tanners and shoe and brogue makers were among the trades prominent in the area. Modern Shandon Street remains a vibrant trading street, combining 19th century buildings with 21st century life.

St Anne's Church can be seen at the top of Church Street. Beloved of Cork people, the pepper pot steeple is a folk symbol for the city. Known in Cork, as 'the four faced liar' the



four clocks which adorn the steeple are rarely in harmony, announcing four different time readings.

Down the street on the right from St Anne's is **The Butter Exchange**, which was a commercial phenomenon; the largest butter market in the world for much of the 19th century, selling Irish butter to five continents! It was the butter industry which built the prosperity of Cork. Today, the Cork Butter Museum re-tells this story. Beside the Exchange is the 1855 Firkin Crane building. The Firkin Crane was used by the Butter Exchange to wash and weigh (crane) the butter barrels (firkins). Its distinctive rotunda shape was created to gather rainwater from the roof. Today it is a cultural and dance entertainment venue.

At the Firkin Crane, take a left down John Redmond St. On your right you will notice **Linehan's Sweet shop** (37A John Redmond Street Tel: 021 4507791). Linehan's have been supplying Cork for generations with old-fashioned boiled sweets such as clove rocks, butter nuggets and apple drops. Continue down John Redmond Street and take a left at Camden Quay. The river Lee is the second largest river in Ireland and Cork Harbour is one of the largest natural harbours in the world which facilitated the importing and exporting of goods and today it is still a busy working port. In the 17th and 18th centuries merchant families energetically developed the city, many became prosperous and influential: they were known as '**merchant princes**' and traded goods such as wine, butter, whiskey, etc. Many were well-educated, philanthropic and possessed a pride and confidence in Cork. They greatly contributed to the development of the city and their memories remain in street names and buildings such as the Crawford Art Gallery.

Cork Coffee Roasters is located on Bridge St. to the left of Camden Quay. It is an owner operated gourmet coffee company specialising in small-batch coffee roasting and espresso preparation on traditional machines, using methods honed over the years. Their master roaster selects the highest quality Arabica beans to create their unique blends. All their coffee is hand roasted and blended to order. Along this street are a number of popular eateries such as the **Boqueria** (tapas restaurant Tel: 021 4559049) and **Star**



THE BUTTER EXCHANGE...WAS THE LARGEST BUTTER MARKET IN THE WORLD FOR MUCH OF THE 19TH CENTURY SELLING IRISH BUTTER TO FIVE CONTINENTS...



Anise (contemporary Tel: 021 4551635); **Isaacs** (traditional Irish with international influences Tel: 021 4503805) is located on MacCurtain Street. There are also numerous bars in the area; some of whom play traditional music.

Cross over Patrick's Bridge and take a right down Lavitts Quay until you come to Emmet place on your left which is the location of Cork Opera House and the Crawford Gallery. Emmet Place was once a dock servicing the city's ocean-going trade. Having browsed the collection at the gallery, you could pop in for a bite in the **Crawford Gallery Café** (Tel: 021 4274415) which is run by those involved in the Ballymaloe House & Cookery School in East Cork.

Leaving the gallery, take a right and cross over Academy St. and into Paul St. This area to your left is known as the Huguenot Quarter. The Huguenots, who settled in Cork in the 17th century, built their church here in French Church St. and today you can see the remains of their restored graveyard in Carey's Lane. The area around Paul St. has many interesting cafes, boutique stores and attracts many street performers. In French Church St. is **O'Connell Chocolates**. Casey O'Connell, from his store in Carrigaline (just south of the city), produces truffles, bars, novelties, seasonal treats, cooking and drinking chocolate all of which are available here in his city centre store.

Walking down French Church St. enter Patrick St. or 'Pana' as it is more locally known. The great thoroughfare of Patrick St. the lifeblood of the city, began life as a waterway; it was only covered over in the early 19th century. Meeting under Mangan's Clock was a famous tradition for young couples. Take a right and walk down Pana until you come to the junction of Princes St. on your left. Down this street, you will notice the red brick building on your right which is one of the entrances to The English Market. Indeed, Oliver Plunkett St. (next junction) and the streets deviating from it are well known for both shopping and entertainment. There are numerous pubs and great restaurants in this area serving local produce such as **Les Gourmandises** (Tel: 021 4251959, 17 Cook St.), **Jacques** (Tel: 021 4277387, Phoenix St.), **Nash 19** (Tel: 021 4270880, 19 Princes St.), **Market Lane** (Tel: 021 4274710, 5&6 Oliver Plunkett St.), **The Ivory Tower** (Tel: 021 4274665, The Exchange Buildings, Princes St.) and **Jacobs on the Mall** (Tel: 021 4251530, 30A South Mall).



CORK CITY FOOD & DRINKS TRAIL

The English Market, an indoor market (Mon - Sat 9am - 6pm), is a Victorian wonderland of exciting local produce and imported goods. Operating since 1788, English buyers came here to purchase goods. In the early days only Protestants could hold stalls in the English Market and the produce on sale was usually too dear for the poorer classes who made up the bulk of the population of the city. The rebuilding of the Princes Street Market following a fire in 1980 boosted confidence for a time and the arrival of the new traders in the mid 1990s brought a vibrancy and diversity to the Market that was crucial to its survival – Mr Bells, Iago, On the Pig's Back and the Real Olive Company. This is a place of commerce, but also a civic space, owned by the corporation on behalf of the citizens of Cork. A mix of traditional Cork fare and exciting new foods from afar, and long standing family run stalls contribute to the unique appeal of this market.

Some traditional Cork foods available are:

- **Drishheen** – a type of blood sausage or pudding made with a mixture of sheep's and beef blood. Heat it in milk or water, skin it, pepper and serve with bread and butter. Otherwise sliced and fried. Believed to be good for invalids, people with delicate stomachs and no teeth!
- **Tripe** – Beef tripe is the most common and is the first stomach or rumen of an animal. It is cut into small pieces and cooked in milk for up to two hours. Served in a sauce with milk and onions, well seasoned with salt and pepper and sometimes drishheen. A. O'Reilly Butchers in the market are now the only suppliers of drishheen and tripe in Ireland.
- **Pig Offal** – Bodice is the rib cage sold as cured or salted for boiling; The ribs are sold as roasted spare ribs (less popular traditionally); the skirt is the diaphragm and is stewed with pig's kidneys; Crubeens are pigs trotters – boiled for three hours and popular as snack foods, often eaten cold at football or hurling matches.
- **Spiced Beef** – traditionally eaten at Christmas. Marinated or cured in salt water with a mixture of herbs and spices such as all spice, cinnamon, nutmeg and

ginger. Then boiled. Became popular in the 18th century due to trading with distant ports.

- **Buttered Eggs** – Buttering was a traditional method of preserving eggs and keeping them fresh for up to six months and sometimes longer. Couldn't be eaten during Lent, plentiful during summer but not so much during winter, so buttering became a way of preserving them.
- **Battlebord** – Dried salted ling, a large Atlantic fish of the cod family. Cheap and plentiful food and often eaten during Lent and on Fridays. In its preserved state, it is stiff and hard. Soaked overnight to re-hydrate it and then boiled in water or milk with onions. Not as popular today as it was associated with fasting and penance.

Above extracts from 'Serving a City - The Story of Cork's English Market' by Diarmuid O'Drisceoil & Donal O'Drisceoil.'

If all this food is making you hungry, why not purchase or sample the produce in the sandwich and food stalls or upstairs in the **Farmgate Café** (Tel: 021 4278134).

Leave the English Market through the Grand Parade exit; turn left which will bring you to the tourist office from where you began your walk.

Food markets are set up along the streets during the main city festivals such as St Patrick's Festival, Cork Midsummer and Christmas. You can also sample and purchase local produce in the farmer's markets in the suburbs (Blackrock (Sun 10am - 1pm), Mahon Point Shopping Centre (Thurs 10am - 2pm), Douglas (Sat 9.30am - 2pm)).

One of Cork's Master bakers is Declan Ryan from **Arbutus Breads in Mayfield** (north of the city). His produce can be sampled and purchased at On the Pig's Back, English Market as well as the farmers market at Mahon Point Shopping Centre. They would be happy to show you their bakery but please phone ahead as visiting times are only by appointment. (Unit 2b Mayfield Industrial and Scientific Park, Mayfield, Cork Tel: 021 4505820 email: arbutus@iol.ie).



- 01 Quay Co-op Organic & Wholefood Shop
- 02 Beamish & Crawford
- 03 Café Paradiso
- 04 Liberty Grill
- 05 Fenns Quay
- 06 The Natural Foods Bakery
- 07 The Coal Quay
- 08 Franciscan Well Brewery
- 09 Shandon Street
- 10 The Butter Exchange
- 11 Linehan's Sweet shop
- 12 Cork Coffee Roasters
- 13 Boqueria
- 14 Star Anise
- 15 Isaacs
- 16 Crawford Gallery Café
- 17 O'Connail Chocolates
- 18 Les Gourmandises
- 19 Jaccques
- 20 Nash 19
- 21 Market Lane
- 22 The Ivory Tower
- 23 Jacobs on the Mall
- 24 The English Market
- 25 Farmgate Café
- 26 Arbutus Breads in Mayfield

TRAIL TWO:

East Cork Food Trail

A RICH HISTORICAL AND MARITIME LEGACY AND A UNIQUE VARIETY OF ATTRACTIONS MAKES EAST CORK A GREAT HUB FOR FUN FILLED ACTIVITIES FOR ADULTS AND KIDS ALIKE. DRAWING ON THE RICH RESOURCES OF THE SURROUNDING COUNTRYSIDE AND SUPERB ATLANTIC SEAFOOD, THE FARMER'S MARKETS, SPECIALTY FOOD SHOPS, AND A FINE SELECTION OF DINING FACILITIES OFFER VISITORS A WONDERFUL GOURMET EXPERIENCE.

 Begin Cork City, Cork Airport or Ringaskiddy ferryport.

Day One – Carrigaline to Midleton

Travel to **Carrigaline**, a busy town at the head of the Owenboy River and near to the Ringaskiddy Car Ferry Terminal. The town has a rich tradition in music and culture. The annual Wren festival takes place on December 26th. Traditional musicians, singers and dancers in bright colourful costumes and straw suits create great excitement and entertainment; all are encouraged to join in with the Wren Boys.

In Carrigaline, the O'Farrell's produce **Carrigaline Farmhouse Cheese** – a creamy cow's milk cheese in natural, herb and smoked flavours which are produced in small or large waxed rounds. (Contact: Pat O'Farrell, The Rock, Church Road, Carrigaline, Co. Cork Tel: 021 4372856 carrigalinefarmhousecheese@eircom.net.) If

you wish to see the cheese being made, please contact the O'Farrell's in advance.

Thompsons Farm Shop is located on the road to Fountainstown, Cork, just off the Carrigaline to Crosshaven Road. A beautifully renovated country courtyard houses a farm shop and tea rooms. A wide variety of mouth watering local produce is available here including award-winning cheeses, meats, home-baked breads, pickles, ice-creams and chocolates. Open daily from 9.30am - 5.00pm (Aghamarta, Carrigaline Tel: 021 4376015 info@thompsonsfarmshop.com www.thompsonsfarmshop.com)

Hasset's Bakery, has indulgent continental desserts and cakes, traditional and speciality breads. Choose from crusty granary, fruit pans, walnut bread, onion bread, small and large traditional brown loaves...the list is endless. (Tel: 021 4371534 hassettsbakerycork@eircom.net, Main Street Carrigaline)

If time permits, visit **Crosshaven**. This pretty village is also home to the oldest yacht club in the world; the Royal Crosshaven Yacht Club. The area has some lovely walks as well as pretty coastal villages such as Myrtleville. There's a farmers market in Crosshaven Village Square every Saturday morning 10am - 2pm. On the harbour front is **Cronin's Pub** (Tel: 021 4831829 info@croninpub.com www.croninpub.com) a member of Ireland's Seafood Circle which has a great reputation for food, especially seafood. It also has a large selection of maritime memorabilia.



Rather than travelling back through the city, take the car ferry from Glenbrook, near Passage West to Carrigaloe, just outside Cobh. Cross River Ferries (www.scottcobh.ie/pages/ferry.html) operates the 5 minute ferry service with daily and frequent sailings.

Cobh on the Great Island ascends from the sea and splendidly dominates Cork Harbour, the second largest natural harbour in the world. This colourful town has experienced invasion, emigration, transportation and a wealth of maritime adventures. St Colman's Cathedral overlooks the brightly coloured town and the inner islands of the harbour, Haulbowline and Spike, are a stunning sight to behold. Cobh is also host to many cruise ships during the year and has welcomed many world famous ships such as the QE2 and the Independence of the Seas. It was also the final stop for the Titanic. The award winning heritage centre recounts the Queenstown Story, which will bring to life the history of the country's largest emigration port during the Famine.

On the northern end of the island is Frank Hederman's **Belvelly Smokehouse** the oldest traditional smokehouse in Ireland. Products include smoked organic salmon, smoked silver eel, smoked mackerel, smoked mussels, etc. You can visit the smokehouse Mon – Fri 10am - 4pm (Tel: 021 4811089 www.frankhederman.com shipping@frankhederman.com).

As you leave Belvelly Smokehouse, you'll cross into **Fota Island**. Fota Wildlife Park has 70 acres of historic parkland where over 90 species from around the world can be seen



in open natural surroundings. Fota House & Gardens has a splendid array of regency architecture, recently restored, and their gardens and arboretum are world renowned. The island is also home to Fota Island Resort and Golf Club.

In Carrigtwohill, east of Fota Island, is **Ardsallagh Goat Farm**. This is a family run business that makes high quality, handmade, natural dairy products including bottled goats milk, goat's cheese, and goat's yogurt (jane@ardsallaghgoats.com; gerard@ardsallaghgoats.com Tel: 021 4882336). If you would like to visit the farm then please contact them in advance.


Midleton is the vibrant centre of East Cork and is located in the heart of a rich agricultural hinterland. This bustling nucleus is renowned for its fine food culture and lively pubs. Legend has it that it was here in Ireland that whiskey was invented. Today it is home to the

largest potstill in the world and where Jameson whiskey is distilled. One can tour the distillery and become certified whiskey tasters!

The **Midleton Food market** is one of the oldest and best markets in the country which takes place each Saturday morning. The town also has an annual food and drink festival which takes place in September. It has numerous restaurants such as the award winning **Farmgate Country Store & Restaurant** (Tel: 021 4632771, The Coolbawn), **Finins** (Tel: 021 4631878, 75 Main St), **O'Donovan's** (Tel: 021 4631255, 58 Main St) and **Raymond's** (Tel: 021 4635235, Distillery Walk) as well as places to shop such as **The Granary Store**. **Green Saffron** is an environmentally friendly Indian family business who bring small, frequent shipments of the freshest highest quality spices which they expertly grind into authentic spice blends of immense flavour, free

from anything artificial. You can purchase their products in the local shops and farmers markets throughout the region.

Day Two – Midleton to Youghal

 *Leaving Midleton, travel to Ballycotton. On the way, you will pass the Ballymaloe Country House & Shop.*

They have a café where you can sample their fare and products from the area. It is also from here that the famous Ballymaloe relish was produced. Further on is the **Ballymaloe Cookery School & Gardens** in Shanagarry. Darina Allen and Rachel Allen, both internationally renowned chefs, both teach their craft here in the beautiful surroundings of their organic gardens and farm.

The small port of **Ballycotton** is legendary for its sea

angling, great harbour views and spectacular cliff walk. It is also a great area for bird watching. **Nautilus** (28 Silver Strand, Ballycotton, Tel: 021 4646768), in the village, is quite a popular restaurant for dinner.

At this port, fish are caught and brought to the various markets and shops in the area. **Ballycotton Seafood** is a family run business located near the fishing port. The company has been supplying quality fresh fish, smoked salmon and fish products to the people of Cork for nearly 20 years. **Rory O'Connell** operates his own cookery school with bespoke classes located close to Ballycotton (Tel: 086 8516917 rory@rgoconnell.com www.rgoconnell.com Snugboro, Ballybraher, Ballycotton)

This area is renowned for its vegetables and there is none more famous than the Ballycotton "Spuds", floury potatoes which are grown in the many vegetable farms

in the area and a favourite of the locals. In Castlemartyr, you can visit the **Village Greengrocer & Food Hall** who pride themselves in providing good value and the best quality local vegetables as well as locally produced foods and fine wines. They also have a small café upstairs serving home baking and light meals (Tel: 021 4667655 thevillagegreengrocer@eircom.net)

Youghal, a scenic port town, has an abundance of things to do. Golfing, family entertainment, riverboat trips, fishing and walking are all on offer. The town has also become a focal point for water sport enthusiasts and adventure seekers. Activities such as whale watching and wreck-diving are all on the menu. Sir Walter Raleigh is probably Youghal's most famous citizen and he was responsible for bringing potatoes and tobacco to Ireland. The original walls of the old town are intact while the Clock Gate which dates from 1777 spans the main street. Today it has been designated both a historic town and an Irish Heritage Port.

Aherne's Seafood Restaurant (163 North Main St. Tel: 024 92424) in the town and a member of BIM's Seafood Circle, is renowned for its seafood which comes from the fishing boats in Youghal harbour. **Collins Bakery & Deli** on the North Main St is worth a stop to sample their fare and to pick up a picnic to have on the beach. Outside Youghal to the East is **Yawl Bay Seafood** (Tel: 024 92290, Foxhole Industrial Estate) who takes its name from Youghal Bay, pronounced Yawl, in Cork. A lovely fresh fish shop operates from the front of the building selling fish sourced often from Union Hall in West Cork.



THE RICH RESOURCES OF THE SURROUNDING COUNTRYSIDE AND THE SUPERB ATLANTIC SEAFOOD...OFFER VISITORS A WONDERFUL GOURMET EXPERIENCE



EAST CORK FOOD TRAIL




TRAIL THREE:

West Cork Food Trail

THE WEST CORK AREA IS SPECTACULARLY BEAUTIFUL, STRETCHING FROM KINSALE IN THE EAST TO DURSEY ISLAND AT THE TIP OF THE BEARA PENINSULA. THE MAGNIFICENT LONG DISTANCE WALKS OF THE BEARA WAY AND THE SHEEPS HEAD WAY ARE WELL KNOWN AS IS THE POPULAR WALK OF THE SEVEN HEADS. MIZEN HEAD, THE MOST SOUTHERLY POINT IN IRELAND, IS AN AREA OF BREATHTAKING SCENERY. THE ISLANDS OFF WEST CORK ARE NOW PROVING TO BE A MAJOR ATTRACTION – THEY INCLUDE OILEÁN CHLÉIRE, AN IRISH SPEAKING ISLAND, SHERKIN ISLAND, HEIR ISLAND, WHIDDY ISLAND, BERE ISLAND AND DURSEY ISLAND WHICH IS ACCESSED BY THE ONLY OPERATIONAL CABLE CAR IN IRELAND.

West Cork is known for its excellent food. Ireland's food revolution in fact began in West Cork and the international Slow Food movement arrived here in 1998. There is a wide range of restaurants throughout the area, many of which now carry the Fuchsia Brand symbol of quality. The Fuchsia brand is a quality brand for food, tourism and craft from West Cork.

Day One – Cork to Rosscarbery


 Leaving Cork, take the N71 and R607 to Kinsale.

Kinsale is reputedly Ireland's Gourmet Capital and with good reason. Food is celebrated in this seaside town with its myriad of eating establishments from cosy cafes and wine bars to casual bars and fine dining restaurants. The Farmers Market takes place every Tuesday from 10am -1pm.

Kinsale's Good Food Circle (www.kinsalerestaurants.com) comprises 12 member restaurants offering a diversity of cuisine with a guarantee of quality, service, comfort and ambience and of course, fine dining. The Good Food Circle organises a number of events and special offers throughout the year including "A Taste of Kinsale" breaks which are available to allow the diners to try different member restaurants, availing of an inclusive dinner bed and breakfast package. The highlight of the year is the Kinsale Gourmet Festival, held annually in October. Events include the Mad Hatters Taste of Kinsale, The New England Lobster Bake and a Newport Knees Up.

The medieval town of Kinsale is not just about food. It's also about traditional bars, beautiful buildings, narrow streets, shops and galleries and lots of activities on land and sea. Guides can also bring you on historical walking tours around Kinsale. There are numerous craftspeople near Kinsale such as Adrian Wistreich's **Kinsale Pottery Centre** located just outside the town

in Ballinacurra (Tel: 021 4777758, 087 9696901 www.kinsaleceramics.com); Sara Roberts' **Sramics** in Nohoval (Tel 021 4887423 www.sramics.com) and **Hilary Hale's Woodturning** in Summer Cove, Kinsale (Tel: 021 4772010 www.hilaryhale.com). Kinsale Silver and Kinsale Crystal can also be found in the town.

 Leaving Kinsale, take the R600 coastal route to Timoleague.

Just outside Kilbrittain is **Casino House** (Tel: 023 8849944) which serves wide ranging seasonal menus based on the finest local ingredients.

A large Franciscan Friary is located on the waterfront in the pretty village of Timoleague. In its day it was one of the largest and most important of the religious houses in Ireland. Just a few miles from the village is **Ummera Smoked Products**. The natural flavour and texture

of the Wild Atlantic Salmon, blended with careful curing and gentle smoking over smouldering oak fires ensures the finest smoked salmon. In 2002, Ummera was awarded the Organic Trust symbol for sourcing, processing and distribution of Certified Organic Smoked Salmon. Today they also smoke chicken, bacon and silver eel. They are open from 9.30am - 5pm Mon - Fri by arrangement. Ummera Smoked Products Limited, Inchybridge, Timoleague, Co. Cork Tel: 023 8846644 www.ummera.com GPS Sat Nav: N51.6626319 W8.7738981

Also near Timoleague is **Lettercollum Kitchen Project**. A small team of chefs runs a series of cooking classes in their garden and kitchen at Lettercollum. They also have a store in Connolly St. Clonakilty. Lettercollum, Timoleague, Co. Cork Tel: 023 8846251 www.lettercollum.ie



Continuing on the coastal route from Timoleague to Clonakilty, you will pass the village of Ring which is a small fishing port, just outside Clonakilty. **Deasy's Harbour Bar & Seafood Restaurant** (Tel: 023 8835741), part of Ireland's Seafood circle, overlooks Clonakilty Bay and the boats moored nearby.

Clonakilty is a pretty town flush with colour from the traditional shop fronts to the many flowers and plants blooming along the narrow bustling streets. Close by is the Blue flag beach at Inchydoney, the West Cork Model Railway and the West Cork Museum. There's a farmers market in the town on Thursday. A food synonymous with the town is Clonakilty black pudding produced by Edward Twomey and available in supermarkets throughout the town and country and of course in their own butchers on Pearse St.

There are numerous restaurants to choose from in Clonakilty, amble around the town and make discoveries for yourself or try one of the following; **Richy's Bar & Bistro** (Tel: 023 8821852) on Wolfe Tone St uses locally sourced products with daily specials written on the blackboard. **Hart's Coffee Shop** (Tel: 023 8835583) offers great home caking and is a favourite with locals. If it's a picnic you're looking for, then why not go to Scally's SuperValu (supermarket) who have received numerous awards for their efforts in supporting local producers.

🚗 *Leaving Clonakilty, continue to Skibbereen, via Rossscarbery and Glandore.*

Rosscarbery is an attractive and busy village with many pubs, restaurants and shops such as **O'Callaghan Walshe's** fish restaurant in the Square (Tel: 023 8848125). Rosscarbery is also home to Caherbeg free range pork produced by Willie and Avril Allshire (www.caherbegfreerangepork.ie). Their aim is to produce their award winning quality meat with flavour which is achieved by rearing their animals at the own pace.

Day Two – Rossscarbery to Bantry

🚗 *Take the R597 to Glandore and follow the coast road to Union Hall.*

This area is renowned for its sailing regattas and pretty coastal settings. **Hayes' Bar** (Tel: 023 8833214) in Glandore serves great bar food and has unrivalled views over the bay. The pier in Union Hall supplies fresh fish to the many local and regional providers. **Dinty's Bar** (Tel: 023 8833373) in the village does tasty bar food.

Further on in Castletownshend is **Sally Barnes' Woodcock Smokery**. They are specialists in products from slow-smoked, fresh wild-caught fish which are free of any artificial additives or preservatives. The Smokery can be visited by appointment only. You must telephone in advance. (Tel: 028 36232 Gortbrack, Castletownshend, Skibbereen).

🚗 *Leaving Union Hall, travel to Skibbereen.*

This town suffered very badly during the period of the Irish Famine in the 1840's and the Famine plot survives today in the Abbey Cemetery west of the town. Today Skibbereen is a bustling market town and there is a farmer's market on Saturday mornings. The town is also the venue for the Taste of West Cork food festival which takes place in the town in September to showcase the best of local produce. **Over the Moon** restaurant (Tel: 028 22100) in Bridge St. follows this same ethos where their menus are based firmly on the best of local produce. **Kalbo's** on North Street (Tel: 028 21515) offers wholesome and flavoursome food cooked simply and well presented. John Field's SuperValu (supermarket) is a Skibbereen tradition; the shop has been supporting local producers for years.

🚗 *From Skibbereen, take the R595 to Baltimore.*

Lough Hyne is Ireland's first marine reserve, and the



BALTIMORE IS THE GATEWAY TO THE ISLANDS OF ROARINGWATER BAY; SHERKIN, CAPE CLEAR & HEIR ISLANDS TO NAME BUT THREE OF CARBERY'S 100 ISLES



only inland salt water lake in Europe. It is located off the road to Baltimore from Skibbereen. The waters contain an extremely interesting selection of marine life and this is an area of major scientific importance.

Baltimore is an historic maritime village, which is renowned for its restaurants, harbour and water-based activities. It is the gateway to the islands of Roaringwater Bay: Sherkin, Cape Clear & Heir Islands to name but three of Carbery's 100 Isles.

On the way to the village, you will find **Rolf's Countryhouse** (Tel: 028 20289) a lovely restaurant which uses home-grown, organic and local produce where possible. The gardens of West Cork are renowned and include gems such as Lisselan, Lissanroe and Garinish Island. Just outside Baltimore are **Glebe House Gardens** (Tel: 028 20232) which attract a large number of visitors each year. They also have a café which uses ingredients from their organic garden. As you approach the village you will see **Casey's of Baltimore** (Tel: 028 20197) on your right which is part of Ireland's Seafood Circle.

In the village itself there are a number of pubs and restaurants offering great views and entertainment. Why not spend some time sitting out watching the boats and ferries from **Bushe's Bar** (Tel: 028 20125) and **The Waterfront** (Tel: 028 20600); both serve good food.


🚗 *Returning to the N71, travel to Ballydehob.*

Ballydehob is the home of many artists and craft workers and the village has a collection of antique shops, galleries, bookshops and cafes. The surrounding area has rich, craggy, natural beauty including Roaring Water Bay and the Fastnet Rock. **Annie's Restaurant** (Tel: 028 37292, Main St. Ballydehob) is a popular eatery famed for both its hospitality and its emphasis on fresh, local ingredients such as Skeaghmore Ducks reared nearby.

If time permits, you should travel on to Schull. It is a



delightful seaside town built around a well protected harbour. It is host to the Fastnet International Schools Regatta which attracts many visitors to the town. It is also a great starting point for coastal walks or cycles. A farmers market takes place every Sunday morning in the Pier Road car park. **Gwen's Chocolate Shop** (Tel: 028 27853) on the Main St in the town is a must for chocolate aficionados with interesting fillings including Chinese ginger, French candied fruit and Italian pistachios. Schull is also home to one of West Cork's more famous products, Gubbeen Cheese which comes in waxed rounds in plain and oak-smoked versions. The family business also produces salamis, hams bacon and cured meats as well as organic vegetables (www.gubbeen.com). Further on the peninsula is Mizen Head; the most south westerly point in the country. The award winning Mizen Head visitor centre also has a café.

 *Returning to the N71 towards Bantry, you will see a sign on your left for Durrus village, located at the head of the Sheep's Head.*

Durrus is home to the award winning cheese of the same name produced by Jemma Gill (www.durruscheese.com). **The Good Things Café** (Tel: 027 61426) on the Ahakista Road in Durrus takes full advantage of the great foods of the region to produce tempting dishes throughout the day and night.


Mairi Stone Ceramics (Tel: 027 62929, 087-9526022, Ash Tree Cottage, Donbeacon, Durrus, www.mairistoneceramics.com) has an interesting ceramic shop and workshop. In **Cronin's Forge** (Tel: 027 61114 Durrus) the age old art of the blacksmith is continued and distinctive hand made decorative and practical wrought iron products are produced.

Day Three – Bantry to Cork

Bantry is a thriving market town situated at the head of Bantry Bay and surrounded by some of Ireland's most stunning country side with drives and walks that will take your breath away. The town centre is very compact and hosts a country market on Fridays. This is a great


way to see and sample West Cork's finest local foods, antiques, art and crafts. **O'Connor's Seafood** (Tel: 027 50221) in the town square has won numerous awards, such as 'Seafood Restaurant of the Year.' It is also part of Ireland's Seafood Circle. **Organico** is a vegetarian restaurant located above the Organico bakery and food shop (2 Glengarriff Road, Tel: 027 51391) which sells tasty snacks and wholesome organic meals.

Just outside Bantry, and well worth a detour, in Ballylickey is **Mannings Emporium**, (Tel: 027 50456); an Aladdin's Cave for food enthusiasts. It will be difficult for you to leave this place empty handed as the array of goods on offer would tempt any palate.

 *Bantry to Bandon - Take the inland road (R585) to return to Cork City.*

On your journey you will see countryside waiting to be explored. There are many walking routes in place to help you digest the food of the previous days and prepare you for the next.


Dunmanway in the heart of West Cork is sheltered by mountains on three sides. It is a 17th century planned town and the two original triangular squares still survive. A local man, Sam Maguire, gave his name to the All Ireland Senior Football trophy. His birthplace is just a few miles from the town and a commemorative statue is located in the town square. The Irish Natural Forestry Foundation (Tel: 023 8822823) at the Manch estate in Ballineen has numerous wooded paths and riverbanks to explore, as well as craft demonstrations and workshops. In the next village of Ballineen is the **River Lane Café** on Bridge St. (Tel: 023 8847173) which serves an array of delicious quiches, health breads, salads, and dressings.

 *Continue east on the R586 road for approx. 7kms where you will take a right at the L2015 junction. This road will connect you to the N71 Clonakilty to Bandon road. At this junction take a left and approx 8kms on your left will be Hosford's Garden Centre and the Blue Geranium Café.*

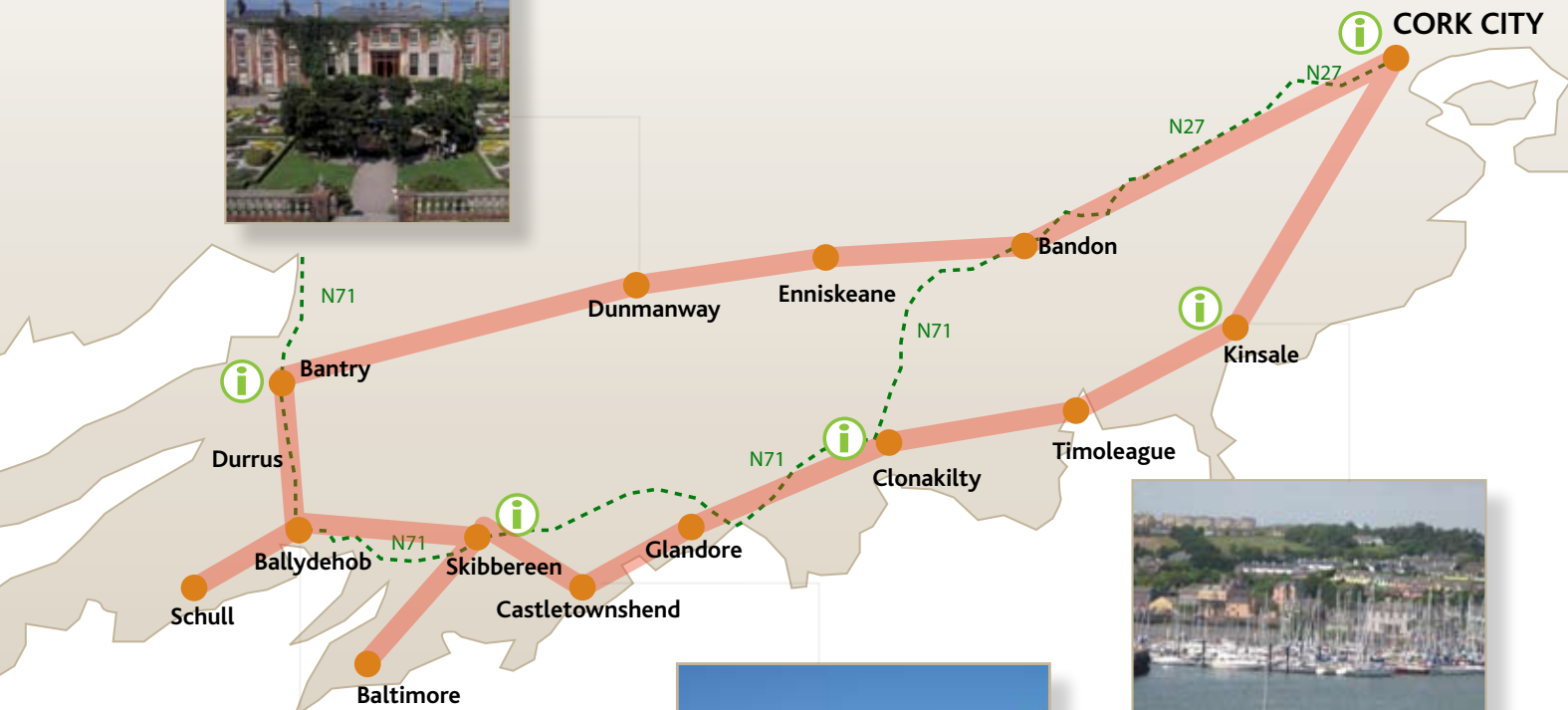
The Blue Geranium Café (Cappa, Enniskeane Tel: 023 8839159) is located on the grounds of Hosford's garden centre near Bandon. Food for the café such as beans, peas, herbs, salad leaves, tomatoes and even peaches are sourced from their own gardens. Everything else comes from the immediate locality.

Continue on from Hosford's to Bandon which was founded by Sir Richard Boyle, Earl of Cork, in 1608. It is a large and thriving regional centre set in a rich agricultural area. '7 miles from 7 beaches' the area is a game anglers paradise. **The Poacher's Inn Seafood Bar & Restaurant** (Tel: 023 8841159 Clonakilty Road, Bandon) serves fresh fish prepared confidently in the simplest of manners. The fish are sourced from the fishing port of Castletownbere in West Cork and lunch is planned based on the fish landed that morning.

Each Saturday morning there is a farmers market in the town. It is also home to **URRU culinary store and café** (Tel: 023 8854731 The Mill, McSwiney Quay).

 *From Bandon, return to Cork city via the N71.*

WEST CORK FOOD TRAIL



THE WEST CORK AREA IS SPECTACULARLY BEAUTIFUL...IRELAND'S FOOD REVOLUTION IN FACT BEGAN IN WEST CORK



Tourist Information

Cork city and county	www.discoverireland.ie/cork
Good Food Ireland	www.goodfoodireland.ie
Kinsale Good Food Circle	www.kinsalerestaurants.com
Restaurant Association of Ireland	www.rai.ie
Vintners Federation of Ireland	www.vfi.ie
Bridgestone Guides	www.bestofbridgestone.com
Georgina Campbell's Ireland	www.ireland-guide.com
South & East Cork Area Development	www.secad.ie
West Cork Fuchsia	www.westcorkaplaceapart.com
Irish Food Board (Bord Bia)	www.bordbia.ie
Irish Sea Fisheries Board (BIM)	www.bim.ie

Accommodation

Hotels	www.irelandhotels.com
Bed and Breakfast Accommodation	www.bandbireland.com
Farmhouse Accommodation	www.irishfarmholidays.com
Hostels	www.irelandyha.org
Self catering	www.iscf.ie
Caravan and Camping	www.camping-ireland.ie

Transport

Route Planning	www.aaroadwatch.ie
Train	www.irishrail.ie
Bus	www.buseireann.ie
Cork Airport	www.corkairport.com

Miscellaneous

Slow Food Movement	www.slowfoodireland.com
Cork Farmer's Markets	www.discoverireland.ie/corkmarkets
Entertainment	www.entertainment.ie

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