



Food Tour of IRELAND

A once-in-a-lifetime-experience from coast to coast led by world-famous archaeologist and chef, Dr. Bill Schindler, and Irish food executive and CEO, Jason O'Brien

ALL INCLUSIVE

LODGING | MEALS | TRANSPORTATION | TOURS

MORE CONTACT INFO:

christina@eatlikeahuman.com
eatlikeahuman.com/product/ireland



AN INSIDER'S EXPERIENCE FROM COAST TO COAST

Experience the trip of a lifetime by eating your way through Ireland while connecting with the very essence of what Irish food really means. We will visit a working/teaching farm in the heart of Dublin, tour archaeological and experimental archaeological sites, forage in the mountains, and traverse some of the most scenic landscapes in the world. We will meet archaeologists, farmers, food producers and suppliers, chefs, and foragers. You will eat in farm-to-table restaurants, drink pints in a pub, cook together while overlooking the rugged North Atlantic coast, and dine in the home of Ireland's first 2 Michelin Star chef. Think of this as a seven day, all-in, immersive, experience that will excite, inspire, inform and nourish you all at the same time. You will never look at Ireland or food the same way again!

Day 1: Monday August 7th



Connection through Food Education

Arrive in Dublin in the morning or arrive any time beforehand

11:00 – 12:30 Tour of Airfield Estate | Educational working farm in Dublin

12:30 – 1:30 Lunch at Overends Kitchen | Genuine Farm to Table restaurant at Airfield Estate

Connection through Experimental Archaeology

2:00 – 3:30 Tour of Centre for Experimental Archaeology and Material Culture, University College Dublin with Dr. Brendan O’Neill, Director of CEAMC and head of school, Dr. Aidan O’Sullivan

ADD TEXT

4:00 Return to hotel, free time to rest, explore, etc.



Dinner & Pints

6:00 Traditional Irish Meal at Matt the Thresher in City Center

After dinner Pints at Toners which opened in 1734!

First round is on us!



Lodging

Radisson Blu, St. Helen’s Hotel, Stillorgan Rd, Blackrock, Dublin 4

Day 2: Tuesday August 8th



Connection through Authentic Irish Producers

Breakfast at Radisson Blu

10:00 Pick-up at hotel and begin journey west

10:30 – 12:00 Owner of Odaios Foods, Jason O'Brien shares how his family company makes it work in the real world – connecting with farmers, hunters, foragers, and cheesemakers for supply and distribution in restaurants/hotels plus gourmet samplings for us!

12:00 – Depart for County Mayo

2:00 – Lunch, tour and shopping at Foxford Woolen Mills

– after getting a behind the scenes tour of the famous woolen mills, enjoy lunch at their restaurant, and then shop for Irish woolen classics

Stop at Tulsk, an historic Irish landmark



Dinner & Discussion about our Ancestral Dietary Past

6:00 **Gourmet dinner at Mount Falcon** followed by a special lecture given by Dr. Bill Schindler on our 3.5 million dietary past with stories of his tv show, The Great Human Race, and travels around the world woven throughout



Lodging for 2 nights

Céide Glamping Pods Rynn, Ballycastle, Co. Mayo, F26 YN92 where you wake up to the Atlantic sea outside your private front door

Day 3: Wednesday August 9th

Immerse yourself in the wild and wicked west of Ireland and spend 2 days in Belderrig entrenched in prehistory, history, archaeology, human/landscape interaction, food, folklore and quintessential Irish charm and hospitality.



Connection through Prehistoric Past, Landscape and Cooking

Breakfast overlooking the sea

Morning - **Exploration of Belderrig Harbor** and try your hand at **cutting peat** with Ireland's top archaeologist (and storyteller) Seamus Caufield and his son, Declan

Lunch - Smoked mackerel and lamb barbecued on the shore of Belderrig Bay

Afternoon - **Cliff Top walk** along the North Atlantic Coastline led by Seamus and Declan Caufield

Dinner - Jason's cottage overlooking Belderrig Bay including North Atlantic lobster, whiskey tasting and Valrhona dessert all around a peat fire under the stars and then whisked back to your glamping pod



Lodging for 2 nights

Céide Glamping Pods Rynn, Ballycastle, Co. Mayo, F26 YN92 a second morning waking up to the sound and sight of the wild western sea

Day 4: Thursday August 10th

Day 2 of a deep dive into the wild and wicked west of Ireland



Connection through Prehistoric Past, Landscape and Cooking (Day 2)

Breakfast overlooking the sea

Private tour of Céide Fields, the remarkable neolithic site that contains the oldest known stone-walled fields in the world – dating back nearly 6,000 years by Seamus Caufield

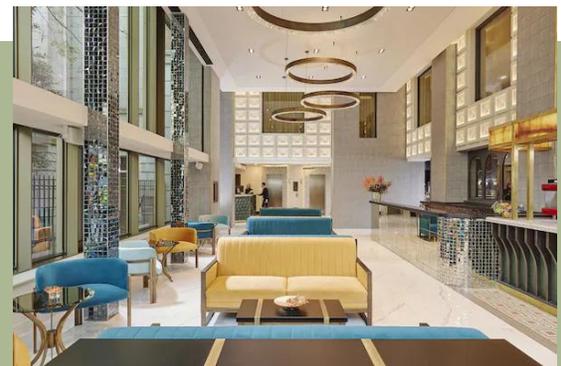
Lunch at Céide Fields Centre Cafe

Private tour of Downpatrick Head and Sea Stack by Seamus and Declan Caufield. Breathe in the fresh sea air on an exhilarating coastal trek and see the site of a former church founded by St Patrick, where you'll find a holy well and stone cross. and then view Dún Briste (Gaelic for Broken Fort) which was once joined to the mainland and stands 150 feet tall.

Dinner at Keenans at Tarmonbarry on return drive to Dublin

Lodging

The Grafton Hotel Johnsons Place, 31/32 Stephens Street Lower, Dublin, D02 WV05, Ireland
Contemporary art-deco inspired hotel in a prime location next to Grafton Street – the perfect place to enjoy the best of Dublin!



Day 5: Friday August 11th



Connection through Seasonality, Foraging & Award Winning Chefs

Breakfast at The Grafton Hotel

Visit **Glendalough**, one of the most important monastic sites in Ireland founded by St. Kevin in the 6th century. Full of monastic remains to explore and the impressive the Round Tower which stands 98 feet tall.

Lunch at Little **Acorn Cafe** with celebrity Chef Maggie Roche

Seaweed Foraging at Corbawn Strand with **Marie Power, the Sea Gardner** where she will introduce us to one of Ireland's traditional natural wild foods. After foraging with her, Marie will cook some of what we collect right on the beach for us to sample. It doesn't get more local than this!



Dining with 2 Michelin Star Chef, Kevin Thornton in his private Dublin home

The perfect way to tie together all the week's experiences in Ireland is with Michelin Star chef, forager and creative, Kevin Thornton, his Muriel, and their team where they will prepare a gourmet 5-course meal of a lifetime.

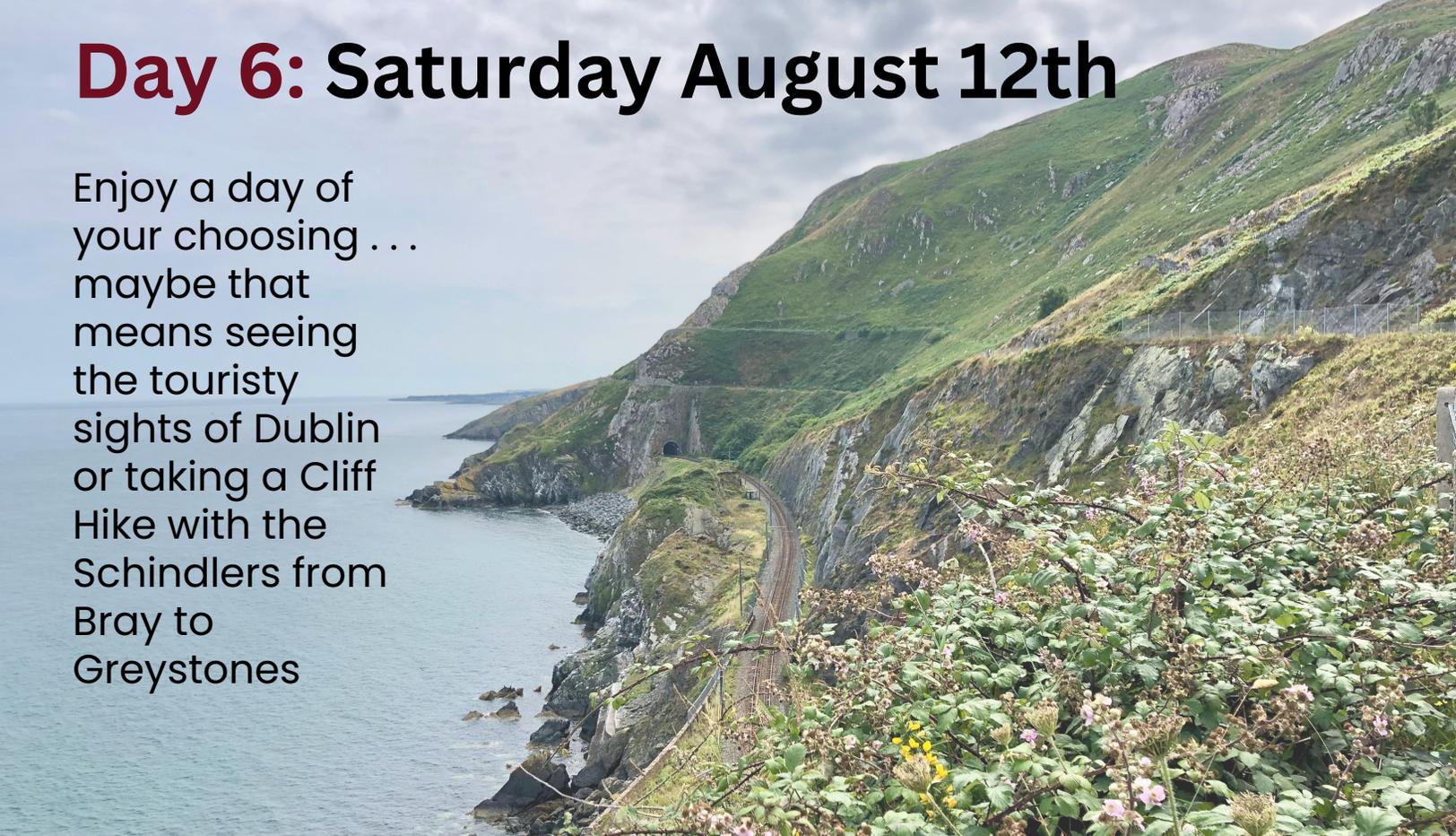


Lodging

The Grafton Hotel Johnsons Place, 31/32
Stephens Street Lower, Dublin, D02 WV05,
Ireland

Day 6: Saturday August 12th

Enjoy a day of your choosing . . . maybe that means seeing the touristy sights of Dublin or taking a Cliff Hike with the Schindlers from Bray to Greystones



End our Food Tour with your Perfect Day

Breakfast at The Grafton Hotel

Free morning and afternoon to hit your must-see tourist spots in Dublin OR you can join Bill and Christina Schindler who will be hiking the path from Bray to Greystone and then having lunch at the Happy Pear.

Dinner and drinks in Temple Bar to celebrate a once-in-a-life-time trip with new-found friends!



Lodging

The Grafton Hotel Johnsons Place, 31/32 Stephens Street Lower, Dublin, D02 WV05, Ireland

Day 7: Sunday August 13th

Depart for home or continue your adventure

Transfer to the Dublin airport will be arranged for your departing flight.

Breakfast at the Grafton Hotel

Eastern Shore Food Lab Trip to Ireland

Irish Locations

- 📍 Dublin Airport
- 📍 Airfield Estate
- 📍 Overends Kitchen
- 📍 University College Dublin
- 📍 Matt The Thresher
- 📍 Radisson Blu St. Helen's Hotel, Dublin
- 📍 Odaios Foods Ltd
- 📍 Foxford Woolen Mills
- 📍 Tulsk
- 📍 Mount Falcon Estate
- 📍 Ceide Glamping
- 📍 Belderrig
- 📍 Céide Fields
- 📍 Downpatrick Head
- 📍 Downpatrick Head Blowhole
- 📍 Dún Briste Sea Stack
- 📍 Keenan's Hotel Bar & Restaurant
- 📍 The Grafton Hotel
- 📍 Glendalough
- 📍 Little Acorn Cafe
- 📍 Shankill Beach
- 📍 Ranelagh
- 📍 Greystones
- 📍 Trinity College Library
- 📍 Guinness Storehouse
- 📍 Temple Bar



Coast-to-Coast Ireland Trip Overview

7 days; 6 nights from Dublin to Belderrig

All inclusive: meals, tips, lodging, transportation, tours, and personal American and Irish tour guides

Join us and experience the magic of Ireland's food, history, landscape, and culture with all of your senses while actively participating in this one-in-a-lifetime Irish tour.

BOOK NOW



Cost: \$3700 per person based on double occupancy

– round trip airfare not included | Book at: www.eatlikeahuman.com/product/ireland2023

Only 12 spots are available for this trip. Payment is due in full to reserve your space.

Cancellation policy: Cancellation requests must be submitted in writing to christina@eatlikeahuman.com. We will retain:

20% of the tour price if cancellation notice is received 90 days or more prior to departure.

50% of the tour price if cancellation notice is received 46–89 days prior to departure.

100% of the payments received if cancellation notice is received 45 days or less prior to departure.

Itinerary is subject to change due to weather and other issues outside our control