

## Between the rock and the Rose

### (Herb walk and workshop deep in the Burren)

Lisa Guinan, a professional and well renowned Irish Herbalist guides people into the deepest parts of the Burren landscape for a timeless journey into nature, beauty and healing. She brings Irish folklore and traditional plant medicine alive through exploration of the native healing plants tucked away behind the ancient stones. Guests leave with a 60ml Wildflower healing salve, allowing them to take the healing of the beautiful Burren home with them.

- A unique Nature experience with time spent outdoors immersed in the heart of the Burren landscape.
- Off the beaten track with Spectacular views
- Guided by Lisa Guinan, a well renowned and highly knowledgeable Burren Herbalist
- A medicinal plant foraging experience and folklore as it was in Old time Ireland.
- Indoor display of colourful wild herbs and a cocktail of medicinal plant medicines such as tonic wine, cough elixirs and healing salves.
- Making medicinal cures from wild herbs – Live demonstration
- Tea and scones
- Take home gift – 60ml Wildflower Healing Salve made from local healing herbs

**Top Tip:** The walk takes place on rugged ground in the Burren. Moderate fitness required. Walking shoes, warm clothing and light rain gear essential

**Duration:** 3 Hours ( From 9.30am to 12.30pm Or from 3pm to 6pm)

**When:** June 1st to September 30th

**Min/Max Numbers:** No Minimum – 25 Maximum

**Price:** €350 flat rate plus €25 per person

**Location:** Burren fine wine and food, Corkscrew Hill Road, Ballyvaughan, Co. Clare

**Pre-Booking:** Yes prior booking required at least 2 weeks in advance by contacting Lisa

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**W.** [www.irishherbalroots.ie](http://www.irishherbalroots.ie)

