



## Market Garden Burren Food Trail

The Burren valleys are home to many market gardens and farms. Come and discover the secrets of the gardeners, take a cookery masterclass, discover the edible seaweeds of the Atlantic or visit a Farmer's Market where you can chat with the growers and enjoy the best of locally produced seasonal food.

### Meet the Makers of the Market Garden Trail:

**Kinvara Farmers Market:** Renowned for its friendly atmosphere, live music and vast array of fresh local produce and crafts. Kinvara Farmers market takes place every Friday from April to November.

**T.** +353 (0) 87 949 5769 **W.** [www.kinvara.com/farmersmarket](http://www.kinvara.com/farmersmarket) **L.** Kinvara, Co.Clare

**Ballyvaughan Farmers Market:** Established in 2003 this bustling and vibrant farmers market is recognised as a premium food market with wholesome quality food from local producers every Saturday May to October 10am to 2pm

**W.** [www.facebook.com/BallyvaughanFarmersMarket](http://www.facebook.com/BallyvaughanFarmersMarket) **L.** Ballyvaughan, Co.Clare

**Falls Hotel:** Our Cascades Restaurant, at the river's edge, is open nightly and offers traditional as well as international dishes prepared from local produce. The view from the restaurant is a mirror image from that of the Dylan Thomas Bar, overlooking the river and its cascades.

**T.** +353 (0) 65 707 1004 **W.** [www.fallshotel.ie](http://www.fallshotel.ie) **L.** Ennistymon, Co.Clare

**Burren Fine Wine & Food:** Nestled in the hills of the Burren a century old stone coach house we specialise in summer lunches, afternoon tea, quality wines and gourmet hampers with owner Cathleen's home-baking and gardening skills.

**T.** +353 (0) 87 763 3241 **W.** [www.burrenwine.ie](http://www.burrenwine.ie) **L.** Corkscrew Hill Road, Ballyvaughan

**Seaview House Doolin:** Sea View House B&B in Doolin village has gained recognition for their use of locally sourced and home grown ingredients. By sourcing almost all their food from either local producers or their farm and garden, they have significantly reduced the food miles it takes to create their delicious breakfasts.

**T.** +353 (0)87 267 9617 **W.** [www.seaview-doolin.ie](http://www.seaview-doolin.ie) **L.** Fisher Street, Doolin, Co.Clare

**Ballinsheen House & Gardens:** At Ballinsheen House we have a passion for food and quality Irish produce. Our breakfast is a very relaxed affair where you can choose from our extensive buffet before choosing something from our breakfast menu cooked to order by Mary in the Kitchen. With stunning garden views so you can linger and have a gloriously lazy start to the day.

**T.**+353 (0)65 707 4806 **W.** [www.ballinsheen.com](http://www.ballinsheen.com) **L.**Galway Road, Lisdoonvarna,Co.Clare

**Hazelwood Lodge:** Wake up in your comfortable and elegant room to a delicious breakfast cooked to order in the dining room to set you up for your day of exploring the wilds of Co Clare. Before setting off you can consult Hazelwood Lodge's bespoke list of top things to do while staying here to assist you in getting the most from your adventure in Co. Clare.

**T.** +353 (0)65 707 7092 **W.**[www.hazelwoodlodge.ie](http://www.hazelwoodlodge.ie) **L.** Ballyvaughan

