



It's the land of a hundred thousand welcomes, an island brimming with cultural treasures and the ultimate destination for fantastic food and drink. The island of Ireland may be small, but from the rugged, untouched beauty of the Causeway Coastal Route to the bustling charm of Dublin, it certainly packs a punch. In fact, it's never been a more exciting time for the island's culinary scene, so get ready to fill your plate.

Award-winning restaurants, cafés, pubs and markets are popping up everywhere, so whether you're in the mood for a spot of refined dining or a more hearty meal, your appetite will be well and truly satiated here. From tucking into freshly caught fish at Hooked in Galway and fine dining at the Cliff House Hotel in Waterford, a brunch using local produce in The Pocket, Belfast – it's all delicious, locally sourced and served with a warm welcome.

Feast your way across the island this autumn with these incredible culinary experiences.



Savour the flavours of the coast

With wind-swept coastlines and the tang of salty air on your lips, no Ireland adventure is complete without trying the seafood. After you've surfed Sligo's gravity-defying waves, you can pile your plate at its legendary Oyster Experience tour. Or, if you want something really healthy, try Cork's nutrient-rich seaweed while on a kayaking

tour. Voyage to Rathlin Island, off the coast of County Antrim, and you could even do a hands-on 'catch and cook' trip, where you can learn how to catch, fillet and season your own fish.

Raise a glass

Irish whiskey has many fans across the world – and it's easy to see why. Whether you prefer yours rich and peaty or soft and mellow, a dram of Irish whiskey always hits the spot. Quench your thirst at the Old Bushmills Distillery in Antrim – one of the oldest in the world – or stop by the Teeling Distillery, the first new one in Dublin in more than a century.

There is also a wealth of other distilleries and breweries springing up across the island for you to explore. Why not pay a visit to the award-winning Dingle gin distillery in Kerry, or stroll across the Peace Bridge in Derry-Londonderry to the Walled City Brewery and try out its craft brews?

Learn from the pros

Keen to learn how to make soda bread from scratch? Or maybe you'd rather learn how to perfect an Irish stew? From traditional homes to high-end restaurants, there are plenty of cooking and baking classes for you to try across the island. Why not take a class at the internationally acclaimed Ballyknocken House and Cookery School in Wicklow? You'll taste the freshest, highest-quality produce and take your cooking to the next level.

Indulge your senses

With 16 Michelin-starred locations across the island, forward-thinking, high-end food is always at hand across the island. If you're looking for Irish produce that's been given a European twist, then a trip to OX in Belfast is a must. Or, if you're in the mood for experimental veg-centric cookery, dine at Loam in Galway. Championing seasonal ingredients with a sense of provenance, these award-winning restaurants are putting the island of Ireland on the culinary map.



TASTE THE ISLAND

This marks the first year of Taste The Island, a 12-week long celebration of Ireland's food and drink. With a range of food producers and distilleries, bustling food markets and Michelin-starred experiences to choose from, this all-island event will leave you craving more. This October, be sure to catch the Savour Kilkenny food festival, where you can sample artisan treats from the county's best producers – from cheesemakers to chocolatiers. Or why not feast on a lavish 18th-century style banquet at the Armagh Georgian Festival in November? Running from September to November, Taste the Island promises to have something for everyone, so don't miss out!

A TASTE OF IRELAND

From acclaimed whiskeys to award-winning restaurants, vibrant festivals and prime seasonal produce: make the island of Ireland your next culinary adventure

Fill your heart with
Ireland 

For more information and to plan your trip, visit ireland.com/TasteTheIsland