

## **PRESS RELEASE**

### **Blaze a trail with Trail Kilkenny during the Kilkenny Trails Festival and take a food trail that will give you insight, inspiration and experience!**

Trail Kilkenny has a fantastic range of easily accessible, high quality walking, cycling, food and craft trails for visitors to County Kilkenny – the most rewarding way to spend time in the black and amber county.

Foodies of ages and tastes will find a Trail Kilkenny trail to tempt them with Ireland's finest artisan food producers, where the TASTE of Kilkenny Food Trail lures you to try the handiwork of everyone from expert chocolatiers to legendary cheesemakers. Making the mouth water and getting tastebuds tingling for everything from cute cafés, to carefully cared for chicken, to the country's very first caviar, TASTE of Kilkenny Food Trail was created by the natural ambassadors for the rich and varied food culture of this luscious, verdant county.

Enjoy some incredible edibles, for example, and join forager and eco-expert Mary White on a trail to forage for safe, wild food, on a walk for any foodies interested in foraging, on Saturday, 21st September from 12 noon from Bennettsbridge.

September is a fabulous time to come and visit the county and experience what the TASTE of Kilkenny Food Trail is all about, as the Kilkenny Trails Festival runs this year from the 1<sup>st</sup> to the 29<sup>th</sup> of September, with a jam-packed and exciting programme of events designed to inspire you to get out and about, get active and get exploring the wonderful Kilkenny countryside.

There are Trail Kilkenny trails full of taste and flavour, full of sights, sounds and textures, full of history, culture and beauty, to be experienced on two wheels, in a car, or on your own two feet, and to be experienced most importantly through the passion and commitment of local producers, residents and craftspeople, who help to make an adventure of every day spent in Kilkenny county. With more than sixty events planned for the month of September, this year's Kilkenny Trails Festival has something perfect for everyone – for families, groups of friends, solo adventurers, keen cyclists, experienced hikers, absolute beginners and complete newbies, and even the dog!

The Harvest Picnic and artisan food & craft market is the final big day out of the Kilkenny Trails Festival, bringing the Festival to a close with a massive gathering, a celebration of all the trails and a day of great fun, food and activities for all the family on Highbank Organic Farm from 10 a.m. until 6 p.m. on Sunday 29<sup>th</sup> September. Bring your own picnic, pre-order a Glasraí & Goodies picnic basket, or pick up picnic treats from the artisan food market and join in the

events of the day. These include a guided family cycle from Kilkenny, Farm Train Tours, a Cycle Track and Orienteering Course around Highbank Farm, bread, butter and jam making demonstrations in the Cooking Pit from Anne Neary (Ryeland Cookery School), Breda MacDonald (ICA) & Edward Hayden (TV3 celebrity chef), pottery and candle making workshops and harvest games such as bob the apple and squash skittles as well as wildlife walks, art exhibitions and lots more.

Nowadays in Kilkenny, the cats may laugh here (and they have done, to international recognition, for almost 20 years), and the county may be the proud winners of 33 all-Irelands in hurling to date, but maybe the most important number is made up of the many happy visitors who experience the insightful and inspirational Trail Kilkenny walking, cycling, food and craft trails.

[www.trailkilkenny.ie](http://www.trailkilkenny.ie)

To find and navigate Trail Kilkenny food, walking, cycling and craft trails, view the full range of trails on [www.trailkilkenny.ie](http://www.trailkilkenny.ie) where you can also download trail maps, download the free App by searching for Trail Kilkenny in the App Store, follow Trail Kilkenny on Twitter on @trailkilkenny or on Facebook at [www.facebook.com/TrailKilkenny](http://www.facebook.com/TrailKilkenny) or pick up one of the free maps and brochures available in many tourism and hospitality outlets around the county.

ENDS

#### NOTES TO EDITORS

There is a fantastic range of easily accessible, high quality walking, cycling, food and craft trails for visitors to County Kilkenny, with Trail Kilkenny trails full of taste and flavour, full of sights, sounds and textures, full of history, culture and beauty, to be experienced on two wheels, in a car, or on your own two feet. Most importantly, Trail Kilkenny trails are designed to be experienced through the passion and commitment of local producers, residents and craftspeople, who help to make an adventure of every day spent in Kilkenny. To find and navigate the walking and cycling trails as well as TASTE of Kilkenny Food Trail and MADE in Kilkenny Craft Trail, view the full range of trails on [www.trailkilkenny.ie](http://www.trailkilkenny.ie) where you can also download trail maps, download the free App by searching for Trail Kilkenny in the App Store, follow Trail Kilkenny on Twitter on @trailkilkenny or on Facebook at [www.facebook.com/TrailKilkenny](http://www.facebook.com/TrailKilkenny) or pick up one of the free maps and brochures available in many tourism and hospitality outlets around the county.

ENDS

Gillian Duke  
Host & Co. Ireland's hospitality, food & wine specialists  
Host House  
Stoney Road  
Dublin 3  
Tel: +353 1 855 8500  
Mob: +353 87 9050287  
Email: [gillian@hostandcompany.ie](mailto:gillian@hostandcompany.ie)  
Web: [hostandcompany.ie](http://hostandcompany.ie)