



www.rockfarmslane.ie

Rock Farm Slane Electric Bike Tours presents

Boyne Valley Food Series – Special Offer

Slane Food Circle 25km Menu – Food Tour by Electric Bike

Monday 2nd June 2014

Rock Farm Slane is an ecotourism provider that specialises in walking and bike tours of the Slane Castle estate and the wider Boyne Valley.

We also have a Boutique Eco Camp with 7 Yurts and Shepherds Huts at our which sleeps up to 28 people sharing.

Rock Farm Slane is based on a 90-acre organic farm, which is part of the Slane Castle estate. The farm specialises in rearing a variety of organic beef, organic pork from free ranging Tamworth pigs and grows organic fruit and vegetables.

We are founding members of a food cooperative The Slane Food Circle which participates in a number of activities from Farmers Markets to the Boyne Valley Food Series events.

This is the first season of Slane Food Circle electric bike tours making use of these brilliant Pedelec (pedal-assisted) bikes to transport cyclists and non-cyclists alike around a beautiful undiscovered part of the Boyne Valley beyond Slane in the valleys of the Rathkenny Ridges

Please find below information on our tour, transport and accommodation options.

www.rockfarmslane.ie

(T) 041 988 4861 www.facebook.com/RockFarmSlane Twitter: @RockFarmSlane

Slane Food Circle Electric Bike Tour

This tour is based on a one-day 25km food tour by electric bicycle through the Boyne Valley taking in the following destinations. The tour will be hosted by Carina Mount Charles organic farmer and ecotourism guide.

Maximum party size: 15

Electric bikes available: 10 electric bikes.

* More electric bikes are available. However places will be allocated on a first-come-first served basis and Rock Farm Slane will need plenty of notice to offer additional electric bikes.

* Please enquire for price (info@rockfarmslane.ie) if you'd like to bring your own bike or hire a hybrid non-electric bike for the tour.

Tour description

1. Rock Farm Slane

The tour will begin at Rock Farm Slane at with tea/coffee, and a platter of goodies from our clay oven, served from 9.30am at the Strawbale Farm Office. We will start with a practice run on the electric bikes around the farm taking in the Boutique Campsite with Yurts and Shepherds Huts, organic Tamworth pigs, the Dexter cows, rescue ponies and the free ranging, organic chickens. A brief guide to the Mount Charles's sustainable farming plans and ecotourism project will include permaculture, forest gardening, hedgerow regeneration, wildlife conservation and natural sewage systems.

Tour Length: 1 hour including tea and coffee

Departure at 11am.

Route: Easy, no hills and quiet roads via Slane village.

Cycle time to Shalvanstown: 20 – 30 minutes

2. Shalvanstown Organic Farm

A Slane Food Circle lunch to be served at Shalvanstown upon arrival.

The tour will be conducted John McDonnell a veteran organic farmer, who will explain the benefits of organic and biodynamic farming, as well as his experiences with cooperative farming and social enterprises like the Camphill Community and the Slane Food Circle. We will visit Fox's Cottage with its sweeping views of the Rathkenny Ridges and see his organic flocks of sheep and cattle foraging on green grass and fodder crops. 1 hour tour.

Arrival 11.30am

Tour Length: 1 hour including walk to Fox's Cottage (Land Commission history and viewing point)

Departure 12.30pm

Cycle time to Mullagha Farm: 15 minutes

Route: Easy, small hills and beautiful scenic country

3. Boyne Valley Blue Cheese

The tour will be conducted by the awarding winning cheese producer Michael Finegan (www.mullaghafarm.ie/Awards.aspx) who will introduce us to his herd of goats and explain to us his method of cheese making. Lunch will be served in the ancient courtyard of Mullagha Farm where the history of the ancient Mill and Teeling manoir will be given. 1 ½ hour tour including lunch.

Arrival 12:45pm

Tour Length: 1 ½ hour including lunch (Slane Food Circle cold meat and cheese platter with organic salads)

Departure 2:15pm.

Cycle time to Des Crinion, Stackallen: 20 - 30 minutes

Route: Easy, no hills and only small stretch on secondary road

4. Des Crinion, Organic Farm

Des Crinion is a veteran organic farmer who traded in a successful career in hotel management to dedicate his life to his passion for good organic produce. We will visit Des's animals including sheep, chickens, polytunnels and learn about the many organic farm enterprises Des has been involved with. Des's organic ice cream pudding to be served.

Arrival: 2:45pm

Tour Length: 1 hour tour including pudding stop for Des's organic ice-cream

Departure 3:45pm.

Cycle time to The Cider Mill: 15 – 20 minutes

Route: Easy, no hills. One main road crossing

5. The Cider Mill, Cockagee Cider

The tour will end with a visit to The Cider Mill to meet Mark Jenkinson and learn about the long lost Irish Cider "cac a gheidh" (meaning goose turd green) which originates from the yellow-green colour of the fruit from the

Cockagee apple tree. We will also learn about the ancient technique of Keiving which helps produce this fine, high quality award-winning cider.

Arrival: 4:00pm

Tour Length: 1 hour tour including cider tasting

Departure 5:30pm.

Cycle time to Rock Farm Slane: 30 - 40 minutes

Route: Easy, no hills. One main road crossing and chance to visit the River Boyne and discover medieval Slane.

Food purchasing & photo opportunities

Opportunities for purchasing food products during the journey and taking fabulous photos will be given along the way

Transporting purchases

The Rock Farm Slane and the Slane Food Circle will endeavour to transport your product to you to meet you at the end of your journey.

Green travel arrangements

Rock Farm Slane is an ecotourism business that encourages guests to avail of local public transport options. Pick-up and drop off from Slane Village (Bus Eireann – National or Collins Coaches - Dublin/Monaghan) and Drogheda MacBride Train station can be arranged. Please contact us on 041 988 4861 or info@rockfarmslane.ie for assistance.

Alcohol consumption

Please take care when consuming alcohol during cycling activities. Rock Farm Slane will not be held responsible for any accidents if the participant is deemed over the limit.

Bike hire – Terms and Conditions

Please refer to Rock Farm Slane terms and conditions for electric bike hire (www.rockfarmslane.ie/electric-bike-hire). We will provide you with a full set of terms and conditions with your booking.

SLANE FOOD CIRCLE – Lunch Platter and ice cream

The ingredients for the Slane Food Circle cold meats and cheese platter with organic salads will come from the following members:

Boyne Valley Blue Cheese

Michael Finegan is well known both locally and nationwide for his award-winning blue goats cheese from his own herd of 300 milking goats.

Carlitos, Dunleer

Declan and Carmel Moore established Carlitos Restaurant in 1996 and produce a range of sauces and chutneys, as well as purchasing from the Slane Food Circle.

Cockagee Cider, Mark Jenkinson

Mark Jenkinson is the proud winner of the Best Medium Dry Cider in Ireland award at the Cider-Ireland Craft Cider competition (Slow Food Ireland Applefest 2013). Mark uses the ancient technique of Keiving to produce this fine, high quality dry cider.

Des Crinion - Stackallen

Des Crinion is an organic farmer producing cheese, ice cream, eggs and salad crops just outside the village of Slane

Newgrange Gold

Newgrange Gold Rapeseed and Camelina Oil is grown and produced at Crewbane in the heart of the Boyne Valley. The oils are 100% traceable because the rapeseed is grown, pressed and bottled entirely on the farm.

Rock Farm & Conynghams

Carina Mount Charles and her husband, Alex, produce a variety of organic vegetables, fruit, pork and beef throughout the year on the Rock Farm under the Conyngham's label.

Shalvanstown Organic Farm

John McDonnell, Shalvanstown is an organic farm and produces a range of organic beef and lamb, cereals and field vegetables.

The Whole Hoggs

Peter & Susan Whelan run a free range pig farm outside Slane. They produce gourmet sausages and dry cure their own bacon along with charcuterie. They also run a small herd of dexter cows.

COSTS

1 day Guided Tour + Ebike Hire + lunch + tasting + refreshments

€65 per person (inc VAT)

ACCOMMODATION OPTIONS

Further discounts are available on overnight accommodation at Rock Farm's boutique campsite www.rockfarmslane.ie/boutique-camping.

For prices please visit our online booking system at www.rockfarmslane.ie or enquire at info@rockfarmslane.ie or **041 988 4861**.

Prices are dependent on dates and party sizes.