

GOURMET *Greenway*



DISCOVER MAYO'S FINEST FOOD TRAIL

Discover Mayo's Finest Food from the Land and Sea

Introduction

The Gourmet Greenway is a food trail devised by Mulranny Park Hotel, in association with several Mayo food producers, to showcase the wonderful artisan food in the vicinities of Mulranny, Newport, Westport and Achill. Using the Newport to Mulranny Great Western Greenway as its backdrop, the Gourmet Greenway food trail highlights the great selection of food producers near to and along the route of the Great Western Greenway.

The Great Western Greenway (Newport-Mulranny) opened in 2010 and is the longest off-road walking and cycling trail in Ireland. It meanders 17.5km along the line of the famous Newport/Mulranny Railway, which closed in 1937, and its route runs from the back of Mulranny Park Hotel to Newport. The Greenway is an exhilarating outdoor experience and offers incredible scenery along its route such as Clew Bay, Croagh Patrick and the Nephin Beg range of mountains.

We encourage you to visit, sample and purchase the fare of the producers along the Gourmet Greenway and build this unique gastro experience into your outdoor activities in an area of unrivalled beauty.

Visit the Gourmet Greenway at:

WWW.MULRANNYPARKHOTEL.IE

1 Mulranny Park Hotel



Mulranny Park's fresh breads, baked daily on the premises led to so many enquiries that they are now available to purchase. Choose from homemade brown, banana bread and sun dried tomato and parmesan.

The Nephin Restaurant has one of the best vistas in the country, overlooking Clew Bay and with views of Croagh Patrick. Dinner and Sunday lunch menus are a celebration of the Gourmet Greenway with all the producers featuring on chef Ollie O'Regan's menus. The Waterfront Bar offers a more informal dining experience with a bistro menu from 12pm to 9pm. If weather permits, have a drink on the terrace and reflect on your Greenway experience.

Mulranny, Co. Mayo.

Tel: 098 36000 Web: www.mulrannyparkhotel.ie

Email: info@mulrannyparkhotel.ie

GPS: N 53 54.334, W 9 46.980

2 Kelly's Butchers in Newport



Dominick Kelly's butchers shop was established on Newport's Main Street in the 1930s. It remains a family business, currently run by brothers Sean & Seamus and Sean's two sons, Kenneth and Cormac. Foodies make a point of stopping at Kelly's to purchase their award-winning black & white puddings and sausages that are consistent winners in national and international competitions. Don't depart without experiencing Kelly's 'Putóg', a traditional black pudding originally cooked inside a sheep's stomach casing. Sean Kelly is described by Bridgestone Guide publisher John McKenna as "one of the most creative charcutiers

in the entire country" and is the first ever Irish member of the Confrérie des Chevaliers du Goute-Boudin (The Black Pudding Fraternity of Lovers of Good Food)

Main Street, Newport, Co. Mayo.

Tel: 098 41149 Web: www.kellysbutchers.com

Email: info@kellysbutchers.com

Hours: Mon-Thurs 9am-7pm; Fri-Sat 8am-8pm

GPS: N 53 53.155, W 9 32.790

3 Carrowholly Cheese



Carrowholly Cheese is named after the small village of Carrowholly, Westport, where the cheese is hand-crafted by owner Andrew Pellam Byrne. Carrowholly is a hard, gouda-style cheese made using raw cow's milk from local farmers and vegetarian rennet. The cheese is available in regular and mature versions, aged a minimum of 10 weeks and 9 months respectively. Younger cheeses are smooth and semi-firm, with a mildly sweet and slightly nutty flavour. Mature wheels are firmer, with a darker coloured paste and a fuller, more intense flavour. Carrowholly Cheese is available in five flavours – plain, nettle, pepper, garlic & chive and cumin – which come in 500gm units.

Carrowholly cheese is available through McCormack's Butchers & Christy's Harvest Shop in Westport and every Thursday & Saturday at Westport Market.

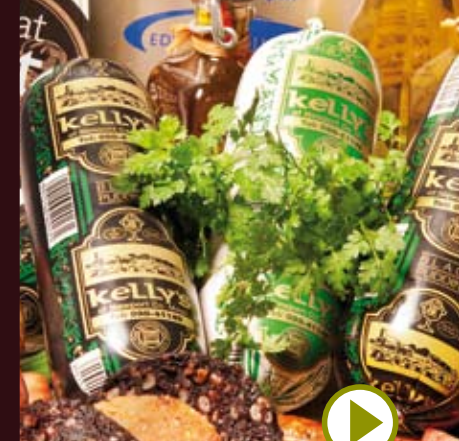
Carrowholly Cheese, Carrowholly, Westport.

Tel: 098 28813 | 087 2373536

Email: carrowhollycheese@gmail.com

Hours: For individual tours, contact Andrew.

GPS: N 53 48.808, W 9 36.503



④ Curraun Blue Trout Farm



Curraun Blue is the only organically sea farmed trout in Ireland and is run by father and son team Tom & Tom Dougherty in Mulranny. While complying with most European organic farming standards, Curraun Blue Trout has managed to retain its traditional farming methods that includes a respect for the environment, a diet of natural or organic ingredients and allowing longer time at sea than a conventional farm.

Doughil, Mulranny, Co. Mayo.

Tel: 087 2858758 **Email:** curraunblue@eircom.net

Hours: For tours, contact Tom.

GPS: N 53 55.172, W 9 47.721

⑤ Croagh Patrick Seafoods



For almost a quarter of a century the Gannon family has been supplying their award-winning produce - Clew Bay native oysters, mussels and clams - throughout Ireland, the UK and continental Europe. All of the produce at Croagh Patrick Seafoods is home produced from the Gannon family's mari-culture sites that are located adjacent to the family farm in Newport. A daily harvesting from Grade A oyster beds ensures freshness and a "shore to door" delivery. Croagh Patrick Seafood is available from Supervalu in Westport.

Roslaher, Newport, Mayo.

Tel: 098 41142 **Web:** www.croaghpatrickseafoods.ie

Email: info@croaghpatrickseafoods.ie

Hours: For tours, contact Croagh Patrick Seafoods.

GPS: N 53 51.459, W 9 33.734

⑥ Achill Island Turbot



Achill Island Turbot was established in 2008 by Michael Flanagan and has the distinction of being Ireland's only turbot farm. Achill Island Turbot is produced in a sustainable manner on the island of Achill. The fish are reared in pristine Atlantic seawater in a completely sustainable and fully traceable farming system. The turbot are produced using an advanced recirculation aquaculture system that leaves no negative impact on the local environment and the fish feed comes from sustainable sources. Achill Island Turbot produces exceptionally delicious, eco-friendly turbot which are fully traceable from hatchery to harvest and which has been accredited with the Irish Quality Turbot standard.

Bunacurry Business Park, Achill, Co. Mayo.

Tel: 098 47023 **Web:** www.achillislandturbot.ie

Email: info@achillislandturbot.ie

Hours: For tours, contact Achill Island Turbot.

GPS: N 53 58.300, W 9 59.012

⑦ Keem Bay Fish Products



Jerry Hassett began smoking wild Irish salmon in 1985. When stocks of wild salmon were reduced and no longer sustainable, Jerry switched to smoking Claire Island Atlantic Farmed Salmon and established Keem Bay Fish Products in 1992. The salmon is 100% organic and of an excellence quality for smoking.

Foodies can find Jerry in his smoking house at Keel in Achill Island where he smokes salmon, mackerel and kippers in his own kiln and oak roasts salmon.

Jerry is proprietor of The Chalet restaurant in Keel which is 50 years in business and specialises in premium seafood.

Pollagh, Keel, Achill, Co. Mayo.

Tel: 098 43265 | 087 2442555 or

The Chalet Restaurant at 098 43157

Email: keembay@gmail.com

Hours: For visits & purchases, contact Jerry in advance.



*The Gourmet Greenway
- A feast for the senses*



ACHILL ISLAND

INISHBIGGLE
ANNAGH ISLAND

NATIONAL PARK

NEPHIN BEG RANGE

CLEW BAY

CLARE ISLAND

7

6

1

4

2

5

3