

Taste Tour



Taste Tour

**SATURDAY & SUNDAY,
21 & 22 SEPTEMBER
11AM - 3PM**

Join our tour sampling tasting dishes from Taste Tramore venues throughout the town. Those marked in red are participating businesses. See map



Take 3 pieces of rubbish with you when you leave the beach and you have made a difference.

Taste Tramore

The Taste Tramore members who support and organise the Vitamin Sea Festival are listed below. Many members will take part in the Taste Tour.

- | | |
|-----------------------------|---------------------------|
| 1 Sea Brew Coffee Van | @seabrewcoffeevan |
| 2 Cove Stores | @covestores |
| 3 The Shack Tramore | @theshacktramore |
| 4 Quish's Supervalu | @quishs_tramore |
| 5 Lemon Drop Seafood Shop | @thelemondropsseafood |
| 6 Seagull Bakery | @seagullbakerytramore |
| 7 Doolys est. 1956 | @doolysfishandchips |
| 8 Zuca Brew Coffee Roasters | @zuca_brew |
| 9 Mezzo | @mezze.ie |
| 10 Tony's Takeaway | www.tonys.ie |
| 11 Victoria House | @the_vic_tramore |
| 12 L'Hearn Japanese Gardens | @lafcadio_hearn_gardens |
| 13 Bardoe Pizza | @bardoepizza |
| 14 Majestic Hotel | @majestichoteltramore |
| 15 Ranch Restaurant | @ranch_restaurant |
| 16 Beach House | @beach_house_tramore |
| 17 One Waterfront | @onethewaterfront_tramore |
| 18 Pipers Cafe & Churro Bar | @piperscafe_churrobar |
| 19 Brooklyn Restaurant | @brooklynrestaurant |
| 20 Surf Hut Cafe | @tramoresurfshop |
| 21 Sandcastle Cafe | @sandcastle_cafe |
| 22 Unbeatable Food | @unbeatablejenny |
| 23 Slow and Steady | @slowandsteadyeats |

Thank you

The Vitamin Sea Festival could not take place without the tremendous support of the Taste Tramore members, Tramore community, sponsors, partners and volunteers.

Key funding partners



Event Sponsors



Supporters

Taste Waterford, Tramore Library, Waterford Chamber, Visit Waterford, Coastguard Cultural Centre, Tramore Eco Group, Tramore Tidy Towns, T-Bay Surf Club, Visit Waterford, Newtown & Guillamene Swimming Club

Vitamin Sea Festival Event Team & Volunteers

Bernie Power, Nicola Crowley, Ray Cullen, Laura Mc Brinn and John O'Grady and all our ambassadors who helped over the festival weekend

Keep an eye on @vitaminscafestival for updates.

VITAMIN SEA FESTIVAL

Celebrating Tramore's Food & Outdoors



**20TH -
22ND**

**SEPT 2024
IN TRAMORE**

Ticketed Events

Tickets on sale from Friday 9th August.

Friday 20th September

- 8AM**
♥ *Tra. Bco.*
X91C6RV
Energising and balancing **SUNRISE YOGA, COFFEE AND OATS** with Karen McMahon and Slow and Steady cafe. 📞 €24 | trabeo7b@gmail.com
- 4-8PM**
♥ *Newtown Cove*
SAUNA WITH A SEA VIEW with The Hot Pod mobile sauna at Newtown Cove 📞 €10 | www.thehotpod.ie
- 5.15PM, 5.45PM, 6.15PM**
YOGA, SAUNA AND SUPPER with Tidal Soul Wellness, The Hot Pod and Seabrew Coffee Van 📞 €35 | www.thehotpod.ie ♥ *Newtown Cove*
- 6.30PM**
♥ *The Pier*
Soak up the sunset on a **STAND UP PADDLE** with Dunmore East SUP & Yoga followed by pizza from The Shack 📞 €55 | dunmoreeastsupandyoga.ie

Saturday 21st September

- 6.45AM, 7.15AM, 7.45AM, 8.15AM**
SUNRISE YOGA, SAUNA AND BREAKFAST with Tidal Soul Wellness, The Hot Pod and Seabrew Coffee Van. 📞 €30 | www.thehotpod.ie ♥ *Newtown Cove*
- 6.30 - 8.30 AM**
SUNRISE SUP AND BREAKFAST with Surf Sup Tramore and Seabrew Coffee Van 📞 €50 | Niall 0852662592 ♥ *Newtown Cove*
- 8AM**
♥ *L. H. Japanese Gardens*
FOREST BATHING AND MORNING TEA at Lafcadio Hearn Japanese Gardens with Sonia Cruz Oro 📞 €30 | www.lafcadiohearngardens.com
- 9.30AM - 7PM**
SAUNA WITH A SEA VIEW with The Hot Pod mobile sauna at Newtown Cove 📞 €10 | www.thehotpod.ie ♥ *Newtown Cove*
- 10AM**
♥ *Coastguard Cultural Centre*
Join Katie for **WELLNESS BY THE SEA** with breathwork, yoga, guided meditation, and soothing sound. €30 | eventbrite.ie
- 11AM**
♥ *Beach opposite Moe's*
Free **HIIT THE BEACH** fitness class with HQ Fitness with free protein smoothie from Moe's. Book your place: 051-395242
- 11AM**
♥ *Seagull Bakery Bakehouse*
BIRDING AT THE BAKEHOUSE: Back strand birdwatching followed by short film "Eanbaithneoir" by local film-maker Eoin Dalton. €5 | eventbrite
- 11.30AM**
♥ *Tra. Bco.*
X91C6RV
Get the endorphins flowing with **PILATES, COFFEE AND OATS** with Gráinne O'Driscoll and Slow and Steady cafe 📞 €24 | trabeo7b@gmail.com
- 12PM**
♥ *Tramore Heights Green*
FAMILY YOGA on the green with games, meditation & picnic from Cove stores 📞 From €15 | www.tidal-soul-wellness.sumupstore.com

- 12.30 & 2PM**
MAKE APPLE DONUTS with the multi-award winning Deirdre of The Cool Food School 📞 €15 | eventbrite.ie ♥ *Tramore 2th Scout Hall, X91 DX34*
- 12.30-8.30 PM**
♥ *BeachHouse*
FISH SHOP TAKEOVER with a menu of fish, chips and wine, with local lobster, crab and oysters. 📞 Book: beachhousetramore.ie
- 2PM**
♥ *Seagull Bakery Bakehouse*
Make sushi rolls and master chopsticks in this **FAMILY FRIENDLY SUSHI WORKSHOP** 📞 Adult €30, child €15 | eventbrite.ie ♥ X91 A6NT
- 2PM**
♥ *Tra. Bco.*
Experience gentle practices for body and mind relaxation at Katie's 2hr **WELLNESS WORKSHOP** 📞 €30 | eventbrite.ie
- 2PM**
♥ *Tramore Beach*
Art, science, and geography converge in **TIDE LINES**, a creative mapping workshop of Tramore's intertidal habitats 📞 €35 | anouschkajoyce.ie
- 3 & 6PM**
♥ *The Pier*
Soak up the sunset on a **STAND UP PADDLE** with Dunmore East SUP & Yoga followed by pizza from The Shack 📞 €55 | dunmoreeastsupandyoga.ie
- 5PM**
♥ *Seagull Bakery X91 PX96*
Experience the tradition of Japanese Saki with a **SAKI TASTING** with Yoshimi Hayakawa from Wa Cafe. 📞 From €35 | eventbrite.ie
- 7PM**
♥ *Seagull Bakery X91 PX96*
Join Brian O'Connor for a **WINE TASTING** of specially selected low intervention, organic wines. 📞 From €45 | eventbrite.ie
- 7PM**
♥ *Victoria House*
Guided **WHISKEY FOOD PAIRING** with Waterford whiskey producers and Mezze 📞 €55 | eventbrite.ie

Sunday 22nd September

- 6.45, 7.15, 7.45 AND 8.15AM**
SUNRISE YOGA, SAUNA AND BREAKFAST with Tidal Soul Wellness, The Hot Pod and Seabrew Coffee Van. 📞 €30 | www.thehotpod.ie ♥ *Newtown Cove*
- 6.30-8.30AM**
SUNRISE SUP AND BREAKFAST with Surf Sup Tramore and Seabrew Coffee Van 📞 €50 | Niall 0852662592 ♥ *Newtown Cove*
- 10AM**
♥ *Seagull Bakery Bakehouse*
Join Terra Ignis co-founder Linda O'Flynn for a **WILD FERMENTATION WORKSHOP** 📞 €80 | eventbrite.ie ♥ *Seagull Bakery Bakehouse, X91 A6NT*
- 12.30 - 8.30 PM**
♥ *BeachHouse*
FISH SHOP TAKEOVER with a menu of fish, chips and wine, with local lobster, crab and oysters. 📞 Book: beachhousetramore.ie
- 2PM**
♥ *Seagull Bakery Bakehouse & Tramore Beach*
Family-friendly **BEACHCOMB & FOUND OBJECT CRAFT WORKSHOP** creating art from beachcombed objects found on Tramore Beach 📞 From €8.50 | eventbrite.ie ♥ *Seagull Bakery Bakehouse, X91 A6NT and Tramore Beach*
- 3PM**
♥ *The Pier*
Soak up the sunset on a **STAND UP PADDLE** with Dunmore East SUP & Yoga followed by pizza from The Shack 📞 €55 | dunmoreeastsupandyoga.ie

Festival Events

No ticket needed - Free festival events or buy at the venue.

Friday 20th September

- 5.30PM - 7.30PM**
♥ *Newtown Cove*
Friday Night **GAMES NIGHT** with Sea Brew at the Guillamene. Board games and giant Jenja for adults and kids. Food provided by Sea Brew.
- 6-7.30PM**
🎵 Street food and disco tunes at the **STREET PARTY IN TRAMORE'S TOWN CENTRE** ♥ *Main Street Plaza*
- 7 - 8PM**
♥ *Coastguard Cultural Center*
Free & guided meditative **SEASIDE JOURNEYING WORKSHOP** with Kathrin from LoveTramore Designs. Gain unique insights & create sea-inspired drawings, Booking: 086-8889561

Saturday 21st September

- 9 AM-2 PM**
♥ *Priest's Road*
Weekly **FARMER'S MARKET** at the Tramore church car park. Local produce, organic groceries, and crafts.
- 10AM - 4PM**
UNBEETABLE SEA-THEMED MENU from Tramore's award-winning street food truck ♥ *Pickardstown Petrol Station*
- 10.30AM**
♥ *Old Lifeguard Hut on the Prom*
Explore the ghosts, sailors, tragedies and fortunes of our town with **TRAMORE WALKING TOURS**. No booking required 📞 €5 individual, €10 family | www.tramorewalkingtours.ie
- 10.30AM - 3 PM**
BOOKSWAP, STORYTIME, AND TASTE TRAMORE TREASURE HUNT ♥ *Tramore Library*
- 11AM**
BEACH CLEAN & YOGA: Join Yoga With Ginni for a 5 minute beach clean followed by an uplifting Yoga flow practice ♥ *Tramore beach, opp. the Skate Park*
- 11.30AM - 12.30PM**
GO GREEN WITH THE LIBRARY TEAM - garden activities and crafting for kids with a selection of gardening and food books for tips and ideas ♥ *Tramore Library*
- 11AM-3PM**
♥ *see map*
🎵 Take a self-guided **TASTE TOUR** of Tramore's favourite food and drink establishments with a €4 tasting dish/drink. Follow the trail marked on the map.
- 4PM**
♥ *McDonald R & Sons carpark*
🎵 Meet us for a **CÉILÍ AT THE CROSSROADS** with music, dancing, food, and craic at the the McDonald R & Sons carpark (beside Cove stores)
- 6PM**
♥ *Newtown Cove*
🎵 **SEA SOUNDS** - funky tunes, soul food and sea views in Newtown Cove with Seabrew coffee van and Campervan of Sound
- 6.30PM**
♥ *Mezza*
🎵 The Reckless Chef is back for one night only with her renowned pop-up, featuring a **VIETNAMESE-INSPIRED STREET FOOD** menu.
- 7PM**
♥ *The Ritz*
The Shack cooks up a seafood feast for a **PAELLA NIGHT AT THE RITZ** from 7pm.

Sunday 22nd September

- 9.50AM**
♥ *Lower Prom*
Join Tramore Tidy Towns for their weekly **BEACH CLEAN** ♥ *at public toilet on the Prom*
- 10AM - 4PM**
UNBEETABLE SEA-THEMED MENU from Tramore's award-winning street food truck ♥ *Pickardstown Petrol Station*
- 10.30AM**
♥ *Old Lifeguard Hut on the Prom*
Explore the ghosts, sailors, tragedies and fortunes of our town with **TRAMORE WALKING TOURS**. No booking required 📞 €5 individual, €10 family | www.tramorewalkingtours.ie
- 11AM-3PM**
♥ *see map*
🎵 Take a self-guided **TASTE TOUR** of Tramore's favourite food and drink establishments with a €4 tasting dish/drink. Follow the trail marked on the map, turn page.
- 12.30PM - 4.30PM**
♥ *Victoria House*
Join an exciting range of local food and drink chefs and producers for the Taste Waterford **DEMOS AND CHATS** in the stunning Victoria House beer garden overlooking Tramore Bay.
- 2.30PM**
♥ *Lower Prom*
Join Aoife for **ARTSTORM BY THE SEA** on the Prom for a nature inspired art and craft workshop.
- 5.30PM**
♥ *Lower Prom*
🎵 Tbay surf club will offer the traditional **MOLLY DOLL TO THE SEA** as they surf it out of the bay marking the end of our festival and the start of the surfing season.

Treasure Hunt

EXPLORE TRAMORE TREASURE HUNT will take you around a scenic walking route of the town. Organised by Taste Tramore and Tramore Library. Pick up your Treasure Hunt clues page from [Tramore Library](#) or download from WWW.VITAMINSEAFESTIVAL.IE Free event 🧑🏻🧑🏻🧑🏻

Take a Dip

September is said to be one of the best times to swim in the sea and Tramore historically has been the place to go at this time of year. The sea is still quite warm at approx. 15 °C and the fragmenting seaweed releases iodine into the sea which is reputed to have therapeutic properties. Join June Curtin and her tribe of **SNÁMHAI SÁSTA (HAPPY SWIMMERS)** for a swim off Tramore beach on Friday at 6pm - 6.30pm. Swim safe - Always swim in areas patrolled by lifeguards - see www.iws.ie for information

📞 Ticketed event ♥ Location 🎵 Street music 🧑🏻🧑🏻🧑🏻 family friendly