



Wild Food Walks on the Caerhays Estate with Rachel Lambert.

Forage, Cook and Dine

27th and 28th June 2012 at The Veian on the Caerhays Estate.

Enjoy leisurely walks along the coast & across the beautiful Caerhays Estate. Discover how to identify & use the abundance of delicious edible plants & wild food available to you. Back at The Veian you'll learn how to incorporate our foraged finds into tasty dishes before feasting together.

"Maybe you are longing for quality time in nature, to feel restored & rejuvenated in your body & spirit..."

Come & enjoy the riches of the natural world, the delights of wild food foraging & nature awareness."

Itinerary: Wednesday 27th June arrive at The Veian by 12noon
 Light lunch followed by a Coastal Wild Food Walk
 Return to Veian
 Work with Rachel and local chef to prepare and cook dinner using
 foraged ingredients
 Luxury 5* accommodation at The Veian

 Thursday 28th June
 A delicious breakfast followed by a Wild Food Walk through Caerhays
 gardens with wild options
 Finish up with a light lunch with foraged ingredients

For the above unique package £200per person
Without accommodation £145 per person

Your Guide is forager Rachel Lambert, as seen on This Morning ITV, in the Daily Express & The Independent

For more information please contact 01872 500025 <mailto:enquiries@caerhays.co.uk>

www.thevean.co.uk www.caerhays.co.uk www.wildwalks-southwest.co.uk