

# WILD FOOD WEEKEND AT TRESANTON HOTEL

March 5th - 7th 2010

Wild Food offers new ways of appreciating the countryside, delightful new tastes,  
and a unique and unforgettable experience of local food

Guided by wild food expert and enthusiast Rachel Lambert...

Expect to be peering into hedgerows in awe, seeing seaweeds with new eyes, and sitting down to enjoy exquisite and elegant meals using some of the ingredients you have foraged yourselves from the clean, fresh surroundings of Cornwall.

## Itinerary

Friday evening 7.30pm Slide show and talk followed by dinner

Saturday morning 10.30am -12.30 Field and Hedgerow Walk

Packed Lunch with Nettle Beer

Saturday afternoon 2 - 4pm Coastal Walk

Saturday evening Dinner

Sunday morning 11am-1pm Seashore Walk

Lunch and depart

'Rachel Lambert leads interesting, informative and relaxed walks. She gives the impression of going on a ramble with friends and at the same time imparting her considerable knowledge so skillfully, that at the end of the walk you are surprised by how much you have learned in such a short time!' Debbie Rogers, BF Adventures, Cornwall

