



Ancient Folk Wisdom and Magic can still be found under the trees in Ireland

Storytelling

Foraging

Forest Bathing

Ogham Writing

Myth & Magic

Gallivanting.ie doesn't just offer guided woodland walks, this is a transformative experience that connects you to the land of your Ancestors like no other experience will.

Owned and operated by Seanacháí (storyteller) and 8th Generation Bean Feasa (Wise Woman) Lorraine O'Dwyer. Gallivanting.ie is an Green Tourism Award winning experience provider that offers a range of walks and workshops that will immerse you in an ancient world of Warriors and Goddesses, superstition, folk medicine.& magic.

Under ancient Oaks we will experiment with natural inks, taste medieval cures and even learn a few handy bushskills as we explore one of the oldest Woodlands in Ireland or Glendalough, one of the most sacred Valleys on the island.

Key Highlights Include



Nature - Experience a primeval *Temperate Celtic Rainforest* or one of Irelands most iconic Sacred Sites



History - Hear our oldest stories, dating back over 5000 years told by a professional Seanacháí (Storyteller)



Taste - Wild flowers & edible plants, and a refreshing sparkling nettle drink



Touch - Use a quill and AlderCone Ink to sign your name, make soap from leaves and allow the nettle to sting!



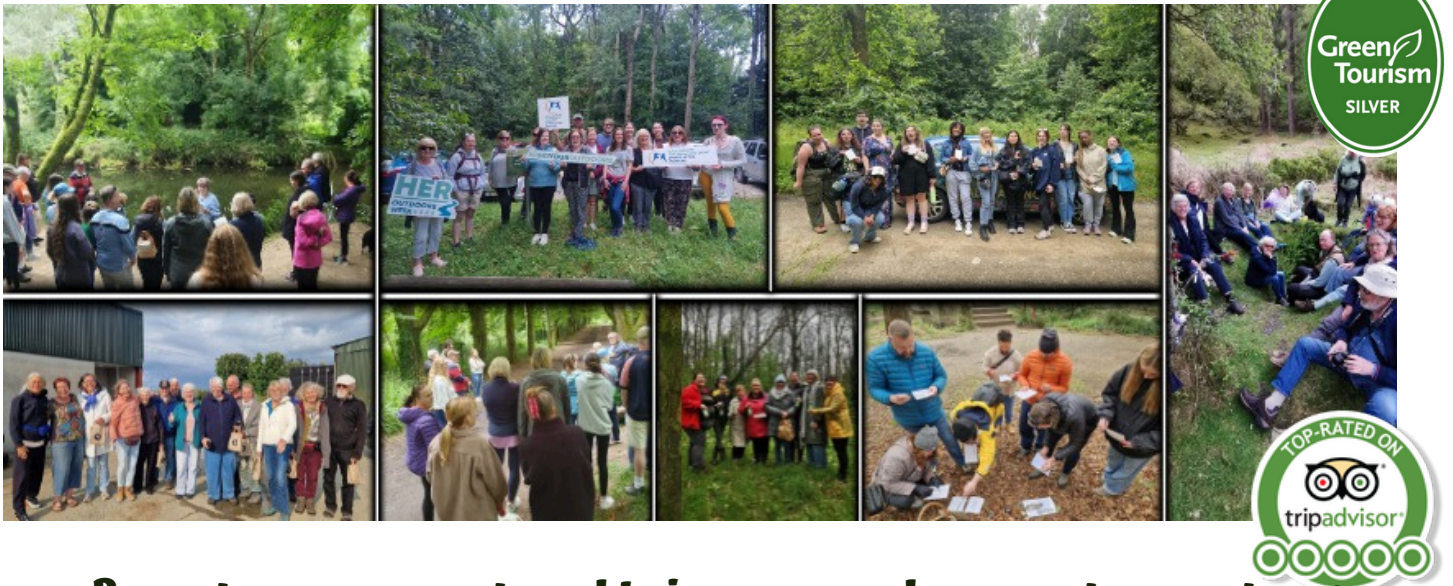
Magic- Uncover the links with ancient Celtic Earth worship and modern paganism

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Recenter, reconnect, and bring renewed energy to your team

Step away from the desk and invest in your team's performance and wellbeing. Just one hour from Dublin, Gallivanting offers a unique outdoor experience grounded in the science of nature-based wellbeing, proven to reduce stress, improve focus, and support clearer thinking. Through guided activities such as foraging, nature awareness, and light team engagement, participants develop practical skills while building stronger connections with each other.

Teams return to the workplace more energised, creative, and better equipped to collaborate under pressure. The experience can be easily packaged with lunch at a local hotel, creating a seamless and rewarding off-site day. This is more than time outdoors—it's a strategic investment in resilience, productivity, and team cohesion.

Key Takeaways

- 2.5 hours immersed in Nature
- Proven science backed benefits
- Designed to support neurodivergent team members
- Catering for groups of 5 to 30 people



Further Information

Location: Courtown Woods, Gorey Co Wexford

Duration: 2.5 Hours

Fitness Levels: Mild levels of fitness needed; this is a ramble, not a hike!

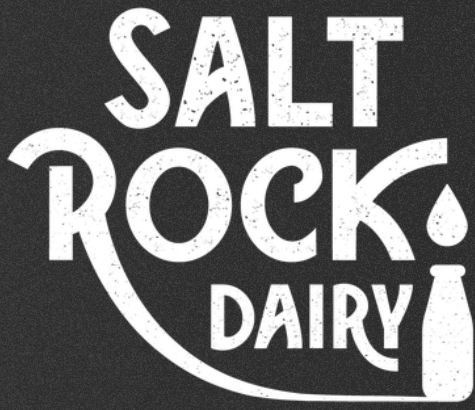
Wheelchair accessible routes available if required

Cost: €35pp, Group rates available

Group size: 5 to 30 people - Dog-friendly options available on request

Availability: Available from late February to Early November (best between April and September)

Location: If Courtown doesn't suit your needs, walks can be held in other locations. I have run walks across the South East of the country from Tipperary to North County Dublin.. Please get in touch if you would like more information



Gorey, Co. Wexford



IRELAND'S
ANCIENT EAST®

The Farmhouse Table

Food, Folklore & Women's Wisdom

Gather, make, taste and listen, an authentic journey into Ireland's living traditions.



At the foot of Tara Hill in Gorey, Salt Rock Dairy is home to Catherine Kinsella, a passionate small-scale farmer producing rich, handmade butter from her grass-fed cows using traditional methods.

Lorraine of Gallivanting.ie is a forager, storyteller and bean feasa, bringing Ireland's landscapes to life through wild food, folklore and the often-overlooked stories of women's history.



Together, they offer a series of immersive experiences rooted in Irish farmhouse traditions — where food, folklore and women's wisdom meet.

Wild Butter Making Experience

3 hours | €65pps | 10 to 15 people

Step into the rhythms of traditional Irish farm life with this hands-on, immersive experience. Begin with a gentle guided foraging walk, where you'll gather seasonal herbs and edible plants once used by women to flavour and enrich their cooking.

Then return to the farmyard at Salt Rock Dairy, where you'll learn the age-old craft of butter making using fresh cream from grass-fed cows. Churn, shape, and taste your own handmade butter, infused with the flavours of the land around you.

A simple, authentic and deeply satisfying experience that connects you to Ireland's food heritage – and the women who kept these traditions alive.



Bread & Butter - A Country Kitchen Staple

4 hours | €85pp | 10 - 15 people

Build on the butter-making experience with a deeper dive into Irish farmhouse life. After your foraging walk and butter-making workshop, you'll be guided through the making of traditional Irish soda bread – a staple skill passed down through generations of women.

Once baked, sit down to enjoy your own freshly made bread and butter in the heart of the farm, accompanied by storytelling that brings to life the customs, superstitions and daily realities of women in rural Ireland over the centuries. Rich in history, flavour and connection, this experience offers exceptional value and a rare opportunity to learn, create and share in Ireland's living traditions.



The Farmhouse Feast & Folklore Experience

4 hours | €140pp | 8 to 10 People

An indulgent, small-group experience that weaves together food, folklore and a touch of magic. Begin with a foraging walk, followed by hands-on butter making and a demo on traditional soda bread baking using time-honoured methods.

Sit down to a hearty homemade vegetable soup, served with your fresh bread and your own butter – a true taste of Irish farmhouse hospitality to be enjoyed alongside some fantastic tales of Irish Womens stories, from Goddesses and Bean Fianna to more modern tales of Bad ass women!

Then, Storytelling finished, each guest will receive a personal tarot reading, drawing on the long tradition of intuition, storytelling and women's wisdom.

Intimate, memorable and unlike anything else in Ireland, this is a rich and meaningful experience rooted in authenticity, connection and the power of women's heritage.

