



Study Trip Ireland Viaggio Didattico Irlanda

Data / Dates:

07/03/2026 - 13/03/2026

A.A / A.Y:

2025/2026

Tutor:

Graglia Martina

Saturday, March 7, 2026

8:20

Meeting in front of Bra train station

8:31 - 10:00

Train to Torino Caselle. For those joining the group directly at the airport please make sure you have prior email authorization from the tutor in charge. The meeting point at the airport is 10:40 at the Ryanair desks

Free lunch (reimbursed as per university policy - receipts from the previous day or from the same morning will also be accepted if you prefer to buy something in advance rather than at the airport)

12:40 - 14:05 (local time GMT+0)

Ryanair flight FR3619 from Turin (TRN) to Dublin (DUB)

Baggage claim and transfer by bus to Kells, arrival at Headfort Arms Hotel for check-in and room allocation

<https://www.headfortarms.ie/>

17:30

Departure for Killua Castle, a historic estate that has been restored after many years of disrepair. We'll have dinner at the adjacent Twelve Points Restaurant, where the owner Allen Krause will join us to share the story of the castle and how he transformed it into a working farm and destination. Dinner will feature ingredients produced on the estate

<https://killuacastle.com/>

<https://twelvepointsrestaurant.com/>

End of didactic activities

Overnight stay: Headfort Arms Hotel

Sunday, March 8, 2026

8:00

Breakfast together with two local social enterprises: the Centre of Food Culture and Boyne Valley Flavours. They've helped organize our activities in the area and a member from their team will be traveling with us, so we'll get to chat about what they do and how their projects work before we head out

<https://foodcultureireland.ie/>

<https://boynevalleyflavours.ie/>

9:00

Departure from the hotel. We'll start exploring the Boyne Valley with Anthony Murphy, a writer and researcher who knows Irish mythology and archaeology inside out. We'll stop at a few symbolic sites along the way to get a feel for the history and stories of the area before we dive into the gastronomic part of the trip. A quick lunch break will follow at Silly Sid's bakery before we head to Sonairte for a foraging walk, learn about local plants and how they're used in cooking and medicine

silly-sids.com

<https://sonairte.ie>

Back to the hotel to freshen up, then dinner at Jack's Bar & Pub: food & trad session!

<https://www.jacksbarrestuarantgarden.ie/>

End of didactic activities

Overnight stay: Headfort Arms Hotel

Monday, March 9, 2026

Breakfast at Headfort Arms Hotel and check-out

9:00

Departure from the hotel to visit Ireland's oldest working watermill at Martry Mill. The Tallon family today supplies bakeries, supermarkets and independent shops across the region

<https://martrymill.ie>

After the visit, we'll go to Sheridan's Cheesemongers. Founded in the 1990s, they are one of Ireland's leading advocates and providers of Irish farmhouse cheeses, working closely with small producers across the country. In addition to their own shops, they also run cheese counters in supermarkets nationwide. We'll meet Kevin Sheridan, owner and managing director, and have the chance to do a Q&A with him about business development, branding and marketing - a great opportunity to ask questions and hear directly from someone who has built and grown a well-known food brand. Cheese tasting will follow, which will serve as our lunch

<https://sheridanscheesemongers.com/>

In the afternoon we'll visit the Cider Mill, a family-run craft cider producer focused on traditional methods and local apples. Cider has long been part of Ireland's drinks culture and in recent years the craft cider movement has grown significantly, with many small producers highlighting local apple varieties and regional identity

<http://cockagee.ie>

Travel to Drogheda for check-in at The Marcy Hotel

<https://www.themarcy.ie/>

19:30

Dinner at Social Bar and Restaurant

<https://socialbarandrestaurant.ie>

End of didactic activities

Overnight stay: The Marcy Hotel

Tuesday, March 10, 2026

Breakfast at the hotel

9:00

Departure to visit King of Kefir. They make naturally sparkling, small-batch water kefir drinks. Their brews are caffeine-free, sugar-free and crafted only with organic botanicals and Irish-sourced ingredients

<https://kingofkefir.ie/>

Lunch at The Glyde Inn, followed by a bus transfer to Ballymakenny Farm. Here we'll have a chat with the farm owners who grow a wide range of heritage potato varieties (traditional Irish potatoes that have been cultivated for generations and are an important part of Ireland's food history). The farm supplies retailers and consumers across the country. Even though it's a quick visit, it's an opportunity to see how traditional crops are preserved and how small producers contribute to the local food culture

<https://www.theglydeinn.ie/>

In the afternoon we'll also visit Boann Distillery, a family-run distillery based in Drogheda producing Irish whiskey, gin and other spirits combining traditional distillation with modern facilities. Irish whiskey remains one of Ireland's most significant and internationally recognised product

<https://www.boanndistillery.ie>

18:30

Free time in Drogheda & free dinner (reimbursed as per university policy)

End of didactic activities

Overnight stay: The Marcy Hotel

Wednesday, March 11, 2026

Breakfast at the hotel

9:30

Departure to visit Carlingford Oysters. Carlingford is known for its nutrient-rich waters and traditional oyster farming, producing some of Ireland's finest oysters enjoyed locally and internationally. Lunch on site supplied by Kitchenetta Catering

<https://carlingfordoystercompany.ie>

<https://kitchenettacatering.ie>

In the afternoon we will meet the Fierce Mild team, a craft producer of non-alcoholic beers. Given Ireland's strong beer culture and high levels of traditional beer consumption, it will be interesting to discuss the growing trend toward non-alcoholic alternatives and hear their perspective on the market

<https://fiercemild.co>

Afterwards we wrap up our day at East Coast Cookery School for a produce cooking class and dinner with Tara Walker

<https://www.tarawalker.ie>

Return to the hotel

End of didactic activities

Overnight stay: The Marcy Hotel

Thursday, March 12, 2026

Breakfast at the hotel and check-out

9:00

Drive to Dublin. We'll leave our luggage at the accommodation and return later for check-in and room allocation in the dorms

10:30

Walk (about 20 minutes) to J.R. Mahon Brewery to meet Unisg alumna Jocelyn Doyle. Jocelyn studied in the Master in Food Culture and Communication at Pollenzo years back and later specialised in sustainability communications. During our meeting she will share her career path from Unisg onwards and explain what a career in communications can look like, as well as discuss sustainability communications for hospitality businesses, which is the main focus of her current role at The Sustainable Restaurant Association

<https://thesra.org/>

Lunch will be on site

<https://www.jrmahons.ie/>

Free time in the afternoon & free dinner (reimbursed as per university policy)

End of didactic activities

Overnight stay: Gardiner House Hostel

<https://www.canbe.ie/gardiner-house-hostel.html>

Friday, March 13, 2026

Breakfast at the hostel and check-out

We'll take the Aircoach directly to the airport (time TBC). The plan is to be at the airport around two hours before the flight

Free lunch (reimbursed as per university policy - receipts from the previous day or from the same morning will also be accepted if you prefer to buy something in advance rather than at the airport)

12:40 - 16:05

Ryanair flight FR3618 from Dublin (DUB) to Turin (TRN)

Upon arrival, train from Torino Caselle to Bra

18:30

ETA in Bra

End of the study trip