



Life Style

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Opening up the Camino Way at the Saltyard

The Saltyard restaurant on Friary Street will host an evening with a difference and very special significance for many locals - a night all about the Camino Way.

On October 7, the Camino de Santiago will be explored at the popular venue in food, wine, song and folklore. With its renowned Spanish cuisine, the atmosphere for this very special event at The Saltyard is certainly not to be missed.

To offer some expert advice on those interested in adding the experience of the Camino Way to their 'bucket list', Pól Ó Conghaile, Indo Travel Editor will attend and give a 45 minute presentation before hosting a questions and answers session on one of the most popular tourist destinations in Europe.

The Camino has become incredibly popular with Irish people in recent years.

The variety of walks, culture and scenery have made it a compelling journey for both the young and old.

The Camino Way has been celebrated in film with the likes of Martin Sheen's 'The Way' and a number of books, notably Buen Camino by Peter and Natasha Murtagh, recounting the journey from Croagh Patrick to Santiago de Compostella.

The Saltyard is working with Roland Montsegu who has a firm called Caminoways and is the most experienced Irish guide and operator.

After the talk it's all about experiencing the culinary

delights of Spain - its food and wine.

The Saltyard will be serving dishes that are typical of the countryside across the north of Spain.

Pilgrims from all over the world have walked the Camino Way - be it for religious or spiritual reasons.

It's a trip of a lifetime, taking in Spain, France and Portugal in it's many varied routes.

For an insight in to a truly inspirational experience, your first step should be to The Saltyard on October 7.

Further details are available at The Saltyard, 056 770

3644 where you can get more information on the night and book your seat or table at the event.

Also The Saltyard is launching a new menu coinciding with this event, so whether its Spanish dining at home or away, the start of October is sure to be a special time at the restaurant.