

VITAMIN SEA FESTIVAL

Festival Programme



FRIDAY- SUNDAY
15-17TH SEPT 2023
VITAMIN SEA
FESTIVAL
TRAMORE

Vitamin Sea Festival

Welcome to
Tramore

... and its endless strands,
stunning seascapes and
fabulous food!



Enjoy special
sea-themed
menus and tasting dishes at
Taste Tramore venues
all weekend!

The Metalman

The Vitamin Sea Festival is a weekend programme of *sea-inspired events organised by Taste Tramore*, a group of food and drinks businesses. The festival celebrates the wealth of natural resources and businesses we have in and around our seaside town through collaborations, coastal excursions and taste tours. For event information see www.vitaminseafestival.ie #vitaminseafestival #vsf23

200 Years of the Metalman

Standing on one of three pillars near Newtown Cove. The Metalman was erected in 1823 to warn boats and ships coming into Tramore's shallow waters, to keep out from the dangerous rocks after the tragic loss of 360 lives when the Seahorse sank. Tradition has it, that any unmarried lady who hops around the base of The Metal Man three times will be married within the year.

Access to hop around the Metal Man is not possible, so watch out for our *Moving Metalman over the weekend if you want to have a go!*

Tides and Times

	High	Low	High
Friday 15th	06:52am	13:04pm	19:09pm
Saturday 16th	07:24am	13:37am	19:40am
Sunday 17th	07:54am	14:09am	20:10am

Ticketed events Book these events in advance. Tickets on sale from 28th July.

FRIDAY

- 9am-8pm **Sauna with a sea view with THE HOT POD mobile sauna.**
♥ Newtown.cove €10 | thehotpod.ie
- 6.15, 6.45pm & 7.15pm **Breathe and connect with SUNSET YOGA & SAUNA.** Move your body to a beautiful 30 minute yoga flow sequence and then enjoy a 30 minute sauna session.
♥ Newtown.cove €19 | thehotpod.ie
- 6.30pm **Soak up the sunset and satisfy your hunger with a SUNSET PADDLE AND PIZZA.** Tour Tramore by SUP with Dunmore East SUP & Yoga followed by pizza from The Shack in The Ritz. €50 | dunmoreeastsupandyoga.ie 🧑👦 family discounts
- 7pm **Enjoy a relaxing and fun evening with a PAINT & SIP workshop** led by local artist Anouschka. Learn how to paint one of our beautiful local swim spots while sipping on your drink of choice and nibbling on food by Planté. €45 | anouschkajoyce.ie

SATURDAY, 16TH SEPTEMBER

- 6.15, 6.45am **SUNRISE YOGA, SAUNA AND SEABREW BREAKFAST.** 30 min yoga session with Karen of Tidal Soul Wellness, 30 minute sauna session with The Hot Pod, followed by a granola breakfast and hot drink from the Seabrew van. Yoga is suitable for beginners. Please bring your own mat if possible. 16+ only €28 | thehotpod.ie
- 7.15, 7.45am
- 9am-8pm **Mobile Sauna with a sea view with THE HOT POD.** €10 | thehotpod.ie ♥ Newtown.cove
- 9.30-11am **Feel balanced, energised and ready to start your day with YOGA, COFFEE AND OATS.** Stretch and strengthen yoga class with Liz O'Dea, followed by oats and coffee in Slow and Steady Cafe. €18 | trabeo7b@gmail.com
- 10am-12pm **Join Katie Duggan in the Gallery for a 2hr YOGA & MEDITATION WORKSHOP.** Ease into the weekend with a morning of selfcare and deep relaxation with breathwork, yoga, guided meditation, soothing sounds. €30 | eventbrite.ie
- 1pm **Free HIIT THE BEACH fitness class** with HQ Fitness with free protein shake from Moe's. Spaces limited. Phone HQ for bookings 051-395242 ♥ Beach opposite Moe's
- 12.15-1.45pm **Roll out the yoga mats and enjoy a FAMILY FUN YOGA AND PICNIC** on the green. Followed by a picnic from Cove Stores. No yoga experience required. €15 (1 adult & 1 child), €5 per additional person | eventbrite.ie 🧑👦
- ♥ X91A2H7
- 12-1.30pm **ROCKPOOL PADDLE & PAINT WORKSHOP BY ANOUSCHKA JOYCE & ALAN WALSHE.** Children 7+. Materials supplied. €15 adult, €9 child | anouschkajoyce.ie 🧑👦
- ♥ Ladies' Slip
- 12.30pm-8.30pm **For one weekend only Dublin's "Fish Shop" will take up residence in the Beach House restaurant & garden for a FISH SHOP TAKEOVER.** Expect a menu of Fish, Chips & Wine, with local lobster, crab and oysters. beachhousetramore.ie 🧑👦
- ♥ Beach House
- 2pm **Join Tramore Surf Shop & School for their festival BOARD 'N' BLAA event.** Includes surf lesson and a Waterford filled blaa. €35 | tramoresurfschool.com 🧑👦
- ♥ Surf Shop
- 2pm, 3pm, 4pm, 5pm **Enjoy SUSHI AND SAKE or Matcha Tea** in the outdoor café overlooking the bay. Price includes entry into the gardens. Event times are: 2pm, 3pm, 4pm, 5pm. Kimono Photo Ops and Entertainment. €22 | lafcadioheargardens.com
- ♥ Japanese Gardens
- 3pm, 6.30pm **Explore Tramore with 2 hour STANDUP PADDLEBOARD TOUR** and take in the sea views **FOLLOWED BY PIZZA FROM THE SHACK** in The Ritz €50 | dunmoreeastsupandyoga.ie 🧑👦 family discounts
- ♥ Pier
- 7pm **HOMEGROWN - A TASTE OF TRAMORE** with a family style feast of food grown, picked, foraged, and prepared by Little Catch, Mezze, Seagull bakery, Unbeetable Food. €65 | mezze.ie
- ♥ Mezzo

Where to go...



Take 3 pieces of rubbish with you when you leave the beach and you have made a difference.

Taste Tramore...

The Taste Tramore members who support and organise the Vitamin Sea Festival are listed below. Many members will take part in the Taste Tour.

TASTE TOUR: SATURDAY & SUNDAY 15 AND 16 SEPT, 11AM - 3PM

Join our tour sampling tasting dishes from Taste Tramore venues throughout the town. Those marked in red are participating businesses. See map

- | | | | |
|--------------------------------------|------------------------------|---------------------------------|----------------------|
| 1 Sea Brew | @seabrewcoffeevan | 22 Brooklyn Restaurant | @brooklynrestaurant |
| 2 Cove Stores | @covestores | 23 Tramore Surf Shop and School | @tramoresurfshop.com |
| 3 The Shack Tramore | @theshacktramore | 24 Moe's | @moescafe |
| 4 Coastguard Cultural Centre | @coastguardculturalcentre.ie | 25 Sand Castle | @sandcastle_cafe |
| 5 Simpli | @simpli_tramore | 26 Slow & Steady | @slowandsteadyeats |
| 6 Seagull Bakery | @seagullbakerytramore | 27 Unbeatable Food | @unbeatablejenny |
| 7 Quish's Supervalu | @quishs_tramore | Trà Coffee Roasters | @tracoffeeroasters |
| 8 O'Neill's Bar and Mol's Restaurant | @oneillsbar | Little Catch Seafood Bar | @littlecatchseafood |
| 9 Mezze | @mezze.ie | Glorious Sushi | @glorioussushi |
| 10 Tony's Takeaway | www.tonys.ie | | |
| 11 The Vic Cafe | @theveecafe | | |
| 12 Lafcadio Hearn Japanese Gardens | @lafcadio_hearn_gardens | | |
| 13 Majestic Hotel | @majestichoteltramore | | |
| 14 Bardoe Pizza | @bardoepizza | | |
| 15 Victoria House | @the_vic_tramore | | |
| 16 Beach House | @beach_house_tramore | | |
| 17 One the Waterfront | @onethewaterfront_tramore | | |
| 18 Ranch Restaurant | @ranch_restaurant | | |
| 19 Pipers Cafe and Churro Bar | @piperscafe_churrobar | | |
| 20 The Donut Bar Tramore | @tramoredonutbar | | |
| 21 Doolys est. 1956 | @doolysfishandchips | | |

Vitamin Sea Festival Picnic Bag

Pick up a **VITAMIN SEA FESTIVAL BAG** full of locally produced foods for a Taste Tramore Picnic along our beach and coastal picnic spots. Limited bags available each day. Collect from Cove Stores 2 €60.00 @covestores

Treasure Hunt

EXPLORE TRAMORE TREASURE HUNT will take you around a scenic walking route of the town. Organised by Taste Tramore and Tramore Library. Pick up your Treasure Hunt clues page from **Tramore Library** or download from **@VITAMINSEAFESTIVAL.IE** Free event.

Ticketed events continued

SUNDAY, 17TH SEPTEMBER	7.15, 6.45am ♥ Newtown Cove	SUNRISE YOGA, SAUNA AND SEABREW BREAKFAST. 30 min yoga session with Karen of Tidal Soul Wellness, 30 minute sauna session with The Hot Pod, followed by a granola breakfast and hot drink from the Seabrew van. Yoga is suitable for beginners. Please bring your own mat if possible. 16+ only €28 thehotpod.ie
	9am-8pm ♥ Newtown Cove	Sauna with a sea view with THE HOT POD mobile sauna. €10 thehotpod.ie
	9.30-11am ♥ TraBeo	Feel balanced, energised and ready to start your day with YOGA, COFFEE AND OATS. Stretch and strengthen yoga class with Virginia Giani, followed by oats and coffee in Slow and Steady Cafe. €18 trabeo7b@gmail.com
	10, 10.45am, 11.30am ♥ Newtown Cove	Come join us for WELLNESS BY THE SEA. Yoga for all levels. Let's flow together with the beautiful ocean view surrounded by nature. This 30 minute practice is ideal for all levels. €7.50 eventbrite.ie
	10am to 12.30pm ♥ Meet at Old Lifeguard Hut	BEACHCOMB AND FOUND OBJECTS CRAFT WORKSHOP with Seagull Bakery and artists. Take home created treasure with: Ness Gavin -interior stylist, Sile Walsh - artist, Fern Wright -artist, Sarah Richards -artist/ baker €15 Adults €5 Children. Meet at Old Lifeguard Hut. Workshop at ♥ Riverstown Bakehouse. eventbrite.ie 🧑🏻🧑🏻
	10am - 4pm ♥ Riverstown bakehouse	Fun and Educational FERMENTATION WORKSHOP at Riverstown Bakehouse in Tramore. Discover the art of fermentation and learn how to make delicious and healthy fermented foods from sauerkraut to miso with by Robin Sherriff and Keith Matthews. €95 eventbrite.ie
	12pm ♥ Beach opposite Moe's	Free HIIT THE BEACH fitness class with HQ Fitness with free protein shake from Moe's. Spaces limited. Phone HQ for bookings 051-395242
	12pm-2pm ♥ Lifeguard Hut	Enjoy a COASTAL FORAGE with local naturalist Alan Walshe followed by a a taster of some foraged foods €15 Book your place with Alan on 0894814157 🧑🏻🧑🏻.
	12:30pm - 3.30pm ♥ Beach House	For one weekend only Dublin's "Fish Shop" will take up residence in the Beach House restaurant & garden for a FISH SHOP TAKEOVER. Expect a menu of Fish, Chips & Wine, with local lobster, crab and oysters. 🧑🏻🧑🏻
2pm ♥ Surf Shop	Join Tramore Surf Shop & School for their festival BOARD 'N' BLAA event. Includes surf lesson and a Waterford filled blaa. €35 tramoresurfschool.com 🧑🏻🧑🏻	
3pm ♥ Pier	Explore Tramore with 2 hour STANDUP PADDLEBOARD TOUR and take in the sea views FOLLOWED BY PIZZA FROM THE SHACK in The Ritz €50 dunmoreeastsupandyoga.ie 🧑🏻🧑🏻 family discounts	

Festival events

FRIDAY	6-7.30pm ♥ Main Street	Street food and disco tunes at the STREET PARTY in Tramore's town centre 🧑🏻🧑🏻
	7- 9pm ♥ The Shack & Cove Stores	The Shack and Cove stores have joined forces to make a festival PIZZA AND SUNDAE COMBO menu. Enjoy a pizza, chips & drink takeaway from The Shack followed by a special festival sundae from Cove stores. Purchase family/individual combo tickets from The Shack on the night. 🧑🏻🧑🏻
	7.30-9pm ♥ Cove Stores	Meet us at Newtown Glen for music, dancing, food, and craic at the CEILI AT THE CROSSROADS 🧑🏻🧑🏻

SATURDAY, 16TH SEPTEMBER

9am-2pm ♥ Priest's Road	Visit the weekly FARMER'S MARKET at the Tramore church car park. Local produce, organic groceries, and crafts
10am - 4pm	UNBEEETABLE SEA-THEMED BRUNCH MENU from Tramore's award-winning street food truck. ♥ Pickardstown Petrol Station
10am-4pm ♥ Main Street	Swap any (cook)books you no longer want for new ones from Tramore library's BOOK SWAP & CRAFT STATION with pop up story times taking place throughout the day 🧑🏻🧑🏻
10.30am	Learn about the ghosts, sailors, tragedies and fortunes of our coastal town with TRAMORE WALKING TOURS. Free event. Tips appreciated 🧑🏻🧑🏻 ♥ Old Lifeguard Hut on the Prom
11am-3pm ♥ Shown on Map	Take a self-guided TASTE TOUR of Tramore's favourite food and drink establishments with a €4 tasting dish/drink. Follow the trail marked on the map, take in the sea air and get a taste of Tramore.
12.30pm-1.10pm	Kitty Caboodle and the Coastguard Cultural Centre will take you on an adventure with musical SEA TALES IN THE GARDEN. 🧑🏻🧑🏻 ♥ Coastguard Cultural Centre
2pm	Join local historian Paul Brent in the gardens for his 200 YEARS OF THE METALMAN TALK, the 14ft cast-iron sailor and symbol of Tramore. ♥ Coastguard Cultural Centre
4.30pm ♥ Newtown Cove	SEA SOUNDS - funky tunes, soul food and sea views in Newtown Cove with Seabrew coffee van and Campervan of Sound.
6pm ♥ One Waterfront	LES FRUITS DE MER FAIR FESTIVAL Indulge in a selection of carefully curated seafood dishes from local suppliers and drink from our cocktail bar all while enjoying the breath taking views of Tramore beach from our terrace. To book call 051271350
8pm ♥ The Ritz	Gather round the giant paella pans as The Shack cooks up seafood and chicken paellas for a PAELLA NIGHT AT THE RITZ.
7pm to 9pm ♥ Crokes Pub	An evening of STORYTELLING, SPOKEN WORD AND MUSIC BY THE SEA with Speak Up Waterford. Tickets at the door €5 speakupwaterford@gmail.com

SUNDAY, 17TH SEPTEMBER

10.30am ♥ Old Lifeguard Hut on the Prom	Learn about the ghosts, sailors, tragedies and fortunes of our coastal town with TRAMORE WALKING TOURS. Free event. Tips appreciated.
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10am-4pm	UNBEEETABLE SEA-THEMED BRUNCH MENU from Tramore's award-winning street food truck. ♥ Pickardstown Petrol Station
12.30-4.30pm ♥ Victoria House	Join local and guest food and drinks professionals for DEMOS AND CHATS in the stunning Victoria House beer garden overlooking Tramore bay. See Taste Waterford socials for programme. Free event.
2pm to 4pm ♥ Coastguard Cultural Centre	Local artist, Kiki Roosli, will hold a MEET THE ARTIST AT WORK session with her easel in the garden. Free event. 🧑🏻🧑🏻
2.30pm ♥ Ladies Slip	Join Aoife for ARTSTORM BY THE SEA on the Lady's Slip for a nature inspired art and craft workshop. Free event. 🧑🏻🧑🏻
4.30pm ♥ Promenade	Tbay surf club will offer the traditional MOLLY DOLL TO THE SEA as they surf it out of the bay. The doll was a way to mark the end of the bathing season in Victorian times and so it will mark the end of our festival and the start of the surfing season. Free event. 🧑🏻🧑🏻

Thank you to...

The Vitamin Sea Festival could not take place without the tremendous support of the Taste Tramore members, Tramore community, sponsors, partners and volunteers.

Key funding partner



Sponsors



Thomas Phelan

wines direct

Partners & Supporters

Waterford County Council, Waterford Chamber, Tramore Library, Coastguard Cultural Centre, Tramore Walking Tours, Taste Waterford, Mobilescreens.ie, Tramore Eco Group, T-Bay Surf Club

Vitamin Sea Festival Event Team & Volunteers

Bernie Power, Nicola Crowley, Ray Cullen, Barrie Rogers, Laura McBrinn, Anna Williams, Julie Smyth and all our ambassadors who help over the festival weekend

Keep an eye on [@vitaminsfestival](https://twitter.com/vitaminsfestival) for updates.

