



An invitation to rewild and recharge on
LAMBAY ISLAND

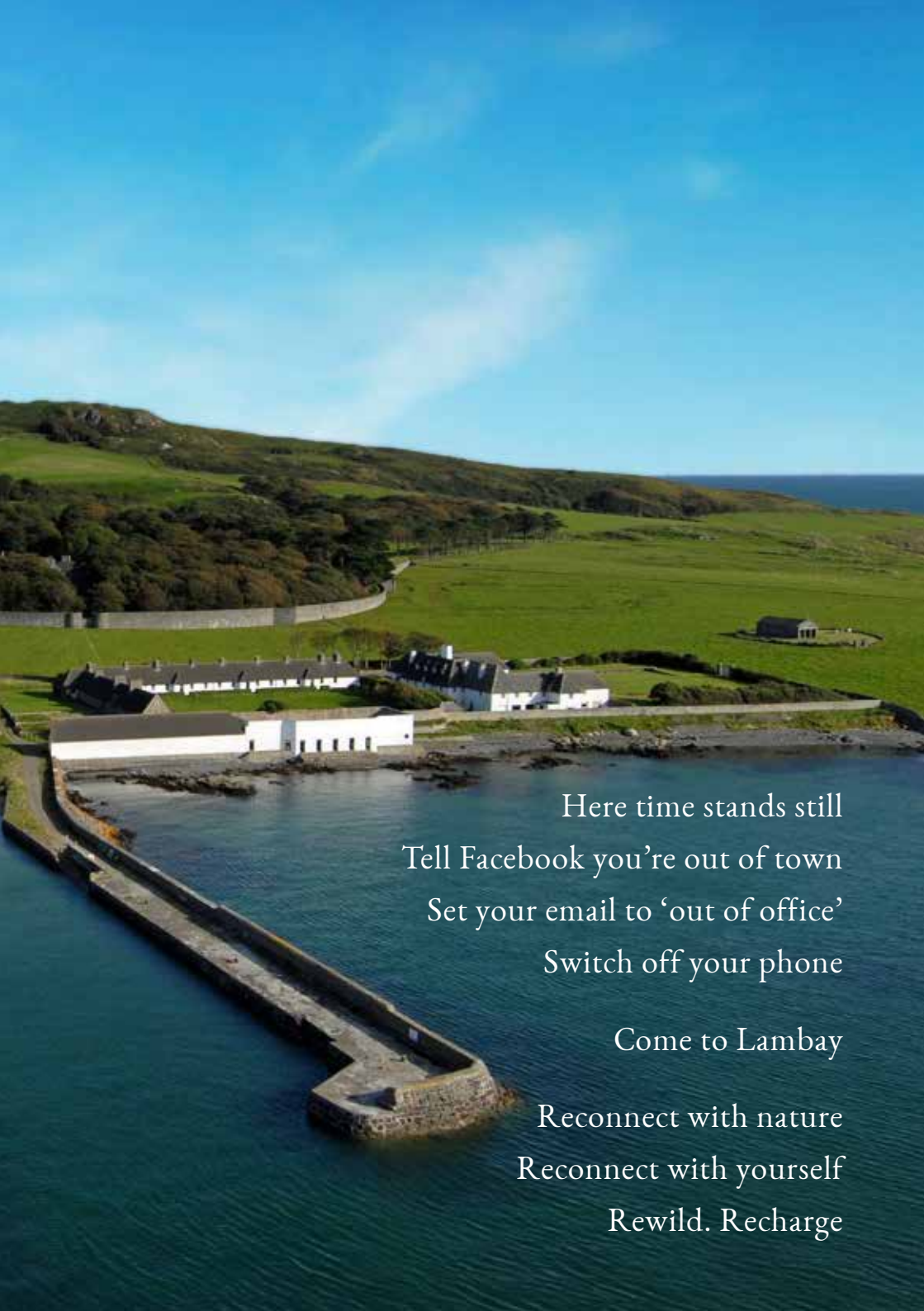
with

Monica Wilde MSc FLS

Forager

Imagine an island...





Here time stands still
Tell Facebook you're out of town
Set your email to 'out of office'
Switch off your phone

Come to Lambay
Reconnect with nature
Reconnect with yourself
Rewild. Recharge

A Circadian Retreat

We've forgotten how to live in tune with nature. To eat food in season, to follow our circadian rhythms, to sleep when it's dark, to observe the seasons and the passing of the years. We all feel stressed and stretched, unable to think clearly, to dream or to focus above the chatter of life.

This is a unique invitation to spend a long weekend with Monica Wilde, one of Britain's leading foragers, on a beautiful secret island. Also a research herbalist, who has run Napiers since 2007, Monica has been leading events in the wild for over a decade. Passionate about showing others the fascinating life of fungi, plants and algae, she explains the inextricable relationship between our planet and your health and happiness. An intimate relationship with the natural world empowers us humans - even once we're back in the fast lane - like no other experience.



The retreats are small. The maximum number of guests is 12 and they take place on Lambay, a privately owned island just a 20 minute boat ride from the coast near Dublin. There are just 4 retreats: Spring, Summer, Autumn and Winter celebrating the best of each season. Please book well in advance.

Each weekend runs from Friday afternoon until Monday morning. Fly to Dublin and take a bus or taxi to nearby Malahide Marina. A short crossing, with a chance to see porpoises, and just twenty minutes later, you've arrived on Lambay in time to join Monica for afternoon tea of foraged nibbles or a botanical cocktail. The mainland is faint on the horizon. The air is clear. Birds circle overhead. There is magic in the air.

Breathe...

Once on the island, Monica is your host. Activities will include foraging for seaweeds, wild herbs or mushrooms, rewilding education, walking, birdwatching, forest meditation, and optional fishing or hunting when in season. If it rains, we'll have slideshows, talk around the log fire or play games. You can join in everything, or opt out and relax when you want. The pace is yours.

Monica has designed the retreat to give her guests a truly immersive experience of the island's ecology and the abundance of wild food and herbs growing there.

Rewild...

Foraging walks will cover the different habitats on the island. We'll visit the seashore for coastal plants, go inland to find wallabies and deer, watch the seabirds that fearlessly breed on the cliffs and gather food and herbs from the castle's beautiful organic walled garden.

You will learn how to identify and collect seasonal food and in the evening can help Monica to prepare and cook the harvest. Learn how to make wild mushroom paté, create her signature stew with nettle dumplings, cook sugar kelp crisps, make laverbread from seaweed collected that morning, or bake an honest loaf of bread. Monica has designed a menu so that you eat well in all senses - healthy can also be gourmet!

Rewilding means restoring ourselves to a way of life that give us greater mental and physical health, and restores a natural balance to ourselves and our relationship with the earth's ecosystems. Rewilding teaches us how to return to using all of our senses to discover ways of living in a natural world that many people are disconnected from in their daily lives.

This weekend is a retreat from your everyday life. As well as learning a lot of practical knowledge, think about your mental and physical health, share stories and have fun. It will give you the chance to 'come down', to recollect your thoughts, review your priorities and reconnect with yourself and the natural world.





If you book the retreat for a group - whether you're friends, colleagues or strangers with common interests - we can tailor the content to suit you. Lambay is the most wonderful place to network and reinvent the world!

You'll be staying in the White House, a beautiful Arts and Crafts Movement building near the harbour, designed by Sir Edward Luytens in 1929. Recently renovated and upgraded it has 10 comfortable double bedrooms and nobody needs to share.

For early birds, two mornings will start with a guided forest meditation. Simply being in silence amongst the trees in a calm, thoughtful way, without the distraction of phones, can benefit your health and allow you to connect with yourself and your surroundings.

Each guest will receive literature to take home on how to identify and use commonly found herbs and plants. Recipes will also be available and Monica is happy to discuss the direction to take for any health issues but will not be offering private health consultations.

The cost for the entire weekend is 900 euros (£775) which includes: Boat transfer to and from Malahide Marina to Lambay; three nights' private accommodation; all activities; all meals; a glass of wine with the evening meal. A small cellar is available at extra cost and do bring your own duty-free wine or whisky.

Please let us know well in advance of any dietary needs or allergies. This event is not suitable for children or pets.



Renew...

Revisit...

Come each circadian season to rewild, recharge and find the rhythm of your life

Spring Friday 3rd to Monday 6th March 2017

Summer Friday 30th June to Monday 3rd July 2017

Autumn Friday 15th to Monday 18th September 2017

Winter Friday 17th to Monday 20th November 2017

To book your place please contact
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www.monicawilde.com

For further enquiries about Lambay Island contact
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