

# East Neuk Seaweed

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**Experience the world from a whole new perspective** with a coastal foraging adventure in the stunning East Neuk of Fife! Invite your clients to join Jayson, a passionate seaweed expert originally from New Zealand who brings his unique Maori heritage and expertise to these enlightening experiences.

**Discover hidden worlds** and honour the intricate web of life in the intertidal zone. These immersive experiences provide intimate encounters with the magic of the coast, empowering your clients to explore a sustainable resource and an essential part of the ecosystem on Scotland's breathtaking beaches.

**Reconnect with nature and enhance your well-being** through mindful foraging and coastally inspired cooking. Your clients will discover the magic of Fife's coastline with East Neuk Seaweed and leave feeling renewed, inspired, and reconnected to the natural world.

**Participants rave about these workshops**, describing them as "empowering," "magical," and a "feast for the senses."

**Member of The Association of Foragers**, featured on BBC, Access Hollywood, Scottish Field, The Guardian, New York Times, Independent Films and many other national and international.

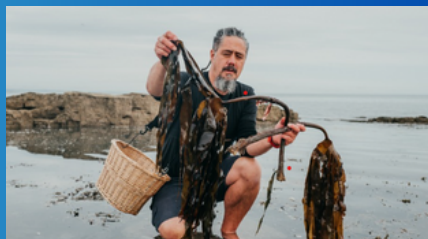
Based in the  
heart of the East  
Neuk of Fife

**St Andrews:**  
20 minutes

**Glasgow City Centre:**  
1 hour 50 minutes

**Edinburgh City Centre:**  
1 hour 30 minutes

**Aviemore:**  
2 hours 40 minutes



## Travel Trade Rates 2025

### On the Rocks Seaweed experience for FIT

Your clients can join others on one of our scheduled "On the Rocks Seaweed Experience."

A four hour immersive and unforgettable foraging adventure which invites guests to delve deep into the intertidal zone of Fife's breath taking beaches, discovering edible seaweed treasures.

This life-changing hands-on experience culminates in a collaborative culinary adventure, where guests prepare and savour a five-course tasting menu cooked over an open flame, incorporating the freshly foraged seaweed.

This experience will leave a lasting impression on discerning travellers seeking an authentic taste of Scotland's coastal wonders.



**Duration:** 4 hours

**Price:** £65 per person

Commissionable at 15%, contact us for your discount code to apply at time of booking - [eastneukseaweed@gmail.com](mailto:eastneukseaweed@gmail.com)

Bookable and payable online on our website - [www.eastneukseaweed.com](http://www.eastneukseaweed.com)

#### Includes:

- A 5-course tasting menu cooked over an open flame, incorporating freshly foraged seaweed.
- Written resources to help your clients continue their foraging journey.

#### Requirements:

Sturdy boots/shoes or Welly boots.  
Appropriate clothing for conditions.

**All safety equipment provided.**



# Exclusive for the travel trade 2025/26



## On the Rocks - Exclusive Seaweed Experience

A private four hour immersive and unforgettable adventure exclusively to your guests.

Your clients will be able to immerse themselves in the natural world and learn about the edible treasures of the East Neuk coastline. They will enjoy a unique culinary adventure with a delicious tasting menu prepared with the freshest, locally foraged ingredients. This life-changing hands-on experience culminates in a culinary adventure, where guests prepare and savour a five-course tasting menu cooked over an open flame, incorporating the freshly foraged seaweed. With personalised instruction and written resources to take home, this immersive experience provides a unique and in-depth exploration of seaweed's culinary potential and ecological significance.

**Duration:** 4 hours

**Includes:**

- **A 5-course tasting menu cooked over an open flame, incorporating freshly foraged seaweed.**
- **Written resources to help your clients continue their foraging journey.**

**Price:** £55 net per person. (minimum charge £220 weekdays, £440 weekends)

**Group Size:** Up to maximum 12 people.

Bookings on request to [eastneukseaweed@gmail.com](mailto:eastneukseaweed@gmail.com) payment due 4 weeks prior to arrival.



## Seaweed Taster Exclusive

Encourage your clients to dip their toes in the captivating world of seaweed with the "Seaweed Taster" experience, a 90-minute exploration of Fife's stunning coastline. Your clients will discover an introduction to the fascinating world of seaweeds, learning to identify edible seaweeds and common land plants in the Upper shore and splash zone. This micro adventure features a curated tasting of pre-prepared seaweed snacks and dishes, showcasing this ocean bounty's surprisingly diverse flavours and textures. The "Seaweed Taster" is a unique and enriching experience, connecting guests with Scotland's natural underwater wonders and summarising coastal ecology, cultural relevance, and sustainable foraging practices.

**Duration:** 90 minutes

**Includes:**

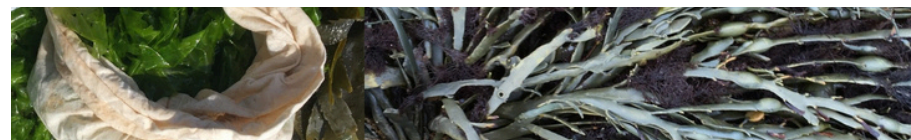
- **Curated Snacks, Tea and coffee**
- **Printable ID Chart**

**Price:**

£35 net per person (minimum charge £140 weekdays, £280 weekends)

**Group Size:** Up to maximum 40 people

Bookings on request to [eastneukseaweed@gmail.com](mailto:eastneukseaweed@gmail.com) payment due 4 weeks prior to arrival.



### NOTES:

- Workshops run in all weather, clients should bring suitable clothing for the Scottish climate.
- No special equipment is needed; a recommended items list will be provided.
- East Neuk Seaweed may postpone or cancel experiences due to unsuitable conditions.
- Locations, all within 20 minutes of the East Neuk area (e.g., Kingsbarns, St Monans, Elie), vary based on weather and season.
- The exact location and weather details will be confirmed via email 24 hours before the event.

### REQUIREMENTS:

Sturdy boots/shoes or Welly boots.  
Appropriate clothing for conditions.  
**All safety equipment provided.**