

## Sheena Dignam

### *Galway Food Tours*



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Helping her parents run their guest house in the Loire Valley, and studying culinary arts and wine in France, fuelled Sheena Dignam's passion for top-quality food experiences.

Originally from Wicklow, the self-described Franco-Irish food and wine lover returned to Ireland 12 years ago where she originally worked in Cocoa Atelier Chocolate Shop on Drury Street.

After a trip to Galway, Sheena was impressed by the food and culture scene and, in 2013, she moved from Dublin to set up a life in the West of Ireland.

After delving into the Galway scene, she launched Galway Food Tours in 2014. For €35, food enthusiasts get a two-hour guided tour of Galway to visit local artisan producers and sample their products such as fresh sushi, fine cheese, Galway oysters, mouth-watering breads and savoury bites as well as delicious pastries and other sweet treats.

Since then, Sheena has expanded the company's offering with evening tours, a Connemara and Aran Island food tour, and a Galway City food and Connemara pub tour.

Now in her third year running the business, this has been her busiest yet and in February, Galway Food Tours was nominated for Best Food and Beverage Experience in Ireland at the 2017 Irish Tourism Industry Awards.

Engaging with other women running their own businesses through ACORNS gave her the confidence to do further tours, and she has plans to organise similar food tours in Mayo and Clare next year.

With two part-time staff currently helping her with her busy schedule, Sheena plans to grow her team as she grows her tours.

*Providing early stage female entrepreneurs, living in rural Ireland, with the knowledge, support and networking opportunities to meet and even exceed their current aspirations.*