

## 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 20 years ago, where she first worked in Cocoa Atelier Chocolate Shop on Drury Street.

After a trip to Galway, Sheena was impressed by the city's vibrant food and culture scene and, in 2013, she moved from Dublin to set up a life in the West of Ireland. Immersing herself in the local community, she launched Galway Food Tours in 2014. For €90, food enthusiasts enjoy a three-hour guided tour of Galway, visiting local artisan producers and sampling their products, including fresh sushi, fine cheese, Galway oysters, mouth-watering breads, savoury bites, pastries, and other sweet treats.

Since then, Sheena has expanded the company's offerings with evening tours, Aran Island food tours, and Galway City food tours. Her team has grown significantly over the years, and she now leads a dedicated staff of 11 people while also expanding operations to include Kilkenny.

Galway Food Tours was nominated for Best Food and Beverage Experience in Ireland at the 2019 Irish Tourism Industry Awards.

Sheena has also launched Galway Food Tour – Self Guided, a beautifully illustrated guidebook offering vouchers and discounts throughout Galway city. It allows guests to explore at their own pace and within their own group, and it won Best City Guide in the World at the Gourmand Awards.

2025 saw Sheena add another exciting chapter to her story with the launch of Kilkenny Food Tours, further extending her commitment to showcasing Ireland's rich food culture.

Engaging with other women running their own businesses through ACORNS gave her the confidence to continue expanding.

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



An Roinn Talmhaiochta,  
Bia agus Mara  
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Food and the Marine