

Fact Sheet

Wandering Éire

YOUR JOURNEY OUR PASSION

www.ecohealthforyouth.com

Location

Sligo,
Northwest
ireland

Idea

Wild Atlantic
Immersion

Focus Area

Eco-health
tourism,
wellbeing

Entrepreneur

Grace Finan

Wondering Éire is a unique tourism experience in County Sligo, nestled along Ireland's breathtaking Wild Atlantic Way. Founded by Grace Finan, a passionate tourism entrepreneur, Wondering Éire focuses on immersive, slow tourism experiences that connect visitors with Ireland's landscapes, culture, and traditions. With a strong emphasis on sustainability, local partnerships, and accessibility, Grace ensures that each journey is crafted to be both meaningful and responsible. Through personalized itineraries, Wondering Éire offers a deeper connection to Sligo's heritage, natural beauty, and vibrant local communities.



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Wandering Eire, Ireland

Wandering Eire embodies the principles of a grassroots eco-health business, integrating wellness, sustainability, and cultural immersion.

Its foundation lies in promoting the rugged and wild landscape of the Irish Atlantic seaboard. The plethora of outdoors activities coupled with the savage waves, Mountains and sea sets it apart as the ideal location for budding eco-health entrepreneurs.



About the Owner: Grace Finan is thirty years old. Born in New York and raised by an Irish-American mother and an Irish immigrant Father. Grace grew up spending a lot of time in Sligo, Ireland, with her family which set her love affair with the Irish landscape and the home of her ancestors. Grace has a degree in Tourism and Hospitality from Excelsior College in NY State.

About the Mentor: Catriona Bergin is an Eco Health Tourism professional as well as a Business Mentor. Catriona owns her own self-catering business which includes many outdoor add-ons such as sauna, hot tub, natural swimming pool and outdoor kitchen. Catriona also has two horses, hens, 4 dogs, ducks and a goat which guests can visit and say hello to. Catriona is a Business Mentor for the Local Enterprise Offices, assisting new starts with their business plans, ideas and marketing.

Wandering Eire Aligned with GRASSROOTS

The Wandering Eire Tour fully complies with the values of Grassroots Eco-Health Tourism as it reflects:

- **Wellness** - Wondering Eire prioritizes well-being by offering mindful travel experiences, including eco-friendly stays and wellness retreats that encourage relaxation and connection with nature.
- **cultural immersion** - Visitors engage with local artisans, chefs, and historians, experiencing Ireland's heritage through food, storytelling, and traditional crafts.
- **Local empowerment** - By collaborating with small businesses, farmers, and guides, Wondering Eire ensures that tourism directly benefits the local economy and supports sustainable livelihoods.
- **Sustainability** - From farm-to-table dining to responsible trekking, Wondering Eire integrates eco-conscious practices into every aspect of its experiences, preserving Sligo's landscapes and traditions.
- **Cultural Preservation** - Through curated experiences like the "Trek-Food-Treasure" tour, Wondering Eire educates visitors on Sligo's rich history, ensuring that Ireland's heritage remains alive for future generations.

Eco-Health Focus

The eco-health philosophy of Wondering Éire ensures that every bespoke experience along the Wild Atlantic Way nurtures both the environment and personal well-being. This approach blends sustainable tourism, mental wellness, and local ecological preservation to create a holistic, regenerative travel experience.



grassroots
young entrepreneurs in eco-health tourism

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