**Ballinwillin House Farm**

Step back in time and re-discover the great tasting high quality food of our Irish forefathers while you take a mindful RetrEAT at this boutique B&B.

**About Pat Mulcahy**

Pat Mulcahy aka The Mindful Farmer is the owner of Ballinwillin House Farm, the only combined organic farmed venison, wild boar and goat farm in Ireland and the UK with a boutique B&B, holistic garden and wine cellar on site. He is a serial entrepreneur and his business interests include the production of handcrafted artisan food, a boutique B&B at Ballinwillin, a vineyard in Hungary, the annual music festival, Indiependence, which is held on his deer farm and “RetrEAT” a residential experience to nourish the body and mind.

During his childhood Pat developed a system to cope with the challenges of growing up on a small farm. From as young as 8 years of age, he was practising mindfulness which he acknowledges helped him immensely during his work in his first career as a Garda. In 2017 Pat created a “Thinking Path” on the grounds of Ballinwillin House Farm and in 2018 he added a holistic garden with areas dedicated to mindfulness, meditation and forgiveness. He has a huge interest in health and well-being and is an advocate for nourishing the mind and body.

**What is RetrEAT at Ballinwillin House Farm?**

“RetrEAT” at Ballinwillin is a residential 2-3 night stay that focuses on nourishing the mind and body. Excellent quality food is served to guests with as many ingredients as possible sourced from the organic farm and from neighbouring suppliers. Wines from Ballinwillin’s sister vineyard in Hungary are matched to menus which are a mix of relaxing kitchen suppers and fine dining in the formal dining room.

Workshops are devoted to teaching mindfulness and meditation with owner, Pat Mulcahy aka The Mindful Farmer, sharing his knowledge and expertise, often in an outdoor setting. The holistic garden was designed in 2018 in response to the challenges posed during the harsh 2017/2018 winter. There are areas dedicated to meditation, mindfulness and forgiveness as well as “The Thinking Path” which provides guests with thought provoking messages.

This is a residential RetrEAT where guests are invited to immerse themselves in the peace and tranquility of Ballinwillin House Farm.

A 2-night experience caters for 9 guests on a single occupancy and includes the following:

• 2 nights’ accommodation (single occupancy in a double/twin room)

• Georgina Campbell award winning breakfast each morning

• Wine tasting on evening of arrival in the Ballinwillin wine cellar

• Supper with wine on the night of arrival

• 1 day of workshops to include meditation and mindfulness sessions

• Lunch on day of workshops

• Pre-dinner drink with musical entertainment and a long table dinner with paired wines on the eve of departure

• Tea/coffee/water

Menus are set and feature in season locally sourced ingredients including organic farmed venison and wild boar from Ballinwillin House Farm and wines from Ballinwillin’s sister vineyard in Hungary. Ballinwillin organic farmed venison, wild boar and goat products are sold directly to the hospitality industry and are used by many of Ireland’s award-winning chefs. The online shop makes the produce readily available to the home cook in Ireland and the UK.

**Number of Rooms**

* Main house - 3 X doubles in the main house
* Courtyard wing - 6 X doubles (2 may be converted to twin rooms)

All rooms are individually and tastefully decorated with modern ensuite shower rooms, Voya toiletries and water from the Ballinwillin well.

**Feedback from US/Canadian Guests**

Exception in every way!

This is one of the best BnB experiences that we have had. We were warmly greeted after a very long drive and the stress of the day disappeared. Our room was elegantly appointed with everything we needed in place. This is a working farm that is beautifully kept. Breakfast was in the Main House in the kitchen. Entirely handmade and organic with almost everything originating on the farm. Best bread ever! I wish we could have stayed longer.”

*Elaine K*

*North Attleboro, Massachusetts*

Irish Hospitality

Patrick and Miriam were great hosts. The house has a history all its own, being over 300 years old! Our accommodations were excellent.
Our main purpose for being in Mitcheltown was to do some ancestry work. Patrick knew of a local geneologist. We spent the entire day with him. We did discover more information about my wife's ancestors. What a great 50th anniversary present! The food was great as was the conversations around the breakfast table. Can't say enough about our hosts!!

*gkwalsh1365*

*Georgetown, Texas*

Outstanding!

Ditto to what everyone else said - this unique Inn is a must-stay. We loved visiting the deer especially! Miriam went out of her way to accommodate our family of five, we are so appreciative! A bonus was the kitchen in the common room where we were happy to make a meal after 2 weeks of travelling and eating in restaurants. Just wonderful!

*Skiers05*

*Toronto, Canada*

 [Must stay location!](https://www.tripadvisor.ie/ShowUserReviews-g1593165-d1592358-r400508706-Ballinwillin_House-Mitchelstown_County_Cork.html)

This B&B was amazing! Clean and comfortable room, great breakfast, very friendly family and a perfect middle location between Kilkenny and Cork. We really enjoyed looking at the red deer and enjoying a night in a small town. You won't be disappointed.

*lynnbringold*

*Wellston, Michigan*

**Free to Use Photography**

* Image of Pat Mulcahy aka The Mindful Farmer

<https://www.dropbox.com/s/8akxrmmms5c57mn/Patrick%20%26%20Miriam%20Mulcahy%20Ballinwillin%20House%20May%2017%2026.jpg?dl=0>

* Image of Ballinwillin House

<https://www.dropbox.com/s/1kgp0x9j887d0nu/Gardens-12.JPG?dl=0>

* Image of courtyard wing

<https://www.dropbox.com/s/8av0k3o9hj7u7a4/CootageCourtyard-06.JPG?dl=0>

* Image of garden

<https://www.dropbox.com/s/sd8ojau3i0azawl/Gardens-01.JPG?dl=0>

* Image from Thinking Path

<https://www.dropbox.com/s/i4f7tr7n6czegf4/Gardens-10.JPG?dl=0>

* Images of rooms in Ballinwillin House & the Courtyard area

<https://www.dropbox.com/s/vp2oumag3j9n0nn/Accommodation-04.JPG?dl=0>

<https://www.dropbox.com/s/hujynutkq5t4snp/Accommodation-26.JPG?dl=0>

**Experience:**  RetrEAT at Ballinwillin House Farm

**Location:**  Mitchelstown, Co Cork, Ireland

 45 minutes from Cork Airport

 1 hour 15 minutes from Shannon Airport

 2 hours from Dublin Airport

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