



RESTORE AND CONNECT THROUGH UPCYCLING AND THE ANCIENT ART OF DECOUPAGE AT THE INSPIRING COUNTRYSIDE HOME OF ARTIST MARTINA FARRELL

Martina's Art Studio, Sonas Craft is just a 5 minute drive from the historic village of Slane, the UNESCO World Heritage site of Brú na Boinne, Slane Castle, and the Hill of Slane. A meandering boreen (small road) leads to a relaxing countryside haven and the home studio of artist Martina Farrell. Passionate about upcycling, Martina loves to breathe new life and transform something old into a beautiful work of art. Nestled beneath a magnificent lime tree, the studio itself is an eco-friendly treasure built from recycled windows and doors sourced from all over Ireland.

A Nordic Walking instructor, Martina loves to get out into the countryside, breathe the fresh country air, and take inspiration from the surrounding Boyne Valley landscape. A stone pathway leads to Martina's home studio, where creativity is explored through the art of upcycling, painting and the ancient craft of decoupage, which involves the transfer and layering of images and colours from decorative napkins. Unleash your artistic flair under the guidance of Martina to create a piece that captures the essence and enchantment of the Boyne Valley countryside.

Highlights include:

- **Location** | home studio | Slane, Co. Meath | rural countryside setting | steeped in heritage
- **Heritage** | ancient lands of the Boyne Valley | the first farmers | literary connections
- **Martina Farrell** | artist | upcycling | decoupage | friendly & fun
- **Decoupage** | ancient creative skill | layering technique using decorative napkins
- **Upcycling** | breathing new life into something old | painting | repurposing materials
- **Nordic Walking** | walking with lightweight poles | invigorating | feel refreshed | mindfulness
- **Countryside Walk** | lush green fields | the sound of bird song | animals grazing | fresh air
- **Escapism** | countryside retreat | surrounded by nature | self-expression | connection

Our ethos is rooted in nature appreciation, creative reuse of materials, and a deep commitment to eco-conscious living

Experience Options

Experience Name	Short Description	Experience Type	Min-Max	Duration	Public Price Per Person
Framed by Nature	A Nordic Walking taster class and countryside stroll inspires creative design on an upcycled frame using paint and the art of decoupage. NOTE: the walk is suitable for all levels of fitness	Scheduled	1-12	120 minutes	€50
		Private group	6-12		
Inclusions: <ul style="list-style-type: none"> ● Introduction to Nordic Walking with poles supplied ● Guided 20 minute walk down the boreen (small country road) from Martina's home ● Tea/coffee and freshly baked scones with butter, jam and cream served in the garden ● All materials included ● Ongoing guidance and support ● A group photo from the walk to put into your new frame as a memory of your visit 					
Important Information: <ul style="list-style-type: none"> ● Scheduled experiences can be booked online at www.nordicwalkingireland.com ● Private experiences are subject to minimum numbers <u>or</u> the equivalent in charges 					



Important Information

Booking Information	<ul style="list-style-type: none"> • Martina Farrell • M: +353 (0) 85 7562862 • E: martinafarrell24@gmail.com • www.nordicwalkingireland.com
Opening and Closing Dates	<ul style="list-style-type: none"> • Scheduled tours: available from April to December - see website for details • Private group bookings available year round, subject to availability
Location	<ul style="list-style-type: none"> • Google Co-ordinates- https://maps.app.goo.gl/Q7Vq6azSrm8oLFw77 • Eircode- C15 H361
Parking	<ul style="list-style-type: none"> • Parking available on site for up to 6 cars or 2 small coaches
Customer Information	<ul style="list-style-type: none"> • Accessibility <ul style="list-style-type: none"> – The studio is accessed via a gravel path at the back of Martina’s garden – The studio is on ground level and is fully accessible – There is a bathroom for visitors use in Martina’s home- this is on ground level but the entrance is not wide enough to accommodate a wheelchair. • Languages: English
Our Sustainable Ethos	<ul style="list-style-type: none"> • Our ethos is rooted in nature appreciation, creative reuse of materials, and a deep commitment to eco-conscious living. It reflects a desire to live harmoniously with the planet, reduce waste and find inspiration in the beauty of the world around you.

Experience Description

Framed by Nature

Escape to the countryside and spend time at the home of Martina Farrell, artist and Nordic Walking instructor. Take a countryside stroll, breathe fresh country air, and learn about the area's fascinating history. After an invigorating walk, unwind under the magnificent lime tree in Martina's garden, and enjoy warm homemade scones. Refreshed and relaxed, head to the studio to personalise an upcycled picture frame that captures the essence and enchantment of the Boyne Valley landscape using the ancient art of decoupage. Leave with your unique frame and memories to cherish forever.
