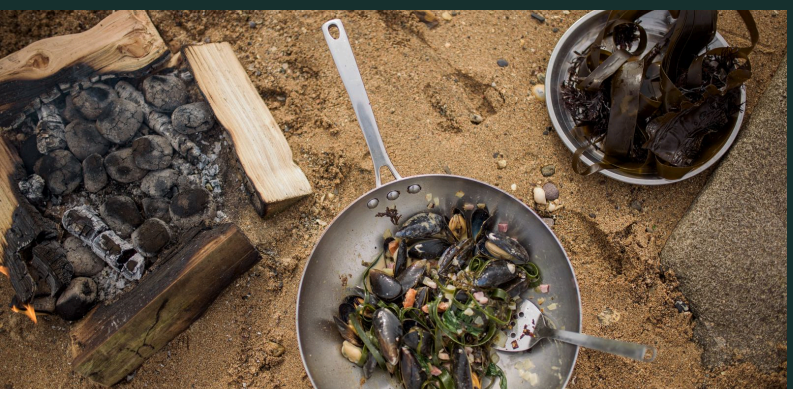
On the Rocks

THE SIGNATURE EXPERIENCE · EAST NEUK SEAWEED



The flagship experience—one that captures the true essence of Scotland rather than merely filling an itinerary. Dictated by the lunar cycle, a rare spring tide pulls the sea back to reveal a hidden, normally submerged coastal world. Guests explore the exposed seabed alongside Jayson before indulging in an extraordinary five-course beachside feast cooked over open fire, subtly elevated by freshly gathered seaweed and hyper-local coastal produce. Strictly limited to 12 guests, this intimate ritual offers an effortlessly private feel, whether joining a scheduled gathering or taking the shore exclusively. Designed for discerning couples, private groups, and high-end incentives, this is an immersive half-day destination in its own right—never a stop to be rushed.

AT A GLANCE

DURATION
4 hours

GROUP
2–12 · exclusive charters available

AGES
8+ · under-16s with a participating adult

SEASON
Mar–Oct + selected winter tides · ~10–14 shore days a month

SETTING
The low shore — uncovered only by the big 'spring' tides around each new and full moon, so dates follow the moon, not the calendar

INCLUDES
Guide, all safety & foraging kit, five-course wild menu, hot drinks

DIETARY
Vegetarian, vegan & gluten-free with 7 days' notice — shellfish always avoidable*

ADD-ONS
Seafood Tasting Course £40 pp (East Neuk lobster, Scottish oysters & caviar) · Premium Beverage Flight £25 pp (Champagne on arrival, extended single-malt flight) · both £58 pp

PRICE
£85 adult · £25 child (8–16)

2027–28 season prices

HOW THE DAY RUNS

1. Meet at the confirmed shore — introductions, safety briefing, helmets & kit
2. Walk out with the falling tide (~800 m over mixed ground)
3. Guided foraging on the low shore: identification, cut never pull, what to take and what to leave
4. A short break while the fire is lit
5. Five courses cooked over fire and eaten on the beach, built from the day's harvest
6. The tide turns — walk back with take-home notes to keep foraging and cooking

> Moderate fitness: uneven, slippery ground and sustained standing. Not suitable for wheelchairs or buggies.

GOOD TO KNOW

Meeting point: emailed a few days before, once weather and tides settle the best shore — always along the East Neuk, within easy reach of St Andrews. Transport not included.

Bring: wellies or grippy footwear and layered clothing for changeable coastal weather.

Fitness: moderate fitness and sure-footedness; uneven, slippery ground and sustained standing.

Booking: dates follow the spring tides. 7 days' notice for a refund minus a 10% admin fee; if we postpone and no date suits, full refund.

* Every menu is built on wild seaweed, so traces may be present in any dish; tell us about allergies at booking.

Book & live dates: eastneukseaweed.com/workshops/on-the-rocks — dates follow the tides.
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WILD · LOCAL · SEASONAL