

# Flavour Trails Itinerary: From Tree to Shining Sea

It's hard to contain so much flavour in just one place. Join us on a culinary adventure as we travel from tree to shining sea, exploring some of the best the Saanich Peninsula and the Southern Gulf Islands have to offer. From award-winning cideries to off-the-beaten-path makers nestled at the end of winding country roads, this itinerary provides a playful yet expansive tour of our region. Connect with the roots of Canada's most ecologically diverse farmlands and the rich bounty of the Salish Sea as you island hop your way from bite-to-bite.

## **Start: Spinnakers Gastro Brewpub**

How would we describe Spinnakers Gastro Brewpub? Island made. As Canada's first brewpub, Spinnakers has been leading the way for over 30 years. Spinnakers works with over 35 local farmers and producers to serve up a fresh, seasonal spin on pub classics. Enjoy breakfast paired with one of their brilliant craft brews to fuel up for your big adventure. Spinnakers provisions store is the perfect place to stock up with some road trip snacks for your journey.

## **Stop 1: Heritage Acres**

After a filling breakfast, you could probably use a nice stroll. A short 20-minute drive away, Heritage Acres is a 29-acre site dedicated to collecting, restoring, housing, preserving, and displaying artifacts that tell the story of farming, country living, and industry on Vancouver Island. As a living history village, Heritage Acres is home to over 20,000 artifacts and four historically significant buildings. Stop, stay a while, and explore over 150 years of farming heritage on the Saanich Peninsula and uncover the very roots of the farmlands, makers, and markets you'll be exploring.

## **Stop 2: Ocean View Estates**

A quick 6-minute ride brings us to our next step, Ocean View Estates. A family-run farm, Ocean View Estates provides a range of agricultural experiences. Meander their U-pick fields, or visit their farmstand if you're in a hurry, and find picture-perfect produce that looks (almost!) too good to eat. Ocean View Estates proudly hosts several community events including the Sunflower Festival from mid-August through mid-September, and the Saanichton Corn Maze through the month of October.

## **Stop 3: Sea Cider Farm & Ciderhouse**

Practically neighbours, Sea Cider Farm & Cider House is located just around the corner from Ocean View Estates. Sea Cider Farm & Ciderhouse's ten-acre farm is home to over 1,300 apple trees, made up of over 50 varieties of heritage apples. Relax at the ciderhouse and drink in the panoramic water views overlooking the orchard across the Haro Strait to James Island. The ciderhouse is open for tastings daily from 11:00 a.m. to 6:00 p.m. Enjoy a flight of ciders paired with a picnic from Toque or Truffles Catering.



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## **BC Ferries – Swartz Bay Terminal**

It's time to wrap things up on the Saanich Peninsula, all good things must come to an end. But fortunately for you, the fun, flavours, and feasting doesn't stop there. Leg one of our journey comes to a close at lands end, where the rugged coastline of Vancouver Island slips away into the Salish Sea. But this is just the beginning, as you set sail aboard BC Ferries to Saltspring Island of the Southern Gulf Islands, a rustic and uniquely biodiverse series of islands that separate Greater Victoria from the BC Mainland.

## **Stop 4: Saltspring Island Cheese**

From the ferry terminal at Fulford Harbour, wind your way along rural roads for 20–minutes to your first island stop, a goat cheese farm. Sample a range of chevres and soft cheeses paired with locally made preserves and have a DIY picnic on site. Your next leg is a long one so be sure to fuel up, or plan to stop at farm stands, like Stowel Lake Farm, along the way.

## **Stop 5: Merchants' Mews**

Cruise along quiet Beddis Road and pass through Ganges, the town center, before arriving at Merchants' Mews, the island's up-and-coming food hub. Choose from the much-loved Francis Bread for woodfired sourdough, bakery treats and sandwiches, Woodshed Provisions for grab-and-go meals made from local ingredients, Salt Spring Kitchen for preserves, and more. You can't go wrong here.

## **Stop 6: Salt Spring Wild Cider**

Just a short 15–minute ride away, treat yourself to artisanal craft cider made from heritage apples, in a beautiful setting overlooking an orchard.

## **Finish: Tree House Cafe for "Music under the Stars"**

Finish your day in quaint Ganges. Park your bike and peruse the town, walk along the water, or grab a table at Tree House Cafe, an enclosed patio under an ancient plum tree, and enjoy the nightly music. If you feel like getting up and dancing, you'll fit right in.

