

# Flavour Trails Itinerary: Food for Thought

The Saanich Peninsula is a day-tripper's paradise, easily transformed into a flavourful cycling route. Begin your journey along the Galloping Goose Trail. Discover a full-day culinary tour that will lead you from downtown Victoria through rolling fields to small batch ciders, local honey, sweet sips and more. Take your time cycling back along the Lochside Trail. This unique experience is sure to be a highlight of your visit to Greater Victoria

## **Start: The Pedaler Cycling Tours and Rentals**

From downtown Victoria, rent a bike or e-bike from The Pedaler Cycling Tours and Rentals or Cycle BC.ca Rentals. Embark on your culinary cycling tour of the Flavour Trails. It's just a short pedal away to our first stop.

## **Stop 1: The Courtney Room**

Just two blocks from the Inner Harbour, at the foot of the Magnolia Hotel lies the Courtney Room, one of Victoria's top farm-to-table restaurant. The Courtney Room is the perfect primer for your day of exploration on the Flavour Trails, whose partnerships with local farmers allow them to highlight our local community and its bounty. Then, pop on over to the Lochside Trail from Victoria to Sidney and settle in for a 30-minute ride to your next stop.

## **Stop 2: The Root Cellar Village Green Grocer**

Victoria's go-to for local, sustainable produce and goods, The Root Cellar Village Green Grocer is the spot to load up on nutritious treats to fuel your agricultural explorations. The Root Cellar takes your grocery experience deeper, offering workshops, live music, and one of Saanich's favourite coffee shops. Make sure to grab some of their famous Green Sauce, which enhances the deliciousness of omelettes, sandwiches, roast chicken, and just about anything else you can top with it.

## **Stop 3: Junction Orchard & Cidery**

Junction Orchard & Cidery is a rustic eight-acre farm rolling out the west coast welcome to cider fans, families, and even our four legged friends. Using fresh in-season fruit from the Saanich Peninsula and Vancouver Island allows for minimal processing and richer, fuller flavours. After exploring the orchards and tasting room, it's time to hit the saddle again and keep rolling down the Flavour Trails.

## **Stop 4: Church & State**

After a 20-minute bike ride to Church & State Wines, indulge in a bite at this gorgeous vineyard and treat yourself to a delicious lunch from the Tasting Bar or Bistro. Sample local ingredients weaved into unique dishes or opt to nibble on one of their famous (and mouthwatering) charcuterie boards.



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## **Stop 5: Fireside Grill**

Towering garry oak and landscaped gardens surround you in this historic, urban acreage nestled on West Saanich Road. For the ambiance, think rich earth tones, classic planked flooring, elegant woodwork, and warmth. This award-winning restaurant serves a distinctively Victorian dining experience focusing on fresh farm-to-table fare including their seasonally changing three-course dinner menu.

## **Stop 6: Niche Grocerant**

The one-stop shop for the flavours of Victoria, Niche Grocerant is a locally-focused specialty food retailer with a fully licensed restaurant. Find all your favourite foods from the Flavour Trails, Victoria, and Vancouver Island. Niche is the perfect spot to load up on all your favourite Victoria snacks and savouries for the trip back home.

## **Finish: 10 Acres Bistro**

Take some time to explore Saanich on your leisurely ride downtown. Explore the farm turned nature sanctuary at Swan Lake and savour the views of the Gorge Waterway. When you arrive back in downtown Victoria after your ride, drop off your bike and head to 10 Acres Bistro for a farm to table meal to conclude your grand flavour cycling tour, you've earned it after all. Here you can sample flavours raised and harvested on the Saanich Peninsula at their own ten-acre farm.

