

TRAVEL



Antwerp sparkles

The secret to enjoying this stylish city of diamonds on a budget: Eat, sleep, drink and play like the locals. The city's a walkable do-it-in-a-day and worth a detour from Brussels.

SUNDAY IN TRAVEL

TIME TO GET AWAY

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TAKE A TASTY CULINARY TOUR RIGHT IN YOUR OWN BACKYARD

TOP CANADIAN FOOD EXPERIENCES:

From Vancouver Island
to Nova Scotia and
points in-between



With her company, Travel with Taste, Kathy McAree builds tours around Vancouver Island's riches: local wines, ciders, artisan cheeses, Saltspring Island lamb and Cowichan Bay farm chicken.

The following are seven top Canadian food experiences to enjoy this summer:

Vancouver Island: Cowichan Valley Cuisine and Wine Day Tour

For five years, Kathy McAree, a Canadian leader in culinary tourism, has taken world visitors on tours to sample the extraordinary bounty of Vancouver Island: vineyards, organic farms, cheese

makers, craft beers and more. On her Cowichan Valley day tour, for example, you're picked up at your Victoria hotel, then driven 45 minutes north to the fertile valley, where you visit local wineries, stroll through vineyards and are led through a private wine tasting. Next you meet an artisan cheese maker and sample his products before heading to Amuse, a top-rated restaurant, for a three-course lunch

featuring wild B.C. salmon, Cowichan Bay farm chicken or Salt Spring Island lamb, all paired with island wines.

Cost: \$195 per person for groups of four to six. McAree also offers \$89 culinary walking tours of downtown Victoria. "Culinary tourism is often seen as a high-end experience that is expensive," says McAree. "But it doesn't have to be a trip to Tuscany. Culinary tourism can be in your

own backyard."

More: see www.travelwithtaste.com or call 1-250-385-1527.

Calgary:

The Urban Cowboy Culinary Tour

Calgary has become a culinary hot spot with some of the best restaurants in Canada, artisan cheese makers and, of course, beef from area ranches. This new tour takes you to Calgary's trendy Inglewood area, where you get to try appetiz-

ers from four different award-winning restaurants, with the dishes focusing on fare from local producers and ranchers.

Cost: \$80

More: www.urbansafaritours.com or call 1-403-283-3158.

Manitoba:

Cuisine in the Western Highlands

All of Celes Davar's tours are

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