

Flavour Trails Itinerary 1: Tour de Farm

The Saanich Peninsula is a day-tripper's paradise, easily transformed into a flavourful cycling route. Begin your journey along the Galloping Goose Trail to discover a full-day culinary tour that will lead you from downtown Victoria through rolling fields to house made gelato, 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: Downtown Victoria

From downtown Victoria, rent a bike from Bike Tours Victoria, or for a bit of assistance, opt for an e-bike from The Pedaler. Embark on your culinary cycling tour of the Flavour Trails. Hop on the Galloping Goose Trail and settle in for a 40-minute ride to your first stop.

Stop 1: The Gardens at HCP

Your first stop on your self-guided adventure is The Gardens at HCP, a beautiful botanical garden that you can enjoy year-round. Spend as long as you like here, taking in the seasonal blooms and wandering the garden paths. When you're ready for a sweet treat, you need only bike 10 minutes down the road to your next stop.

Stop 2: Mosi Bakery – Café & Gelateria

Indulge in a well-earned cool down at Mosi's and savour their world-famous handmade gelato while soaking up the sun on their charming wrap around veranda.

Stop 3: Tod Creek Cider

Hop back on your bike for a quick one-minute ride across the street to your next stop, Tod Creek Cider. Sample their small batch, locally made cider in their tasting room and take a bottle to go! Call ahead to book a tour of the operation and learn about their humble beginnings and big dreams.

Stop 4: Country Bee Honey

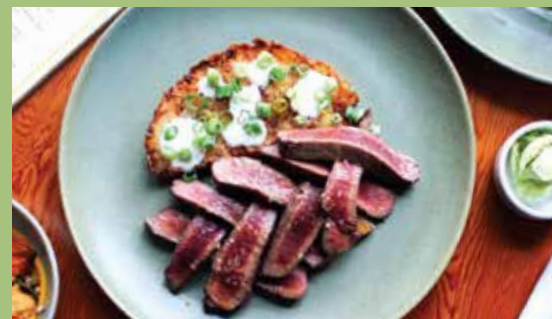
When you've had your sampling of Island flavours, head back out on your bike via West Saanich Road and cycle 20 minutes down the road to your third stop, Country Bee Honey Farm. Taste delicious local honey in their storefront and peruse the locally made gifts and products on offer. This is the perfect spot to find Island goodies to take home.

Stop 5: Church & State Wines

After a 6-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 charcuterie boards.

Stop 6: 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.



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Stop 7: 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 local delicacies in your picnic basket for your day of exploration along the Saanich Peninsula.

Finish: Downtown Victoria at 10 Acres Bistro

When you arrive back to downtown Victoria after your 75-minute cycle back along the Lochside Regional Trail, drop off your bike and then head to 10 Acres Bistro for a farm to table meal to conclude your grand flavour cycling tour. Here you can sample flavours raised and harvested on the Saanich Peninsula.

