



## Culinary Tourism in Canada

Canada is a vast country bordered by three oceans, an immense nation that boasts soaring mountains in the West, fields of wheat in the centre, and the Great Lakes and St. Lawrence River amid rolling lands in the East.

Renowned the world over for its exceptional quality of life, Canada abounds with magnificent, distinctive and diverse landscapes, fascinating history and an incredibly rich cultural heritage, all of which make it a unique and topnotch destination.

When it comes to food, Canada's plentiful natural resources deliver a host of products as diverse as they are delectable, from cowberries, wheat, scallops and northern prawn to Arctic char, caribou and bison. The ingredients form the basis of a cuisine that's not only unique in the world, but a reflection of our cultural heritage.

Canadian cuisine is in constant flux, and as diversified as the scenery and the people. The chefs and small-scale food producers who are making a name for the country constantly push the boundaries of knowledge in culinary and gastronomic science. They are forever devising fabulous new dishes, using local products that in many cases have been cultivated specifically to meet their needs. Canadian winegrowers, for their part, keep up with their culinary counterparts by developing world-class products that provide limitless pleasure for visitors.

We are immensely proud to share our country, our flavours, our splendid landscapes, our dazzling cities and our generous nature with visitors from around the globe.

Culinary development has given rise to products such as:

- Fruit- and berry-based alcoholic beverages, Québec
- Acadian cranberries, New Brunswick
- Lingonberry jam, Newfoundland & Labrador
- Arctic char, Northern Canada
- Potatoes, Prince Edward Island
- Wild rice, Manitoba
- Smoked Pacific salmon, British Columbia
- Maple syrup, Ontario and Québec
- Cheeses, Québec
- Smoked meat, Québec
- Icewine, Ontario and British Columbia
- Digby scallops, Nova Scotia
- Alberta beef, Alberta
- Saskatoon berries, Saskatchewan

## \*Planning your culinary tour

### Atlantic Tours Gray Line

Experience Norstead, a working lifestyle village where you can experience traditional Viking culture, music and food.

[www.atlantictours.com](http://www.atlantictours.com)

### Canadian Dream

Discover Acadia: your package includes an Acadian themed lobster supper.

[www.candream.com](http://www.candream.com)

### Morning Rush (Prairies)

Enjoy country cuisine flavoured with the freshest regional ingredients, hearty ranch-style cooking over an open grill or comfort food harvested from the land and the lakes.

[www.prairiestyle.ca](http://www.prairiestyle.ca)

### Ô Tours

Cultural Tours include a stop at New Bothwell, a Mennonite village and lunch at the Livery Barn Restaurant where you'll sample tasty Mennonite fare in a pioneer setting.

[www.otours.net](http://www.otours.net)

### Okanagan Wine Tours

Enjoy year round, first-class tours of several of the over 60 exquisite and award-winning wineries of the Okanagan Valley.

[www.okwinetours.com](http://www.okwinetours.com)

### Ontario Backroads and Gateways

Toronto Food Experience - You will participate in an interactive culinary experience designed for the home chef.

[www.ontariocanadatravel.com](http://www.ontariocanadatravel.com)

### Routes to Learning Canada

Charlevoix Feast of Music and Cuisine: Experience the fine cuisine of the Charlevoix region as well as its local products.

[www.routestolearning.ca](http://www.routestolearning.ca)

### Savour Ontario

Take a lesson in food and wine pairing the natural bounty of the flavours and colours served up by Ontario's four seasons.

[www.savourontario.ca](http://www.savourontario.ca)

### Travel with Taste Tours

Imagine an entire week tasting lavish foods and outstanding local wines on Vancouver Island - tender and flavorful Salt Spring Island lamb, superb produce and local seafoods.

[www.members.shaw.ca/travelingwithtaste](http://www.members.shaw.ca/travelingwithtaste)

\*Note that we are presenting just a sampling of tour operators offering culinary packages.