

# Flavour Trails Itinerary: Edible Archipelago

Not far but a world away, the Southern Gulf Islands are a handful of serene, verdant, rolling crowns just a 40-minute ferry ride across the Salish Sea. Nourish yourself with the bounty from its growing agricultural legacy while you lose your breath taking in the exquisite scenery. Once the hub of fruit production in BC, you'll find heritage flavours combined with native plants to experience a terroir that's shaped as much by its environment as the passion of its people.

## **Start: Otter Bay | Pender Island**

From the Otter Bay ferry terminal, follow the signs east towards Driftwood Centre, Pender Island's community hub. If you arrive by car or foot, rent a bike nearby at Port Browning Marina from Pender Island Kayak Adventures and get ready to work up an appetite.

## **Stop 1: Truss Farm Food**

Your first stop is only 15-minutes away, on a route that takes you along winding, rural roads lined with small organic farms and towering trees. Luckily, Truss Farm Food takes inspiration from these surroundings and showcases local produce in their seasonal menu. After you're satiated, wander through the Medicine Beach sanctuary next door or, if you're lucky, drop in on a local jam at neighboring Slow Coast Coffee.

## **Stop 2: Twin Island Cider**

Bike back the same route to reward yourself with natural craft cider made from century old apples and pears in the charming tasting room overlooking the farm.

## **Stop 3: Sage Hayward Vineyards**

It's time to hop over to Saturna Island. You'll arrive to Lyall Harbour and though the winery is only 4km away, be prepared for a steep climb over Brown Ridge. Once you crest the top, you'll see stunning views over the valley and into the Salish Sea beyond. Indulge in a wine tasting and, if you've timed it right, stay for the pizza night!

## **Stop 4: Sunny Mayne Bakery Cafe**

Break up all that pedaling with another ferry ride. From Lyall Harbour, take BC Ferries to Mayne Island. It's a short 10-minute ride to the bakery (or 1 minute if you take the water taxi) at which point you can treat yourself to a cronut, or two.



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## Stop 5: Oxeye Cafe

Your next stop is on Galiano Island, arriving into Sturdies Bay. Luckily, the cafe is just a minute up the street. By now, you'll have a feel for the wilds of the islands, and Oxeye will give you the taste of it—inspired by the flavours and the cultures of the archipelago.

## Finish: Montague Harbour | Galiano Island

End your tour with a scenic 30-minute ride to Montague Harbour Marine Park, and explore its white shell beaches, open meadows, tidal lagoons, and craggy headlands. Set up camp for the night or splurge at nearby Pilgrimme, one of the country's top-ranked restaurants. For a true local experience, and a break for your quads, hop on the pub bus to the Hummingbird Pub, but be prepared to sing for the trip!

