

# Flavour Trails Itinerary: Barns, Beaches & Beyond

Embark on a captivating agritourism adventure through Langford, Metchosin, and Sooke, where the lush landscapes of Vancouver Island unveil a bounty of farm-fresh experiences. Begin in Langford with a delightful brunch featuring locally sourced ingredients and an African twist, offering a unique and flavourful start to your day. Venture to Metchosin, renowned for its charming lavender farms, delightful sugar shacks, and friendly barnyard buddies, providing a perfect blend of sensory delights and family fun. Conclude your journey in Sooke, where the fertile land meets the sea, offering an ideal setting to indulge in gourmet meals crafted from locally sourced ingredients. This itinerary promises a rich tapestry of flavours and scenic beauty, celebrating the agricultural heart of the region.

## **House of Boateng**

A short drive from downtown lies an off-the-beaten-path, but local-favourite dining experience, House of Boateng Café. Indulging in brunch at HOB tantalizes the tastebuds with Chef Castro Boateng's innovative, locally sourced approach to West African and European fusion cuisine. Bring a taste of Chef Boateng's culinary magic home with you and purchase one of HOB's fine preserves or sauces (we recommend the HOB Hot Sauce), which superbly capture Chef's passion for flavour. HOB's selection of baked goods and sweet treats are the perfect guilty pleasure for our road trip snack pack.

## **Bilston Creek Farm**

Next, we say farewell to Langford and move further afield. It might be only 15-minutes away but a visit to Bilston Creek Farm is a journey through time & nature, and an escape into tranquility. Set amidst the rolling hills of Metchosin, Bilston Creek Farm seamlessly entwines past and present. The historic farm boasts a legacy dating back to the 1850s, adding depth to every step taken on its picturesque grounds. Here, rows of vibrant lavender stretch off to the distant treeline, inviting you to wander and breathe in the soothing aroma. Beyond the fields, you can savour lavender-infused drinks at the barn, a refreshing tribute to the farm's signature crop. For those seeking to take the essence of Bilston Creek home, a selection of wellness products crafted from the farm's botanical treasures awaits discovery in Bilston's cozy, quaint gift shop. For those truly seeking an escape, make sure you find time to visit their collaboration with Wildwood Saunas, which provides for a unique opportunity for relaxation, blending the therapeutic benefits of lavender with the rejuvenating power of sauna sessions. Some lavender-themed treats are the perfect addition to our day's goodie bag.



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## **Satinflower Nurseries**

Those lavender fields have surely got you feeling floral. So, next we invite you to grab life by the green thumb at Satinflower Nurseries, only about a minute's drive away. Satinflower specializes in native plants and seeds, allowing you to bring your own slice of our island paradise back to your home garden. Whether you're looking for pollinator favourites, deer resistant plants, ferns, or even perennials, annuals, and more, Satinflower inspires you to connect with and restore the nature that surrounds us. With every plant grown on site at their nurseries, never removed from the wild, you can be sure that not only will you help preserve the South Island's ecosystem but help it and our pollinators thrive!

## **My-Chosen Café**

Another minute down the road lies a true gem in the heart of Metchosin, My-Chosen Café has been a local favourite for nearly 40-years, as a must-stop destination for cyclists and day trippers alike. You're spoiled for choice at My-Chosen, home to a Sugar Shack, Pizzeria, and Café, and we'll cast no judgement if you choose all three! Their pizza is a quintessential family snack to further fuel your exploration, and the Sugar Shack, whose freshly baked aroma will welcome you to the premises, serves up sweets and hand-helds ideal for catching the sunshine at a picnic table next to the Critter Corner, home to the café's furry barnyard friends.

## **East Sooke Park – Aylard Farm**

During your stay in Victoria, you've certainly loaded up on a selection of local goodies (Root Cellar and Red Barn Market are must-stop shops for local flavours). So, let's take a stop at a picnicker's paradise, Aylard Farm, and dig into those snacks. Wander through the lush, rolling meadows and vibrant forests that paint a picture of serene tranquility, down to a tucked away pocket beach (the rope swing makes an Instagram-worthy photo op). Once a thriving homestead, Aylard Farm is now a testament to the agricultural heritage of the region.

## **Hide N Seek**

You don't have to look far for fine food in East Sooke, made with fresh ingredients from local suppliers. Just minutes from Aylard Farm, Hide N Seek specializes in Asian comfort food that combines traditional recipes with a fine dining twist. Chef Moto and his team challenge one another to push the art of culinary creativity forward with every dish. Find this food truck, and not only will you enjoy some of the region's most creative and contemporary Asian fare, but you can enjoy their licensed and dog friendly outdoor space.

*Local Tip: A small menu with big flavours, it can be hard to choose from the distinctive selections, but we recommend the Wiggly Jiggly and Teriyaki Corn Kushiyaki.*



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## **Woodside Farm**

Next up on our Westshore Tour is Woodside Farm. First farmed in 1851, Woodside Farm is Western Canada's oldest continuously operated farm. This family-friendly destination is an afternoon itself, boasting a farmstand, gardens, friendly barnyard critters, and Canada's only apple orchard maze. Stock your picnic basket with farm-fresh produce including berries, eggs, microgreens, and flowers from their farmstand, which is open 24/7. Or visit during one of Woodside's Fresh Food Experiences where you can explore the grounds, snack on hand-picked fruits and veggies and visit the friendly farm animals.

## **Stickleback Oceanfront Cider and Taphouse**

Stickleback Oceanfront Cider and Taphouse offers arguably the Island's best waterside dining. Nestled on the beautiful Cooper's Cove, Stickleback draws its inspiration from its incredible natural surroundings and infuses it in everything they do. Grab a seat on their cove-side patio, watch as the kayakers come-and-go, and dig into an array of house-made locally made food, ciders & beers. From the scents of fresh food to the smell of cedar and a fresh ocean breeze, the Stickleback is a truly West Coast sensory experience.

## **Sheringham Distillery**

Us Islanders are inspired by what surrounds us, and perhaps nowhere showcases this better than Sheringham Distillery, whose award-winning Seaside Gin sources local seaweed to deliver a uniquely complex spirit that transports the drinker to our windswept shores of the Pacific. Conveniently located roadside on our way back to Victoria, in Langford, Sheringham Distillery is a sensory journey into the world of artisanal spirits, where each sip tells a story of craftsmanship, innovation, and pays homage to our rugged coastal landscape. After indulging in the distinctive flavours of Sheringham's spirits, purchase your favourite bottle and allow the memories of your adventure to linger long after you've left our shores.

*Local Tip: The gins might steal the show at Sheringham Distillery, but there's arguably no cocktail more iconically Victoria than the Shaft. Be sure to pick-up a bottle of Sheringham's Coffee Liqueur and try your hand at home making this quintessential west coast cocktail.*

## **Looking to get hands on?**

Join blacksmith [Jake James](#) for a one or two-day workshop in the forge. These in-depth workshops are an exquisite introduction to ironwork and provide a tactile and memorable way to connect with the Island's rural communities. Hand-craft your own knife, axe, hammer, spoon, and more, under the guidance of an expert blacksmith, who celebrates creativity and the rich heritage of the art of metalwork.



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We bid farewell to the countryside's charm for now but know that the flavours and adventures of the Flavour Trails will linger in your memories, beckoning you back for more. As our Flavour Trails journey through the Westshore draws to a close, we invite you to carry the memories of these unforgettable experiences back to downtown Victoria. Let this be just the beginning of your culinary and cultural exploration on Vancouver Island. Return to downtown Victoria and delve deeper into our vibrant streets, where a world of culinary delights, historic landmarks, and cultural treasures awaits.

