

# 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, crazy cookies, and plant nurseries, 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.

## Island Elixir Tea Company

There's arguably nothing more Victoria, BC, than fine tea. The folks at Island Elixir Tea Company craft their tea blends the right way, the west coast way, creating brews with real ingredients that are perfect whether you're out hiking coastal trails, cozying up at the cabin, or simply starting your morning on Island time. While a selection of their teas are the perfect addition to any Island goodie bag, we recommend joining Island Elixir's founder, Bree, for one of their tea tasting workshops that dive into the essence of natural teas.

## Crazy Cookie House

Things are about to get a little crazy! The Crazy Cookie House is a roadside must-stop attraction for the cookie monster in all of us. This award-winning cookie shop and garden, packs as much quirk into their Instagram-worthy setting as they do chocolate chips into their mouth watering cookies. Keep your eyes peeled on the drive to Metchosin, and you'll be sure to see the quirky angles of the Crazy Cookie House as you approach Witty's Lagoon Regional Park. While you're there be sure to check out the rock pool fairy garden, and even the antique oven that was once used to bake these crazy cookies. What makes a Crazy Cookie crazier than your mom's home-baked cookies? Well these ones are jam-packed with candy bars, mini cookies (that's right, a cookie in a cookie), and other seasonal treats.



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## **Bilston Creek Farm**

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, or snack on a fireside pizza in the orchard. Take the essence of Bilston Creek home, with a selection of wellness products crafted from the farm's botanicals await discovery in Bilston's cozy farm shop or one of their lavender infused treats.

## **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!

## **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.

## **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.



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## West Coast Grill

Let's grab some dinner before we head back to town. Located on the very edge of the Island, West Coast Grill is the perfect place to experience west coast cuisine. The Grill pairs fresh, local flavours with harbourfront views and a patio that you have to see to believe. It's easy to see why the seafood steals the show at this oceanfront dining experience, but you can find a range of classic favourites like pasta, lamb, steaks, and more.

*Local Tip: Heading back late? You're in luck! West Coast Grill has seasonal fire pits open until 10PM. Enjoy any of the Grill's takeout fare as you soak up the warmth of a seaside fire and spectacular sunset views.*

## 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.*

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.

