

Immediate Release

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**Travel With Taste Launches New Culinary Walking Tour
On Vancouver Island**

Victoria, BC – Culinary tourists from around the world have yet another reason to flock to Vancouver Island. Kathy McAree of *Travel With Taste* has launched a tasty urban forage of downtown Victoria. Each Saturday this summer McAree leads small groups through downtown Victoria on palate pleasing adventures that include an eclectic mix of hip, new merchants and eateries such as Café Vieux Montreal, Choux Choux Charcuterie, Café Mela and iconic Victoria food destinations such as Dutch Bakery and Rogers Chocolates.

Guests begin their culinary tour at Silk Road Tea near the gates to Chinatown and participate in a formal tea tasting similar to a wine tasting. Savoury treats are on the menu for the next stops with house-made Montreal Smoked Beef, cured meats, pâtés, cheeses and more. With seven stops in total, sweet treats follow with vanilla slices, almond dollar rolls and chocolate plus a wine tasting at the Artisan Wine Shop. The “icing on the cake” is Sacher Torte served with a special house blend coffee at the new Café Mela at The Belvedere.

These culinary tours last three to four hours and runs over lunchtime. The first privileged guests on the tours this summer have said, “You must arrive with an empty stomach in order to make it through the whole tour.” “All of the tastes are so tempting along the way they’re impossible to pass up.” Each stop includes a chat with proprietors to learn about their history and to sample some of their favorite house made products.

McAree says there is no better way to learn about the culture of a city than through taste. “For many years I have sought out culinary tours when I travel. I’ve always found the best way to learn about an area and to connect with the locals is through the culture of cuisine.” Maps are provided so guests can find their way back to their favorite tour stops and visit many more of McAree’s favorite “foodie” shops and restaurants.

Travel With Taste Culinary Walking Tours will run each Saturday through September and are a great value at \$79 per person – reservations required. McAree also runs full day cuisine and wine tours to the Cowichan Valley, Salt Spring Island, and the Saanich Peninsula which includes a special lunch at Butchart Gardens. Additional group tours can be custom designed to create several days of indulgence throughout southern Vancouver Island.

For more information or to reserve a spot on these culinary tours people may contact McAree directly at 250-385-1527 or go to www.travelwithtaste.com.

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