

**Eat, Drink and Be Merry (3 Days)**

**Featuring:**

**Salt Spring Island, the Cowichan Valley, and Nanaimo on Vancouver Island**



The **Cowichan Valley** with its culinary offerings is an ideal location for food and wine enthusiasts.

**Three Day Dream Trip**

**Day One** Travel from **Vancouver** to **Salt Spring Island** aboard **BC Ferries**

**BC Ferries**, is known for showcasing BC's spectacular scenery and proud maritime history. With a fleet of 36 vessels that make up to 47 ports of call along the diverse communities on the BC coast, BC Ferries is the primary provider of ferry service in the province and plays a vital role in the region's economy. From maintaining a constant flow of goods and services, to linking families and friends, to attracting tourists to many unique and beautiful destinations, BC Ferries is a key player in the development of life on BC's coast.

The best-known of British Columbia's Gulf Islands, **Salt Spring** is inhabited by easygoing, green-oriented free spirits. A high per-capita assortment of dining options, specialty food producers, bakeries, coffee shops and farmers selling fresh-picked organic produce reflect the island's passion for creature comforts. The central harbour town of Ganges is home to most of the island's funky, independent restaurants and retailers. During the summer months on Saturdays, the island's legendary open-air market commandeers the town centre with its unique selection of crafts, artwork and local produce.

### **Salt Spring Island Activities – Your choice!**

- Artisan Tour
- Hiking
- Cycling
- Swimming
- Birding
- Kayaking

### **Overnight on Salt Spring Island**

**Day Two** Travel from Salt Spring Island aboard **BC Ferries** to the **Cowichan Valley** on Vancouver Island

### **Cowichan Valley Food and Wine**

In the Cowichan Valley discover a land of fishermen, foragers, vintners, organic farmers, artisanal cheese makers, and slow-food chefs. The Cowichan Valley is blessed by a warm climate, ideal growing conditions for grapes and other fruits and vegetables. Tour and sample award-winning wineries and heritage farms in the area, or plan a trip to the impressive Vancouver Island's largest Farmers' Market in **Duncan**. Indulge at local restaurants – the astounding regional bounty produces some of the best food in the Pacific Northwest, or visit British Columbia's first cidery.

### **Chemainus Theatre and Outdoor Murals**

Chemainus features more than 40 outdoor wall paintings and a dozen more sculptures with their own colourful stories which are best explored walking or by horse-and-buggy.

### **Overnight in the Cowichan Valley**

**Day Three** Travel from the **Cowichan Valley** to **Nanaimo**

**Nanaimo** is officially known as the Harbour City for good reason. Stretched like a long, lean finger along the east coast of south-central Vancouver Island, British Columbia's sixth-largest city gets its identity, history and a wealth of recreation from a lovely, island-sheltered harbour right in the heart of town. Hiking, boating, kayaking, biking and world-class scuba diving and snorkelling are everyday activities at the bustling waterfront, as seaplanes take flight from sparkling blue waters.

### **Nanaimo Activities – Your choice!**

- Diving
- Golf
- Kayaking
- Shopping

Travel back to **Vancouver** aboard **BC Ferries** (95 minute cruise)



**Tourism Vancouver Island** - Agent of Tourism British Columbia  
501 – 65 Front Street, Nanaimo, BC V9R 5H9, Phone: 250-754-3500  
[www.vancouverisland.travel](http://www.vancouverisland.travel)

**Contact:**

**Karen Bonell**, 2010 & Beyond Media Coordinator

Mobile: 250-792-3733, [karen@tourismvi.ca](mailto:karen@tourismvi.ca)

**Lana Kingston**, Regional Media Relations Representative

Phone: 250-740-1213, Mobile: 250-739-9087, [lane@tourismvi.ca](mailto:lane@tourismvi.ca)

***WE HOPE YOU ENJOY YOUR 2010 DREAM TRIP!***

Photo Credit: Boomer Jerritt/Vancouver Island Tourism