Experiential Tours

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Travel With Taste
www.TravelWithTaste.com
Contact: Kathy McAree
Phone: 250-385-1527
Email: Kathy@TravelWithTaste.com
Kathy McAree and Travel With Taste match the perfect culinary excursion to meet your group's needs. Kathy has been working with corporate, group and incentive travel for five years with great results. Tours are custom designed and include a variety of excursions all within an hours drive from Victoria:
- Wine and Cuisine of the Cowichan Valley
- Gastronomic Salt Spring Island
- West Coast Salmon Experience
- If You Can't Stand the Heat Cooking Adventures
- Cottage Brew Tours
- The Divine Gastronomy of Sooke
- Culinary Walking Tours of Downtown Victoria

Outer Coast Seaweed
www.sea-flora.com/spa_tours.php
Contact: Diane Bernard
Phone: 250-642-5328, Toll Free: (877) 713-7464
Email: info@sea-flora.com
Wild Seaweed and Seaflora Spa Tour with Diane Bernard, "The Seaweed Lady" of Outer Coast Seaweeds
Enjoy this opportunity to actually see seaweeds at their prime state. Tours run May to September.
Wild Seaweed Tour: A 2-hour hands-on inter-tidal workshop teaches visitors about the different varieties of seaweeds, their nutritional benefits, and different methods of preparing them.
Thalasso Therapy Tour: Spa Enthusiasts can experience seaweed's benefits from the outside in. Explore the ocean seaweed garden with the Seaweed Lady, where the focus is on seaweeds beneficial for our skin. Visitors return for a Thalasso Therapy spa treatment with a seaweed wrap, seaweed masque and an authentic seaweed bath.

Lizard Adventure Travel
www.LizardAdventureTravel.com
Contact: Elizabeth Bonham
Phone: 250-891-6881
Email: info@LizardAdventureTravel.com
Culinary Tours with Chef Heidi Fink
www.ChefHeidiFink.com
Contact: Heidi Fink
Phone: 250-381-2263
Email: heidi@chefheidifink.com
Creating a warm and friendly atmosphere, Heidi will guide you through a variety of stores, provide answers to all your questions, and help take the mystery out of the aisles of unfamiliar ingredients.
On each tour, you will:
• Discover the wonderful food available in Chinatown's shops
• Learn which Chinese sauces to use
• Find the best places to buy fresh Thai and Vietnamese ingredients
• Learn how to cook with unfamiliar Asian foods
• Sample mouth-watering Chinese barbeque and bakery items
• Enjoy a tea tasting at Silk Road Tea Company

Elements Women's Travel
http://www.elementstravel.com/
Contact: Shannon Wilson
Phone: (250) 245-9580
Email: info@elementstravel.com
Elements Women's Travel specializes in small group travel and offers unique day and multi-day adventures for women.