



culinary tour

COASTAL CUISINE EXTRAORDINAIRE A 4-DAY, 3-NIGHT ADVENTURE.
THE FRESHNESS OF CUISINE IN A COASTAL COMMUNITY IS YOURS TO DISCOVER WITH
FISHING EXCURSIONS, LESSONS WITH A CHEF, WINE TASTINGS AND FABULOUS MEALS.

Day 1 | Prepare your palate.

PM: As you arrive, get right to the table and taste the coast with a visit to the **Founders Inn's Swan Terrace Restaurant**. Take advantage of their first class chef-instructed sessions for expert advice on preparing culinary creations, and learn the art of wine tasting.

Day 2 | Fresh from the farm.

AM: After breakfast at your hotel, head to the **Farmers Market** to find a rich variety of locally grown produce. In season, pick some yourself at area strawberry, peach and blueberry farms.

PM: Explore hidden gifts in your backyard with a **Wild Roots and Edible Flowers Tour**. Your day of living off the land will be complete with a "Paddle Feast" as you kayak quiet waterways to a delicious meal at **Blue Pete's Restaurant**. Try the famous crab cakes, a local's treat.

Day 3 | From the ocean to your plate.

AM: Rise and shine to catch a fishing charter, then deliver your catch to **Bubba's Restaurant** on the Chesapeake Bay, **Rockafellers** on Rudee Inlet, **Croc's** on 19th Street or **Waterman's** at the oceanfront. They're happy to prepare your catch, sometimes with your help. For landlubbers, there's crabbing from **Lynnhaven Pier**.

PM: In the evening, relax with a wine tasting at **Sonoma Wine**, or take a brewery tour at **Gordon Biersch Brewery Restaurant** then catch a show at **Sandler Center for the Performing Arts**.

Day 4 | Leave with a happy thought.

AM: Make a visit to the **Adam Thoroughgood House** for a history lesson in chocolate. Continue the theme with a tour of **Schokolad**, to tempt all your senses, or a visit to **The Royal Chocolate at Town Center**. Take your culinary experience with you by picking up one of the cookbooks featuring local delicacies like blue crab, oysters, scallops and flounder: *Toast to Tidewater*, *Chesapeake Bay Cooking*, and *Tidewater on the Half Shell*.

