

CROSS-COUNTRY EDIBLE ADVENTURE

3 days | Total Distance: 400km

Day One

Distance: 30km

Eat and drink your way around ① Perth
and spend the night in a ② Lanark
Highlands maple forest

This will be your first day on your edible journey, so we suggest you pack some stretchy pants and make room for the adventure. Make the decision to try whatever comes your way and be prepared for new flavours and experiences.

START



Perth Chocolate Works is located in the historic Code's Mill building

Perth

Did you know that Lanark County is home to more edible experiences per capita than the much larger nearby city of Ottawa, many of which are found right in the heart of Perth. The [Sip & Savour Trail](#) is a good place to start for some background on the region and the communities found here.

What to do here

- Enjoy a fine dining meal at [The Stone Cellar](#) in Perth. Say hello to the restaurant's chef, Simon VanWingerden while you're there.
- Sample chocolates from [Perth Chocolate Works](#) before or after dinner.
- Sample local craft drinks from [Laketown Brew Co.](#), [Perth Brewery](#) or [Top Shelf Distillers](#).
- Learn about the region's cheese history and snap a photo at [The Mammoth Cheese](#) (there's a story here, as you may have guessed).

About the area

Perth

Lanark County

⌚ From Toronto: 320km • 4 hr
From Ottawa: 85km • 1 hr 10 min

★ Perth is known as one of Ontario's prettiest towns, and once you visit you won't want to leave. As a town older than Canada itself, it boasts over 100 designated heritage buildings, with boutique shops, specialty stores, and restaurants to suit your tastes. [Rent a canoe](#) and explore Perth from water on the beautiful Tay Canal.

Time Spent Here: Plan for an entire day spent in the area – make sure you include a wander through beautiful Stewart Park to work off some of those calories.

35KM • 15MINS



Ugly Apple Cider

Lanark Highlands

Just a short drive from Perth is [Clyde Hall Bed and Breakfast](#), a luxurious place to spend the night set amongst a working maple forest. Owners Liisa and Robert Salzmann love to entertain their guests with stories of the bed and breakfast's history (ask them about the Lanark fire!).

What to do here

- Check in to Clyde Hall and if there's time take in a round or two at [Timber Run Golf Course](#).
- Order ahead and pick up some wild cider from [Ugly Apple Cider](#) in Lanark Highlands, only a short drive from Clyde Hall.
- Try chocolates from [Village Treats](#) in Lanark Village.

Time Spent Here: Plan for a late start the next day so you have time to fully explore the bed and breakfast's grounds and area.

END OF DAY ONE

Day Two

Distance: 40km

Have a leisurely breakfast at your BnB,
then enjoy a scenic hike and a beer (or
two) in **5 Calabogie**

Tour some of the other food and drink experiences in Lanark County before moving on to the Ottawa Valley. Roll the windows down and watch for farmer's stands along the way.

START



Lanark Highlands

Waken the next morning to a chef-prepared breakfast by master pastry chef at Clyde Hall, Robert Salzmann, which will no doubt include maple syrup made from sap collected right on the property. Then hit the road to continue your edible adventure.



Chef Ian Carswell at the Black Tartan Kitchen

Calabogie

Oh Calabogie, the heart of the Ottawa Valley....there is so much to do here you won't want to leave! Make the trip to Calabogie via Carleton Place and stop for a bite to eat prepared by the award-winning Chef Ian Carswell at the [Black Tartan Kitchen](#), and a Bavarian brew at [Braumeister Brewing Co.](#).

What to do here

- [Calabogie Brewing Co.](#) has a beer that's calling your name.
- Hike the many [trails](#) at Calabogie Peaks to see the fall colours.
- Leave room in your day and your belly for dinner at [Canthooks restaurant](#) in Calabogie Peaks Resort (open Wed. to Sun. in fall), where chef Iris Borghi will prepare something fantastic, valley style.
- Check in to [Calabogie Peaks Resort](#) for a good night's sleep after all your fresh air.

About the area

Calabogie

Ottawa Valley



From Toronto: 372km • 4 hr 40 min

From Ottawa: 102km • 1 hr 15 min

★ Referred to as 'the funnest small town in Canada' by CBC's comedy series, Still Standing, Calabogie more than lives up to the name. From indoor activities like restaurant hopping, to outdoor adventure in watersports, backwoods play, and skiing Ontario's vertical drop at [Calabogie Peaks](#), there's plenty of fun to be had at this outdoor paradise.

Time Spent Here: Take your time here and know you will be spending the night right in town so you won't need to rush.

END OF DAY TWO

Day Three

Distance: 330km

Get ready for a cross-country road trip! We'll be stopping for snacks in the charming towns of ④ Sharbot Lake, ⑤ Bancroft, ⑥ Haliburton and ⑦ Minden

Hopefully you paced yourself on day one and two – remember this is a marathon, not a sprint!

START

Waken early and go for an early morning walk to build an appetite for the day to come. Before you leave Calabogie, stop at [Oh-eI-La Café](#) for a hearty breakfast to fuel your trip. Your next stop is only an hour away so no need to rush!

93KM • 15MINS



Who could resist these heavenly treats? Photo: Cardinal Cafe

When it comes to cute small towns, Sharbot Lake is one you won't want to miss. Situated at the narrow part of the lake, you can have lake views no matter which way you look here. There's also a strong farm to plate vibe here, found in the local businesses.

What to do here

- Pick up some cured meats and cheeses at [Seed to Sausage](#) in Sharbot Lake.
- A local chocolatier, [Fine Chocolates by Ludwig](#) is located in Frontenac County and Ludwig's rich, dark chocolates can be found at Seed to Sausage and other local spots in the region.
- Grab a cup of coffee and some homebaked treats (or a light lunch to go) from [Cardinal Cafe + Shop](#).
- Place an online order for locally made artisanal cheese at [Back Forty Artisan Cheese](#) and have a picnic lunch on-site before heading off to your next stop.

Time Spent Here: Plan for an entire day spent in the area – make sure you include a wander through beautiful [Stewart Park](#) to work off some of those calories.

145KM • 1HR 45MIN



Hickory smoked brisket sandwich at The Granite

Bancroft

There is plenty of [edible fun](#) to be had in Hastings County. Roughly an hour-and-a-half from Calabogie, Bancroft is a great place to stop mid-day for a break and to stretch your legs.

What to do here

- Have a fine dining lunch prepared and served at [The Granite](#) by restaurant owner and executive chef, Brendon Clarke.
- Stop at [Bancroft Brewing Co.](#) for a British or German ale.
- Visit [Bancroft General Mercantile](#) for some retro candy and fun edibles for the kid inside all of us.
- Make a short detour south to Coe Hill to visit [The Barn Chefs](#), open Wednesday to Sunday, to pick up authentic Italian cured and cooked meats, fresh pastas, and buffalo milk cheese.

About the area

Bancroft

Hastings County

 From Toronto: 245km • 2 hr 50 min
From Ottawa: 220km • 2 hr 35 min

 Bancroft, the Mineral Capital of Canada, is a rockhounds' dream. Must stop locations for all rock-lovers includes the [Bancroft Mineral Museum](#) and the [Princess Sodalite Mine](#). Or take a trip down [The Miner's Loop](#) and walk in the shoes of miners long ago.

Time Spent Here: Plan for a solid couple of hours to eat and shop in Bancroft and area. Tack on a hike at Bancroft [Eagle's Nest Park](#) to loosen your waist band a little bit.

60KM • 45 MIN



Pick up farm-fresh goodness at [Abbey Gardens](#)

Made the 45-minute drive from Bancroft to Haliburton to end your exploration of the connection to food and drink in Ontario's Highlands. You should be pleasantly full and loaded down with take-home treats to savour in the days to come.

What to do here

- Have a gourmet meal at [Rhubarb Haliburton](#) and chat with Chef Christoph about how he finds the local ingredients he uses in his dishes
- Stop in at [Abbey Gardens](#) to pick up some farm-fresh and local goodness.

- Sample local brews at [Haliburton Highlands Brewing Co.](#), right next door to Abbey Gardens.
- Take the [Sip, Swill, and Savour Brewery Tour](#) offered by [Yours Outdoors](#).

About the area

Haliburton

Haliburton Highlands

⌚ From Toronto: 215km • 2 hr 55 min
From Ottawa: 285km • 3 hr 15 min

☆ In addition to its' stunning scenery, Haliburton is home to a thriving arts community. With plenty of galleries dotting the countryside, a must-visit is the renowned [Haliburton Sculpture Forest](#), a unique outdoor collection of sculptures by Canadian and international artists.

Time Spent Here: End your day in Haliburton with enough time to make the short drive to Minden to spend the night there.

25KM • 22 MIN



Dine in style at Heather Lodge

Minden

End your day with an overnight at [Heather Lodge](#) in Minden, where you can sleep in a couples only luxury resort, while exploring the vast property on scenic Twelve Mile Lake.

What to do here

- Choose from one of [Heather Lodge's](#) 12 spacious rooms that blend traditional Canadian décor with modern luxuries.
- [Dine on-site](#) with an inspired menu prepared by Chef James and Chef Mike.
- Take a canoe or kayak ride on Twelve Mile Lake to enjoy the fall scenery.

End your edible journey in Ontario's Highlands and head for home feeling refreshed (and maybe a few pounds heavier).

END OF DAY THREE

Come wander.



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