



Tour Name

Lonely Planet Experiences: Canadian Food Discovery at the St Lawrence Market

Tour City

Toronto

Tour Snapshot

Join a food-loving local guide, head to one of the city's most beloved food markets and learn all about some of Canada's best culinary creations – from poutine to the iconic peameal bacon sandwich. In between bites, your guide will share insights into everything you're tasting, giving you an inside look at how and what Canadians love to eat!

Experience the best travel stories for yourself. Join a local expert and uncover hidden gems on this city adventure hand-picked by the world's leading travel publisher. Lonely Planet Experiences powered by Urban Adventures bring stories to life in the best-loved cities around the globe.

Highlights

- Try Toronto's signature food: the peameal bacon sandwich
- Bite into a "Montreal style" bagel, the only type of bagel to go into space
- Learn the history of the famous St. Lawrence Market and early Toronto

- Try the “world’s best apple cake” (it might very well be!)
- Learn about Canada’s multiculturalism through a variety of food tastings
- Get a local’s perspective on eating and drinking in Canada
- Each Lonely Planet Experience comes with six-months free access to Lonely Planet’s Guides App which includes over 8,000 destinations guides and unbeatable discounts to Lonely Planet Guidebooks

Inclusions: Local English-speaking guide, locally roasted coffee (or tea), famous Canadian soft drink, piece of peameal bacon sandwich, 1 butter tart, piece of Montreal-style bagel, apple cake, pierogis, poutine, maple candy.

Exclusions: Additional food and drinks, souvenirs and personal shopping, tips/gratuities for your guide.

Schedule details

- Duration: 3 hours
- Meeting point:
Meet your guide on the sidewalk outside the Hockey Hall of Fame Building on the NW corner of Front St. and Yonge St.
View on [Google Maps](#)
- Find the exact meeting point with what3words: [///flock.squeaks.speakers](https://www.what3words.com/?q=///flock.squeaks.speakers)
- Starting time: 10.00 AM
- Ending point:
The St. Lawrence Market or a restaurant nearby.

Full Itinerary

After a brief introduction to Old Town Toronto (the neighbourhood where this tour takes place), your guide will walk you past Berczy Park which features a stunning new fountain, on the way to one of their favourite coffee shops for a brew of your choice (coffee or tea), and then to a little sandwich shop nearby which is reputed to have the very best apple cake in the world. You can

decide for yourself after a taste of it! It's a truly local spot we love introducing our guests to.

From there, you'll make your way to St. Lawrence Market - National Geographic once declared it the "Best Food Market in the World" - where you will learn about the origin of Toronto's official signature food: the peameal bacon sandwich, which is a must-try food in the market. Celebrity chefs from Emeril to Anthony Bourdain have bitten into one of these, and now it's your turn.

Time will be spent inside St. Lawrence Market visiting vendors on the two retail levels and sampling foods that have played an important role in the cultures of immigrants who settled here over the past two centuries, as well as foods which have become so common in this region it's often a shock for locals to learn some of their favourites are virtually unknown outside of Ontario!

Each stop is a chance for your guide to tell you a little piece of Canadian history and about how the food fits into the cultural landscape of Canada and within their own lives. Each stop also offers the opportunity to interact with vendors, ask questions, and learn even more from the experts!

Foods of your tour can include butter tarts, mustard and pretzel sticks, ginger ale, Montreal-style bagels, cheese curds, pierogis, maple candy, and more!

The final stop on the tour will be a local pub which has been around for decades. This spot not only serves the popular French-Canadian dish known as poutine; they do a variation on it which shows the creativity that comes with being beholden to any specific culinary tradition!

By the end of this tour, you will not only have a better understanding of what Canadian food is, but also a little bit about about what it means to be Canadian!

Additional information

Inclusions: Local English-speaking guide, locally roasted coffee (or tea), famous Canadian soft drink, piece of peameal bacon sandwich, 1 butter tart, piece of Montreal-style bagel, apple cake, pierogis, poutine, maple candy.

Exclusions: Additional food and drinks, souvenirs and personal shopping, tips/gratuities for your guide.

Your Trip: For your Urban Adventure you will be in a small group of a maximum of 12 people.

Confirmation of booking: If you have your voucher, your booking is confirmed. We'll see you at the start point. Get in touch if you have any concerns or require more information via the email address or phone number (business hours only) on your voucher.

Additional Information: The St. Lawrence Market is closed on Sundays and Mondays, so the tour does not run on those days.

Child Policy: This is a child-friendly tour. Children between the ages of 6 and 11 inclusively are permitted on this tour at the rate listed above. Please select 'child' above when booking. Children under the age of 6 are permitted to join this tour free of charge.

Please inform us at the time of booking if you'll be bringing a child under the age of 6. You can do so in the special request box on the checkout page.

Dietary Notes

We can accommodate vegetarians, but much of the food featured has one or more of gluten, butter, refined sugar, eggs, and/or cheese. Please notify us in advance if you have any dietary requests, but other than vegetarians, we do not recommend this tour for people with other dietary restrictions as adequate food substitutions may not be possible. You can tell us about your limitations in the 'Additional information' box at checkout, or by emailing us at info@torontourbanadventures.com

Local contact

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