



# Stories

## AUTHENTIC PEI EXPERIENCES

Take part in Island life and bring home some of our traditions. With over 70 Island experiences to choose from, you're sure to feel like an Islander before you leave! Learn to haul a lobster trap, dig for potatoes, learn Mi'kmaq traditions and so much more. Here are just a few of the Authentic PEI Experiences waiting for you:

### Taters, Tractors & Tales

Prince Edward Island is known for its tasty spuds! This experience will take you in direct contact with an Island generational family potato farm. You'll get your hands dirty all while learning the ins and outs of the potato industry on PEI.

### Bannock and Clams - Lennox Island Mi'kmaq First Nation

Using Mi'kmaq traditional methods, prep your bannock and cook it under the sand. Gather clams on the beach and cook them on an open fire. As the bannock cooks, listen to stories of what life used to be like growing up on Lennox Island.

### Top Notch Charters

Experience the essence of Prince Edward Island aboard [Top Notch](#), a 45-foot fishing boat. Feel the salt air on your skin and the gentle breeze in your hair as you immerse yourself in the thrill of lobster fishing. Learn hands-on as you catch a buoy, haul a trap, and band a claw, guided by Captain Mark and his fourth-generation lobster fishing expertise. Take the helm, discover modern lobster fishing technology, making every moment aboard Top Notch an unforgettable maritime adventure.

## CANADA'S FOOD ISLAND

PEI, affectionately known as Canada's Food Island, is a culinary paradise celebrated for its rich agricultural heritage and abundant seafood. With its fertile farmland and pristine waters, PEI produces some of Canada's finest ingredients, from world-renowned potatoes to succulent lobster and oysters. The Island's vibrant food scene features farm-to-table dining experiences, where local chefs craft dishes that showcase the freshest seasonal produce and seafood. Visitors can explore bustling farmers' markets, enjoy gourmet food festivals, and even partake in culinary tours that highlight the Island's unique flavours and traditions. As a hub for sustainable practices and innovative cuisine, PEI invites food lovers to savour its diverse offerings, making it a must-visit destination for anyone seeking an authentic taste of Atlantic Canada.

## EXPERIENCES:

### Infusion Experience at Deep Roots Distillery

This new 1-1.5 hour experience immerses you into the craft of distilling at Deep Roots, a small-batch distillery. Go behind the scenes to explore their equipment and learn how they create award-winning spirits. Then, personalize your own bottle of gin or vodka using over 20 fresh, local ingredients—and take it home to share with friends and family.

### Lobster Lover's Experience

While many travel from afar to enjoy a Prince Edward Island Lobster Supper, This version is truly unique, designed for those with an adventurous spirit, a quest for

the extraordinary, and a curiosity about the origins of their food. Join Captain JJ Chaisson and set sail from the scenic Souris Harbour aboard Chaisson a Dream.

### Shuck & Sea

Set out on the scenic waters of Prince Edward Island and discover an authentic, working oyster farm. Watch as oysters are harvested straight from the ocean floor, then taste them at their freshest while learning about the journey from seed to shell. You'll get hands-on as you learn to shuck like a pro and sample oysters, tasting unique flavours right from where they're grown!

### The Table

For adventurous food lovers, indulge in this 7-course tasting menu that showcases meticulously crafted dishes inspired by the seasonal bounty. Executive Chef and now owner, Hunter Guindon creates this menu each week, with the preparation taking place in an open-concept kitchen. Your dining experience includes an introduction to each dish, insights into the farmers, fishers, and producers behind the ingredients, and personal visits from the Chef at your table to share culinary inspirations.

