

Rum Runners Trail Itinerary - Culinary Enthusiast

Halifax to Lunenburg - 119km

Known for quaint fishing villages and artisan communities, this coastal route has become a haven for chefs who are passionate about food and not only prepare our seafood, but craft it to artistic perfection, claiming many local and national culinary awards. While travelling the trail, be sure to check out some of the locations and house specialties below.

Good Cheer Trail (www.novascotia.com/eat-drink/good-cheer-trail; Stamp passports are available at the visitor information centres and from Good Cheer Trail members): Canada's first winery, craft brewery and distillery tour, Nova Scotia's Good Cheer Trail lists over 35 locations across the province who offer tasting experiences, tours, and more.

Halifax

Local Tasting Tours (www.localtastingtours.com; 902-818-9055): Go behind the scenes with a local chef as you explore the best of Halifax's North End culinary district during the Open Kitchen Food Tour. A big hit with local foodies and visitors alike, this culinary walking tour gives a chef's perspective on sourcing food locally and creating innovative dishes at home. Meet several top chefs at a number of the city's hottest North End eateries, as you tour a professional kitchen, while learning tips and surprising food facts. Best of all, you'll get to taste mouth-watering creations prepared just for you! (offered Saturday, year round)

Halifax Seaport Farmers' Market (www.halifaxfarmersmarket.com; 1209 Marginal Road, Halifax; 902-492-4043, ext.101; January 2 - April 30: Tuesday-Friday 10am-5pm, Saturday 7am-3pm and Sunday 9am-3pm): The longest continuously running Market in North America, Halifax Seaport Market hosts over 250 vendors—selling everything from produce, food, art, clothing, furniture and more!

Historic Farmers' Market (www.historicfarmersmarket.ca; 902-492-8772; 1496 Lower Water Street; Saturday 7am-1pm): Located in downtown Halifax's historic Brewery Square, the Historic Farmers' Market hosts farmers, artisans and crafters in a traditional market atmosphere. As you walk from room-to-room you'll also enjoy the ambiance of live music.

Upper Tantallon

Acadian Maple Products (www.acadianmaple.com; 902-826-2312; 13578 Peggy's Cove Road): Learn and see how maple syrup is created, while tasting the different grades. Then try a cup of fair-trade maple coffee before heading back on the trail. The staff are happy to ship your purchase anywhere in North America.

Hubbards

The Trellis Café (www.trelliscafe.ca; 902-857-1188; 22 Hwy 3): Whether you're there for breakfast, lunch or dinner, be sure to try their famous fishcakes served with homemade baked beans and green tomato chow—a traditional Nova Scotian favourite. Winner of Taste of Nova Scotia's 2012 Restaurant of the Year: Essence of Nova Scotia Award for their warm and inviting atmosphere, and commitment to fresh, local and homemade food.

Mahone Bay

Mateus Bistro (www.mateusbistro.com; 902-531-3711; 533 Main Street): Winner of the 2013 Taste of Nova Scotia Prestige Award, Mateus Bistro offers exciting dishes using local produce, heightened with a European style.

Jo-Ann's Deli Market & Bake Shop (www.joannsdelimitmarket.ca; 902-624-6305; 9 Edgewater Street): A well-known landmark as you enter Mahone Bay, Jo-Ann's Deli Market & Bake Shop sells fresh produce, meats and cheeses, as well as delectable homemade desserts and snacks. Have a seat in their harbour or take your treats on the trail for later.

Lunenburg

Grand Banker Seafood Bar & Grill (www.grandbanker.com; 902-634-3300; 82 Montague Street): Located on the Lunenburg waterfront, the Grand Banker is a cozy restaurant, popular among the locals. Be sure to try The Lunenburger, a 6oz. beef burger topped with smoked mozzarella, a generous amount of Nova Scotia lobster and a bacon wrapped scallop...delish!

Ironworks Distillery (ironworksdistillery.com; 902-640-2424; 2 Kempt Street): Located in the former marine blacksmith shop, Ironworks Distillery crafts spirits and liqueurs using a variety of local fruit, berries and other, more unique flavour-enhancers, such as fir buds. Stop in for a taste and to learn more about what they do. They are also happy to ship your purchases anywhere within Canada.

Lunenburg Farmers' Market (www.lunenburgfarmersmarket.ca; 902-277-1697; 15 Green Street; May to December: Thursdays, 8am-12pm; January to May: Thursdays, 8:30am-12pm): The farmers' market offers a fabulous selection of local products, local music and more.