

FOR IMMEDIATE RELEASE

## WALKING TOUR SHOWCASES CULINARY GEMS IN TORONTO'S 'WEST QUEEN WEST' NEIGHBOURHOOD

**TORONTO, ON (June 1, 2010)** - This summer, ChowBella Culinary Experiences & Concierge (ChowBella), a company specializing in food tours in and around Toronto, is taking food lovers on a tasty tour of Toronto's West Queen West Art + Design District. Guided by the company's founder, Trina Hendry, the three-hour walk offers a fun, experiential way to discover this thriving and eclectic neighbourhood ...through one's taste buds.

"From boutiques, interior design stores and vintage shops to the city's largest concentration of art galleries and some of the city's hippest restaurants, Toronto's West Queen West Art & Design District is already a choice destination for Torontonians and visitors alike," says Trina Hendry, president, ChowBella. "However, we're offering people the opportunity to discover the neighbourhood from a culinary point of view. And, by touring with us, participants will take part in authentic experiences not available to the general public. They will be treated like VIPs for the few hours they are with us."

The day begins with a meet-and-greet and VIP tasting at a spice store that is popular amongst both chefs and foodies. The tour continues on to a modern tea boutique, where guests will enjoy a lesson in Tea 101. Along the way, participants will also enjoy a sampling of Parisian delights at a hip new patisserie, receive a lesson in fair trade chocolate and a tasting of organic ice cream, indulge in a helping of poutine and sample grilled meats from a well-known butcher shop.

Tours have begun and are taking place on Sundays throughout the summer. For additional information or to book, visit the ChowBella web site at [www.chowbellaconcierge.com/tours](http://www.chowbellaconcierge.com/tours). All tours are subject to availability and are limited to a maximum of eight people. ChowBella reserves the right to change the tour components as necessary.

The cost of the tour includes all food samples and is \$49 per person plus applicable taxes and gratuities.

In addition to culinary tours, ChowBella offers a wide variety of services guaranteed to satisfy and impress even the most discerning gourmards and corporate clientele, including:

- Day trips to southern Ontario culinary destinations, like Stratford
- Free restaurant recommendations in Toronto
- Gourmet greetings - visitors to Toronto have the opportunity to sit down with a local foodie, Signe Langford, to pick her brain about restaurants, recipes, and all things food-related
- Custom travel planning (food/wine-focused travel and dining itineraries)
- Corporate lunches, dinners and gourmet outings
- Private tours for individuals and groups

ChowBella Culinary Experiences & Concierge was established in 2008 by Trina Hendry. Catering to visitors and locals alike, ChowBella specializes in food tours and custom culinary experiences in and around Toronto.

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