



**KINGSBRAE ARMS**  
 ST. ANDREWS BY-THE-SEA NEW BRUNSWICK  
 CANADA  
 www.kingsbrae.com



**NEW DIMENSIONS IN  
 CANADIAN ECOTOURISM**  
**CURATED CULINARY JOURNEYS**  
**OFF KILT BIKING TO  
 INCREDIBLE EDIBLES**

Off kilter biking is biking in a kilt full tilt to the wind on a Rocky Mountain bike built in Canada. The twist on our kilted bike tour puts the rubber to the locavore road introducing us to the Maritime bounty of seafood, organic farms & garden vegetables providing food for our table. More and more people are asking about the origins of the food we eat. On this culinary journey we will see it first hand discovering where our food comes from, how it's raised & why produce fresh picked at the peak of flavour without chemicals or environmental damage tastes so good...and is good for the planet.

Your kilted biking guide is Kurt Gumushel, a marathoner, long distance tri-athlete, weightlifting enthusiast, coach, history buff, raconteur, and yoga practitioner. Why a kilt? St. Andrews-by-the-Sea has bona-fide Scottish roots, and Kurt's father is a master tailor. He's been providing tartans to the town for years. Bikers are not required to wear kilts, but they'll be missing a lot of the fun and the great sense of unisex freedom if they don't. Kurt adds, "kilts act like splatter shields and give an incredibly free feeling to our travels."

#### Tour Highlights

Day 1: Check in for a bike and kilt fitting. Take an orientation ride around town before gathering for welcome cocktails, dinner & a bike tour briefing.

Day 2: The full day kilted bike tour begins after a hearty breakfast. The trip skirts our dazzling water wonderland taking in awesome aquaculture sites, clam fields, lakeside lunch, learning at the Fundy Discovery Aquarium and seeing salmon face to face at the Atlantic Salmon Federation. Return to learn smoke house tips on marinating & grilling meats. Take a guided tour of the greenhouse and organic gardens. Taste produce planned for dinner. Relax, and then dine under the stars on seafood barbeque and paired wine.

Day 3: Head out for an early morning ride. Stroll on the ocean floor at low tide. Take in the enchanting seaside vistas that surround the peninsula of St. Andrews. Full country breakfast back at the inn before checkout. But be warned. Many extend their stays in order to explore more of St. Andrews' historic & natural charms.



**Our mission:** For some time now Kingsbrae Arms has moved away from factory farmed, long-haul foods. Slow food results showing up on our table come from local farms & fisheries as well as our own organic garden. We think now is a great time to combine the art of food production with the culinary arts for an enhanced guest experience. The addition of a kilted bike tour makes this the ultimate combination of discovery, great food & physical activity to heighten the spirits and revive the senses in Canada's first seaside resort.

Kingsbrae Arms is the only 5-Star Relais & Chateaux hotel in Eastern Canada. We specialize in creating memorable experiences for couples & small groups. Call (506) 529-1897 or email [reservations@kingsbrae.com](mailto:reservations@kingsbrae.com)