

## THE PACIFIC RIM'S HIDDEN GEM

WRITER AMBER GIBSON | FEBRUARY 26, 2016



Located on Cox Bay, Long Beach Lodge Resort offers an ideal location to catch waves

Vancouver Island is oft-overlooked by visitors to British Columbia, but you'd be remiss to skip the incredible untarnished scenery and fresh, flavourful food harvested from the surrounding ocean and one of the largest stretches of temperate old growth rainforest left on the planet. The rich canopy and undergrowth press right up to the beach, where the sand is packed tightly enough to go for a run or bike ride. Explore the beach at low tide to find all sorts of critters, from mussels and barnacles clinging to the rocks, to clams burrowed in the sand and anemone and tiny fish swimming in the tide pools. It's a brief 25-minute plane ride from Vancouver to Victoria, or an hour to Tofino, and there's also an option to travel from Vancouver to Victoria by ferry.

From the island's capital of Victoria to the renowned surf town of Tofino, the pure natural landscape is this secluded island's biggest draw. Whether it's long walks along the beach, racing after the ocean swells on a surfboard or winter storm watching with a cup of tea nestled by the fireplace, there is something for every type of traveller to enjoy. The fresh, crisp air and bounty of nature will rejuvenate even the most sluggish city dwellers here on the Pacific Rim.

### **Wolf in the Fog**

The restaurant has been open for less than two years, but Chef Nick Nutting's cuisine is drawing international guests. Nutting worked at the Pointe Restaurant at Wickaninnish Inn for five years before opening his own restaurant to critical acclaim. The first floor den is open for lunch, but to try everything on the menu, come for dinner. Dokk Smith from the Wick Inn's carving shed created a forest landscape displayed above the second-floor patio along with custom taps for the bar's draft beers. Just another example of how intertwined the community is and how supportive artists and entrepreneurs are of one another.



The food here is uniformly delicious, as much a testament to Nutting's talent and creativity with local ingredients as the technically perfect execution of a passionate kitchen team. A seaweed salad seems apropos after a walk on the beach, and the potato-crust oyster is a crunchy, juicy signature bite, dressed with truffle oil and brightened by a bed of green apple slivers. Marvel at how carefully the Humboldt squid is tenderised before a quick char and enjoy the citrusy, Asian-influenced presentation over jicama with finishing touches of basil, cilantro and fried garlic chips. Enormous plates, like the Block Party barbecue platter or steelhead trout with root vegetables and puffed rice are ideal for larger groups.

Staff are quick on their feet, friendly and fun, particularly behind the bar. The cocktail programme is the most ambitious in town, with house-made liqueurs, bitters and infused-spirits and several drinks for sharing served in beautiful vintage punch bowls. A sinfully rich Tofino blackout dessert will seduce any chocoholic. It's rare a restaurant can be so many things to so many people – appealing to laidback local surfers, families with children and international gourmands all at once.

[www.wolfinthefog.com](http://www.wolfinthefog.com)

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**WOLF IN THE FOG**  
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