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# Travel

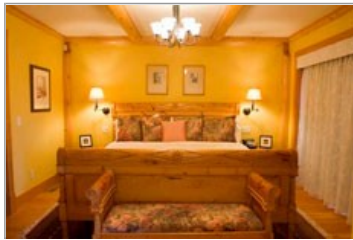
## A New Benchmark

**NARAMATA BENCH**  
SATURDAY, SEP 12, 2009

While there's no such thing as "too much of a good thing" when it comes to wine, Okanagan's Naramata Bench is more than just wine country.

### Where to Stay

Start things off right by skipping the big hotels and heading instead to the **Apple d'Or** (2587 Naramata Rd., 250-496-4045), a luxury bed-and-breakfast set right in the heart of the Bench, with sweeping views of Okanagan Lake. The custom-designed, 7,500-square-foot log cabin comes complete with a hot tub, sauna, and pool - and some suites have kitchenettes and separate, en suite patios.



### Where to Eat

Of the approximately 20 wineries on the Bench, the best for lunch is **Poplar Grove** (1060 Poplar Grove Rd., 250-493-WINE), renowned for its wines and cheeses. Try the Roasted Red Pepper and Leek Frittata with a slice of Naramata Bench Blue Cheese on top - paired with a glass of Cabernet Franc.

For dinner, head to the **Cobblestone Wine Bar** in the Naramata Heritage Inn & Spa (3625 First Street, 250-496-6808). **Quentin Kayne**, formerly of Vancouver's renowned **Salt Tasting Room**, has taken over management duties, while **Chef Thomas Render** incorporates fresh and local ingredients - like Ashnola



fire morels and Alberta rib eye - into dishes cooked in a "rock oven".

### What to Do

The **Naramata Farmer's Market** in Wharf Park offers fun snacks on Wednesday afternoons until mid-September. Bring your take of homemade bread, preserves and other delectables down to the wharf and enjoy them while watching the ospreys catch their fishy lunch and lounge in their nests.

On your winery tour, lesser known must-stops include a tasting of **Elephant Island's** 2007 Pink Elephant sparkling wine (the vineyard conveniently features a beautiful outdoor seating area) and a sampling of - we're not kidding - a delicious gewürtztraminer slurpee at **Kettle Valley**.

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