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and drink
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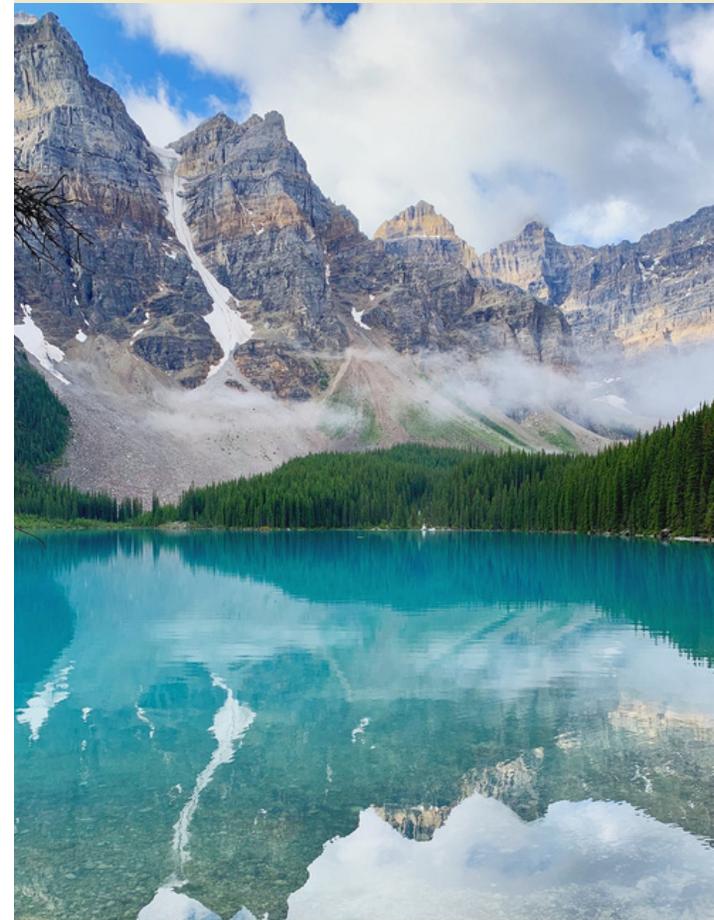


CANADIAN POUTINE



Banff,
Canada

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Endless Outdoor
Adventures

A LIVE, VIRTUAL TOUR TO
BANFF, CANADA

Famous Foods

MAPLE SYRUP

Canada produces over 70% of the world's maple syrup.. The maple leaf is the symbol on the center of the flag. There are so many maple infused or flavored foods like maple smoked bacon, candies, fudge, cookies, ice cream, maple glazed meats and salmon. Canadians love to liberally pour maple syrup on pancakes and French toast.

POUTINE

A true Canadian dish. It is a combination of hand-cut French fries, fresh cheese curds, sometimes crumbled meat, and well-seasoned gravy that makes a delicious gooey mess.. It is a favorite Canadian snack or side.

GAME MEATS

The Rocky Mountains are well known for their game meats such as venison, elk and bison. At local restaurants it is common to see bison tenderloin, buffalo burgers and elk burgers. on the menu.

Famous Drinks

TIM HORTON CANADIAN COFFEE

Tim Hortons, or Timmies, as it is referred to, is a Canadian doughnut shop. It is a Canadian cultural icon. Canada has more doughnut shops per capita than any other country. Everyone in Canada knows the double-double. Double-double is how you ask for a coffee with two creams and two sugars.

BANFF'S HOT CHOCOLATE TRAIL

In Banff, local cafes and restaurants to try put their unique spins on the famous winter-loving drink. It's all available - spicy, boozy, sweet, maple-y, minty, whatever you like!

LEMON MEADOW

A Banff non-alcoholic favorite, a beautiful harmony between citrus and sweetness. The citrus flavor comes from the Seedlip Grove, which is the main ingredient, and there are also hints of lemongrass and sansho peppercorn.

Make Your Own

Simple Poutine Fries

- 1 pkg McCormick brown gravy
- 2 cups water
- 1 Tbsp. garlic minced
- 2 Tbsp. olive oil
- 12 oz. cheese curds or low moisture mozzarella
- 1 package frozen french fries any kind and size; about 28 oz., cooked to directions.

- 1.Heat gravy, water, garlic and olive oil in a saucepan over medium heat stirring occasionally.
- 2.Once fries are cooked, add them to a baking dish sprayed with cooking spray.
- 3.Add the cheese curds evenly over the fries.
- 4.Pour the completed gravy over the fries and cheese.
- 5.Bake at 350F for 10 minutes.
- 6.Remove, serve hot and enjoy.

Mix Your Own

THE VERY BEST HOT CHOCOLATE,

- 3 cups (750 mL) Canadian Milk
- 1 cup (250 mL) Canadian 35 % cream
- 1/4 cup (60 mL) sugar
- 1/4 cup (60 mL) cocoa powder
- 1 tsp (5 mL) vanilla extract, pinch of salt

Saucepan, heat 2-1/2 cups milk and 3/4 cup cream over medium, stir, until steaming.

In bowl, whisk sugar, cocoa, salt. Add 1/2 cup cold milk and vanilla extract to make a smooth paste. Reduce to medium-low, whisk cocoa mixture into milk mixture until blended. Heat 2 min or until steaming hot.

In small chilled bowl, whip remaining cream until thick.

Ladle hot chocolate into 4 warmed mugs. Dollop the whipped cream evenly into each mug; stir to swirl lightly.

Banff

THE PARK

Banff National Park was Canada's first national park, established in 1887. It was originally named Rocky Mountains Park, but was renamed Banff in 1930. The president of the Canadian Pacific Railway named it after his Scottish homeland, Banffshire. Banff is a resort town located in the Rocky Mountains, in the province of Alberta. The Banff park land is home to wildlife including elk and grizzly bears..

THE TOUR

Come discover Canada's first and most famous National Park. On this one hour personal, live, interactive, virtual walking tour, we will explore wilder areas (where there is good reception) to show you the incredible wilderness. Banff encompasses 6,641 square kilometers (over 4,100 square miles) of mountainous terrain, with many glaciers and icefields, dense coniferous forest, and alpine landscapes. Banff has over 994 miles of beautiful walking trails, let's explore some of them!