Discover the finest regional products from East Flanders in a pleasant 2.5 km city stroll.
1. Butchers’ Hall
Start at the promotional centre for East Flemish regional products and receive a free sample here. You will discover over 200 regional products in this building. The real hams at the wooden roof refer to the Middle Ages, when this was a market for the sale of meat.
Groentenmarkt 7 - Tue - Sun 10.00-18.00
www.grootvleeshuis.be

2. Tierenteyn-Verlent
In ‘La Demi Lune’ house they sell the renowned Tierenteyn mustard since 1867. The old shop is preserved and shows features of 18th and 19th century architecture. They still produce the mustard in the cellar.
Groentenmarkt 3 - Mon - Sat 10.00-18.00
www.tierenteyn-verlent.be

3. Bakery Himschoot
In the oldest bakery in Ghent (since 1880) more than 65 different types of bread are made in the cellar. Here, bread gets a second life, by turning it into award-winning bread pudding. Step into this little bakery to soak up the atmosphere and smell the delicious sweet scents.
Groentenmarkt 1 - Mon - Sun 8.00-18.30
www.bakkerijhimschoot.be

4. Mokabon
Make a stop at this place! In the oldest coffeehouse of Ghent they have been roasting coffee since 1937. In this characteristic shop they serve five different types of coffee with tasty homemade biscuits.
Donkersteeg 35 - Mon - Sat 9.00-18.30
www.mokabon.be

5. Sophie’s Sweets & Chocolates
Sophie tells the story of the sweet history of our region. Get information about the products she sells. Why they sometimes have weird names and which secret ingredients they contain. Thè symbol of Ghent, the Ghent Dragon, is exclusively available here, in chocolate.
Botermarkt 9 - Mon - Sun 10.00-18.00
www.sophies.be

6. Chocolaterie Luc Van Hoorebeke
Follow at the window outside how master-chocolatier Luc is busy producing the famous Belgian pralines in an artisanal way. Father Luc and son Cédric share the same passion. You can also find the pink Ruby chocolate here.
Sint-Baafsplein 15 - Mon - Sun 10.00-18.00
www.chocolatesvanhoorebeke.be

7. Confiserie Temmerman
Discover the old-fashioned sweets and Ghent specialities such as mokken, knopkes and muilentrekkers. Only here you will find cuberdons in the shape of a mask! The baroque façade shows 6 of the 7 works of mercy.
Kraanlei 79 - Wed - Sun 11.00-12.45 / 13.30-18.00
visit.gent.be/confiserie-temmerman

8. Cafe Folklore
In this genuine authentic folk cafe you get a free portion of ‘kroakemandels’ (heavily salted peas, baked in oil) with your local beer on Friday and Saturday evening and on Sunday. Do look up when you take a seat and see pisspots hanging on the ceiling.
Lange Steenstraat 69 - Mon & Thu 8.00-20.00
Fri 8.00-1.00 / Sat 11.00-1.00 / Sun 10.30-20.00
visit.gent.be/en/eat-drink/cafe-folklore

9. ‘t Dreupelkot
In this unique genever bar owner Pol serves you a “dreupel”, a shot of local genever (kind of gin). With more than 200 species of genever there is more than enough choice. Try one of the East Flemish grain genevers. A typical night cap to end this walk.
Groentenmarkt 12 - Mon - Sun 15.30-...