

GoMedia **Canada 2020**

Newfoundland Labrador

Eat Wild Newfoundland

September 4-8, 2020

Theme

Take a culinary tour in Newfoundland and Labrador that is rooted in our culture, our traditions and our way of life. This is an opportunity to eat your way through our history and heritage while living on a rock in the middle of the North Atlantic. Witness how the next generation of chefs and foodies are holding hands with our past as they implement innovations and incite sustainable changes to our traditional foodways.

Description

The tour begins and ends in St. John's where chefs and restaurants are supporting local growers, farmers, and foragers to present traditional foods in new ways. Bee keepers are raising and protecting our pristine hives, brothers are making local cheeses, hunters are providing organic wild game and foragers are sharing their best berry patches.

You'll sail on the North Atlantic to catch a fresh cod and learn how to filet - and then enjoy it! And wash it down with beer made from 10,000 year old icebergs. You'll be regaled in the shed and entertained with an ugly stick and eat the freshest traditional cod stew.

Considerations

- There will be limited internet and wifi access at certain legs of the tour with WIFI in all accommodations.
- A credit card will be taken at the hotels upon check in to cover any personal incidentals such as long distance phone calls, laundry, movies, etc.
- **There is one night where shared accommodation may be required at Orchre House**
- Please advise of any allergies and dietary restrictions
- This tour is conducted in English; no alternate language interpretation is available
- Participation on this tour requires focused attention at all times to the itinerary and spontaneous opportunities. It is expected that any writing, filing or communications deadlines during the dates of the tour will not affect participation in the full itinerary.

Itinerary

Day 1 – Friday, September 4

Mid-day Arrive at St. John's International Airport and transfer to hotel.

Check-in to [Murray Premises](#) hotel for the next two nights and meet your hosts:: Lori McCarthy of [Cod Sounds](#), Gillian Marx of Newfoundland and Labrador Tourism, and Andrew Hiscock of [Legendary Coasts](#) - Eastern NL.

Dinner Family Style Dinner at [Chinched Bistro](#)

Hosted by Gillian Marx of Newfoundland and Labrador Tourism

Chinched Restaurant & Deli is a labour of love for co-owners Shaun Hussey and Michelle LeBlanc. The pair have travelled the eastern seaboard together throughout their culinary careers and happily made St. John's home nine years ago after living on Fogo Island for two years. It all

began after a boil-up on Fogo Island in 2009. Shaun and Michelle were relaxing on one of Fogo's fine rocky beaches alongside the locals with whom they'd enjoyed their feast of local seafood. After eating far too much, one of the locals leaned back and exclaimed, "B'ys I'm Chinch!" After the definition was thoroughly explained it was decided that Chinch would make a great name for a restaurant. Roughly six months later Chinch Bistro opened its doors. Chinch Restaurant and Deli supports local farms, producers and harvesters as much as possible striving to provide a unique dining experience to guests with a focus on nose to tail dining. (*Chinched – past tense; Chinch – Verb \`chinch\ to stow, stuff or pack tightly; to be full.*)

Overnight St. John's

Day 2 - Saturday, September 5

- 7:30 am Breakfast at accommodation - your food truck awaits. [Old Dublin Bakery](#) has hit the road! Having several years at the St. John's Farmer's Market, Kevin Massey is moving around to bring his treats to you. Originally, from Ireland, Kevin tells a love story connected to place.
- 9:00 am Cod Fishing Experience with [QV Charters](#)
Spend the morning on the Atlantic Ocean, try your hand at cod-fishing while taking in the stunning views of the coast. We'll pass by Signal Hill National Historic Site as we journey along the Atlantic into St. John's Harbour.
- Lunch Traditional Newfoundland & Labrador fish and chips with QV Charters. We eat what we catch!!
- 1:00 pm [Signal Hill National Historic Site](#) and downtown St. John's Tour with [McCarthy's Party](#).
- 3:00 pm Depart for [Cape Spear Lighthouse National Historic Site](#) (Drive time: 20 minutes)
Cape Spear is known as "*the far east of the western world*" and home to Newfoundland's oldest surviving lighthouse which has served as the chief approach light for St. John's harbour since 1836. As you walk along the sub-arctic terrain you will get some perspective from Lori McCarthy about how important some of these plants are to us.
- 7:00 pm Welcome Dinner at [Mussels on the Corner](#)
Brenda O'Reilly and Craig Flynn are the owners and will guide us through a tasting menu of the local mussels they serve. Their storytelling doesn't end at a restaurant, bar or micro-brewery but beyond. And you'll find out just how special the Newfoundland Mussel really is!!
- Overnight St. John's.

Day 3 – Sunday, September 6

Breakfast at the hotel.

- 9:00 am Check out of the hotel and depart St. John's for Avondale Peninsula. (Drive time: 30 minutes)
- 10:00 am Fire and Forage with Lori McCarthy of [Cod Sounds](#).
This workshop will see us enjoying some of our treasured foods around the fire, embracing cooking techniques and tastes of the old and the new. Our day will start with firing up the old wood smoker and preparing seafood before our foraging walk across the beach. Smoking fish is an age old tradition here in Newfoundland & Labrador and you'll learn how we harvested from the land to smoke Arctic Char and Salmon. With the kettle boiled, our fish is smoked and our edibles collected we'll start with a wild tea tasting before sitting around and enjoying the taste of our province. As with all our workshops be prepared to roll-up yourselves and get involved. From collecting firewood and getting the fire going to preparing our meal, there's a job for everyone. One of Newfoundland and Labrador's most treasured traditions is the Boil-Up. It simply means a spot of lunch and a cuppa tea boiled up over a fire and we look forward to sharing one with you. We'll get the fire going and cook up a taste of wild Newfoundland and Labrador.
- 2:00 pm Depart Avondale for Harbour Grace. (Drive time: 40 minutes)

We may stop by an old church and courthouse being converted to a restaurant and accommodation by local Brenda O'Reilly. This means you can get in on the ground level of this story. You will have already seen what a thriving business Brenda and Craig have created and the vision they have for the future in this historic community.

- Dinner Da' Shed Experience at [Coastal Cottages](#) (Drive time: 30 minutes)
Traditional Newfoundland "times" tend to take place either in the kitchen or in the shed. You'll taste traditional cod stew and you might even get a chance to play the "Ugly Stick" - a traditional percussion instrument made from household items!
- 9:00 pm Check in to [Ochre House](#). Media may have to share accommodation.
Ochre House Retreat is a unique multi-purpose vacation and studio facility located in Ochre Pit Cove in Conception Bay. Built in 1938, this former church has been thoughtfully renovated to include all the modern amenities while respecting the beauty and clean lines of the original architecture. Surrounded by blue ocean, rolling meadows and quiet woods, you'll find inspiration everywhere you turn.
- Overnight Conception Bay

Day 4 – Monday, September 7

- Morning Breakfast at your accommodation. Check out and clear any incidentals.
- 10:00 am Depart for [Ferryland Picnics](#). (Drive time: 2 hours 15 minutes)
- 12:00 am Arrive at the parking lot of the [Colony of Avalon](#) and walk to the Lighthouse for a picnic lunch. The walk is about 20 – 40 minutes along a gravel trail with some inclines so wear comfortable shoes or sneakers for the rugged terrain. And wear layered clothing— we are on the edge of the North Atlantic Ocean.
- 2:00 pm Depart for the Interpretation Centre at the Colony of Avalon.
- 2:30 pm Depart for Adelaide Honey in Goulds (Drive time: 50 minutes)
- 3:30 pm [Honey Bee Hike](#) with Adelaide Honey.
Did you know that fireweed honey is crystal clear? Paul and Brenda Dinn will tell you about their journey to harvest honey, their desire to protect the pristine Newfoundland species of honeybees and how others are falling in love with bee keeping.
- Head into St. John's (Drive time: 15 minutes)
Check into [JAG](#), a boutique hotel in downtown St. John's.
- 5:00 pm A visit to [Halliday's Meat Market](#)
Bill Halliday was only 17 years old when he set up a little butcher shop in downtown St. John's. Halliday's Meats - and that was over 100 years ago in 1914. Today, the third generation of Halliday butchers are behind the counter. Some things have changed, but others haven't. The work ethic Bill insisted on is still there, the Hallidays can still call almost all their customers by name, they're still making their Butcher's puddings and sausages with the same 100-year-old recipe...and they still wrap their meats in brown paper and string.
- Dinner [Waterwest](#) St. John's newest restaurant, butchery and shop.
- Overnight St. John's

Day 5 – Tuesday, September 8

- Morning Transfer to St. John's International Airport for flights to Victoria and Go Media.
- 7:00 am Depart on Air Canada, arrive Victoria at 13:25 via YYZ and YVR. (Flight time - 10:55 minutes)

Recommended items to bring

The weather in September can vary quite significantly so it is important to layer your clothing.

- Comfortable walking shoes.
- Loose fitting clothing, long socks, long-sleeved shirt and pants for cooler days (be sure to layer)
- A wind breaker/light rain jacket/sweatshirt/fleece jacket/warm fall jacket for cooler days
- Hat, sunglasses, sunscreen, camera.
- Water bottle.