

## Forage and Fire

*Two Night Stay  
(November 29–December 1, 2019)  
Late Fall Season*



Explore Fogo Island's elemental attractions during Late Fall Season (Friday, November 29 to Sunday, December 1, 2019) with guest cultural food enthusiast and forager, Lori McCarthy of Newfoundland's Cod Sounds. Earth, water, air, and fire all conspire as Lori leads guests through experiences and workshops embracing locally-sourced regional cuisine and late-season wild foods foraged from the land and sea. Reviving old customs increasingly lost in a rushed world, guests will scour the landscape for edible treasures, learn of traditional preservation techniques, and further explore a unique series of discoveries on Fogo Island under Lori McCarthy's expert gaze. The two-night itinerary will give guests of Fogo Island Inn a true sense of the foodways of Fogo Island and a taste of how Newfoundlanders have persevered for generations at the edge of the North Atlantic.

The **Forage and Fire** itinerary at Fogo Island Inn includes all meals, an Island Orientation with a Community Host, guided hiking and foraging excursions, and full use of the Inn's facilities. A two-night minimum stay is required. To reserve, call International Reservations at **+1 709 658 3444**, US & Canada Reservations at **+1 855 268 9277**, or email [reservations@fogoislandinn.ca](mailto:reservations@fogoislandinn.ca)

## Sample 2-Night Itinerary

### DAY 1 – Friday, November 29, 2019

#### ARRIVAL

Arrive on Fogo Island and let the Island start to reveal itself on the drive through outport communities as you make your way off to your refuge, Fogo Island Inn. Take time for exploration. Revel in the natural beauty found around every bend.

Check into Fogo Island Inn, a traditional yet contemporary masterpiece of modern architecture and design. The Inn was named Travel & Leisure's Best Resort Hotel in Canada, 2017 and 2018 - among the country's best hotels from coast to coast.

#### EARLY EVENING

Join Lori McCarthy in the Cinema for a welcome reception and presentation on the preservation techniques that have shaped our past and present, and help prepare for the future. Lori has spent years speaking to and gathering stories from Newfoundlanders and Labradorians—peoples whose rich history of hunting, foraging, and fishing have been shared through generations. Lori aims to capture these practices and pass on the knowledge of our food culture to those who respect this great land.

**SUPPER**

Supper served in the Dining Room. Enjoy the abundant offerings brought to our shores by the Labrador Current while the waves of the Atlantic crash just beyond your table setting.

**DAY 2 – Saturday, November 30, 2019**

**DAYBREAK**

Watch the sunrise over the Back Western Shore from the comfort of your room, or take a self-guided hike along the rocky shoreline beyond the Inn.

**MORNING**

Breakfast served back at the Inn at your leisure in the Dining Room.

**10:00AM**

Island Orientation with a Community Host. Be prepared for fresh perspectives and insights, stories and laughter during your half-day outing being led in your discovery of this “salty Narnia” by the people of the place, whose sense of self comes from deep historical ties to landscape and seascape. Along the way, you’ll visit the Dwyer premises to learn of the traditions of salting and splitting cod.

**DINNER  
(LUNCH)**

Lunch served back at the Inn at your leisure.

**AFTERNOON**

Meet Lori McCarthy for a hike to Brimstone Head as you forage for late-season wild foods under her expert gaze. Then, return to the Inn’s Gathering Hall for a workshop on ingredients found and foraged.

**SUPPER**

Supper served in the Dining Room, where the provenance of every menu is inspired by the seasonal taste of the outport terroir. Everything coming out of the kitchen is intended to feed more than your hunger.

**EVENING**

Settle in around a roaring fire with a book and a warm beverage or stargaze from the rooftop hot tubs as the dark skies fill with an infinite number of celestial bodies.

**DAY 3 – Sunday, December 1, 2019**

**DAYBREAK**

Meet the morning with a Daybreak Tray outside your door, filled with coffee or tea and fresh pastries. Linger; ease into the day gradually.

**MORNING**

Fortify yourself with a farewell breakfast in the Dining Room.

**DEPARTURE**

Depart Fogo Island Inn for the journey homewards.

Contact

For Further Information:

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