



SOLO SIGNATURE PACKAGE

2024/2025 RATES

Moratorium Tours & Retreats

Conche
Newfoundland
Canada
A0K 1Y0

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OUR STORY

In 1497, when European explorer Giovanni Caboto first sailed the waters of Newfoundland, he reported that the North Atlantic cod fish were so plentiful that his boat was slowed in its progress.

In 1992, the Government of Canada announced an indefinite moratorium on fishing of the North Atlantic cod as the species faced extinction.

The cod fishery shaped the cultural identity of Newfoundland and Labrador for five hundred years, and somehow, less than fifty years after the province joined Canada in Confederation, what was once the largest fishery in the world, was completely destroyed.

The announcement of the Moratorium left coastal communities, called "outports", with high levels of outmigration, low birth rates, and a grim future ahead.

The mission of Moratorium Tours & Retreats is to deliver an extraordinarily rich cultural experience for travellers to connect with our community, nature, and themselves.

We aim to revitalize the community of Conche through sustainable tourism and to become an example of the power of responsible travel in rural communities.



Moratorium

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LENGTH 5 days / 5 nights

INCLUDES

- Five nights accommodation at The Northeast Cabin + Old Mill Loft
- Private chef service with all meals featuring wild foods + foragings
- Four days of guided land-based excursions with local hosts

PRICE

1 Guest: \$6,900 CAD / \$5,050 USD
2 Guests: \$8,050 CAD / \$5,900 USD
(15% HST included)



Situated in the remote, rugged wilderness on the Northeastern edge of North America, in the rural fishing community of Conche, our Solo Signature Package welcomes all solo travellers and couples. As a private and developing destination, you are the only overnight guest(s) in town for the duration of your stay. Our team of local guides with their expertise are here to immerse you in our unique culture and help you understand our rich history.

Given that Moratorium Tours & Retreats is the first and only tourism operator in Conche, you can rest assured that the area's breathtaking surroundings provide a tranquil solace from everyday life. Each day of your trip is fully customizable, and we are pleased to offer an itinerary planning service to all our guests for the duration of their time in Newfoundland and Labrador.

HOW IT WORKS

- We'll have a conversation to get to know each other better
- If we're in alignment, we'll start planning your trip
- Each detail will be taken care of from helping with transportation to building a custom itinerary based on your preferences
- You will leave here feeling fulfilled and renewed, smiling, and crying, with a deep sense of connection, as if you were leaving home



DAY ONE

As soon as you arrive from the breathtaking stretch of the Viking Trail coastal drive, our team will help you and your belongings safely into a small boat. From there, you'll be guided by a local host and our team to your off-grid cabin. Your first two days are all about presence and stillness.

The fire will be lit, dinner will be cooked, your bags will make their way without a finger lifted. All you have to do is sit and enjoy as we give you the run down of the property and your private peninsula.

DAY TWO

This is a day to be with yourself, completely. Reset the mind and begin to feel the grounding effects of being totally disconnected without any agenda.

Pack firewood, read a book, prepare yourself a meal, explore abandoned properties, discover eerie French naval cemeteries, find a quiet beach to journal, skip rocks, sip coffee, pick berries, and let the imagination wander as you witness the healing magic of the nature around you.

As the evening arrives, warm up under the roaring fireplace before venturing out to stargaze. Sit in stillness and uninterrupted silence, setting an intention to allow the upcoming days of new experiences to bring forth inspiration and divine clarity.





DAY THREE

As the sun rises over Northeast Crouse, pack your belongings for a quick journey back to Conche Harbour where you will be greeted by your community hosts and checked into your accommodation for the remainder of your stay.

Your chef will prepare your lunch and the afternoon plans are up to your discretion. Perhaps a morning meditation and shoreline walk is of interest to you. Maybe you want to work up a sweat and connect with your physical body in a scenic hike across the peninsula's towering cliffs.

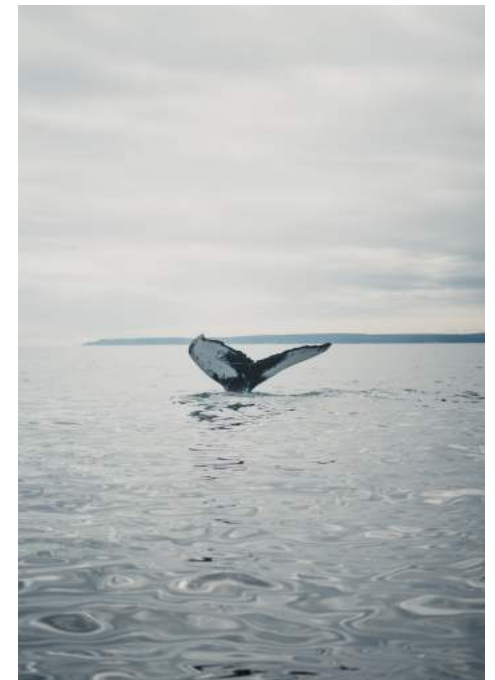
Alternatively, you may be ready to immerse in a cultural activity with a community host such as learning more about our history, the fishery, or geology. It's your trip, you choose. We're here to make it all happen for you.

DAY FOUR

As morning arrives, set sail on a zodiac boat* for a 3 hour voyage around the Conche peninsula with a local captain as your guide. As you marvel in the wondrous sea life, towering cliffs, and islands of volcanic rock, embrace the power of this magical place.

In the afternoon, explore parts of Conche that have sparked your personal interest. Whether you're craving a slower-paced day or an adventure-packed excursion, choose from embroidery workshops, outport gardening classes, and fishery education, to storytelling with locals, rock pool swimming, and waterfall trekking.

*Zodiac boat tour is not included in our Solo Signature Package. This option can be added, weather-dependant, and arranged during your stay if possible.





DAY FIVE

Begin your final day with a short hike to a quiet, luscious cove for a forest bathing ceremony to soothe the nervous system and clear the mind.

The mid-afternoon opens the opportunity to go wherever your heart is calling. Whether this be enjoying conversation with your newfound friends, trekking to a hidden waterfall or spectacular lookout, or booking a guide for further exploration.

Attend one of our weekly community events featuring live entertainment, hosted under candlelight in a restored 18th-century fishing premises.

Meet with locals and our town musicians, who through song and folklore, share their stories of resilience and optimism for our community's future.

**All of our itineraries are fully customizable to suit personal preferences, travel requirements, and budgets.
Have a special request? Please get in touch.**

Moratorium



CONCHE

DEER LAKE

TORONTO

MONTREAL

NEW YORK CITY

GETTING HERE

- NYC — MONTREAL: 1.5 HRS
- NYC — TORONTO: 2 HRS
- LONDON — MONTREAL: 7 HRS
- LONDON — TORONTO: 8 HRS
- MONTREAL — DEER LAKE: 2.5 HRS
- TORONTO — DEER LAKE: 2.5 HRS
- DEER LAKE - - - - CONCHE: 4.5 HRS

—— FLIGHTS
 - - - - SHUTTLE

Ready to book?

Have more questions?

Contact Toni at 315.636.0734
or email info@moratoriumretreats.com

