



...get into your element!

### Hi Sue and Shannon!

Spring is here, a time to renew and refresh.

Renew and play...

With the change of season, we look forward to longer days, and being able to play outside longer. We can go into the closet and bring out the lighter fabrics. We're taking the annual inventory of our gear and will be creating wishlists for new gear.



Refresh your skills... with Sue

Have you always wanted to go kayaking, but are concerned about what will happen if your kayak tips over? We hear that all the time. So this year, we're planning a pool session where you can come practice your wet exit and re-entry into your kayak in warm water.

Recycle...

We're selling some of the single-season used kayaks from our fleet. Check out the info below.

During the Pacific Rim Whale Festival we went to the West Coast to visit the grey whales as they continued their migration route along Vancouver Island. The Pacific Rim Whale Festival Society put on a fantastic event with educational activities for all ages. We'll definitely be going back again next year!

We're adding adventures all this time so please visit our website often!  
Sue and Shannon

p.s. are you an Elements facebook fan yet??? Check us out!!



**Highlights... Longer Days are here and there's more time to play! Book a multi-day kayak adventure before May 1st and get 10% off.**

#### Gulf Island Explorer ~ Sea Kayaking

Treat yourself to 3 days of fantastic paddling as we explore the coastlines of Link, DeCourcy and Valdes Islands, part of the unique Mediterranean like islands located on the south east coast of Vancouver Island. The sculptured sandstone cliffs of the shorelines show off the colourful wildflowers and their shelves and crevices are home to many nesting birds, including cliff swallows, pigeon guillemots, and peregrine falcons.

Swathed in history with tales of the Aquarian foundation and buried gold, this trip is a perfect introduction for those who want to have a "taste" of multi-day sea kayaking.

Stunning scenery and a warm climate, paired with new friends, professional and experienced guides, delicious meals prepared using locally sourced Vancouver Island food, and BC wine, make for the perfect Gulf Islands sea kayaking getaway!

#### West Coast Play ~ Surf and Kayak

Don't miss this unique opportunity to experience the splendors of Vancouver Island's magical west coast on this relaxing yet adventurous extended weekend getaway. Come play in the coastal waters of Vancouver Island's Tofino and Clayoquot Sound. This magical place is home to significant ecological diversity including ancient rainforests and white sand beaches, with a rich cultural history dating back to more than 5,000 years ago. Clayoquot Sound is a water lovers delight and provides the

most ideal setting for a to learn to surf and sea kayak tour.

Learn to surf on the beautiful sandy beaches of Tofino and sea kayak in the clear waters of Clayoquot Sound while discovering ancient trees, sandy beaches and views of the open ocean.

Spectacular scenery of the rugged West Coast combined with new friends, professional and experienced guides, delicious meals prepared using locally sourced Vancouver Island food (and of course, BC wine) make for the perfect, unforgettable West Coast Play getaway!

### **Taste of Island Spirits**

Vancouver Island wineries are ripening fast and as for which winery produces the best wine, well, that's a matter of taste! The region boasts as diverse an array of arts, culture and gastronomy as you will find anywhere. This adventure is a unique mix of locally produced beverages, delicious treats and Island wine culture... simply a superb way to experience Vancouver Island's unique wineries.

Sample award winning wines and tour family-run boutique wineries, visit local eateries and along the way we'll visit local markets for fresh ingredients all with enough time to relax before our interactive dinner, where laughing with your mouth full is definitely on the menu!

### **Making Tracks ~ Mountain Biking Weekend**

Get Geared Up for this! Dust off your bike seat and your helmet because we're going riding. It's playtime on the west coast but let's be honest, when isn't it playtime on BC's Coast? This Summer promises to challenge your adventurous spirit and the appeal of 'Island Life' on Vancouver Island will draw you to witness first-hand 'what all the fuss' is about.

Our adventure begins as they always do... with a meet, greet and eat. We'll jump right in with mini workshops on maintenance and riding clinics as we get ready to explore the homegrown trails of Cumberland, in the famous Comox Valley. We'll experience amazing scenery as we ride the incredible single track, meandering through massive fir trees and the twisty trails that make this area so well known as an outdoor playground.

Come play with us! For details and dates, visit [our website](#) to check out our Adventures.

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### **Tastebuds**

Looking for some new meal ideals? We are planning interactive dinners this Spring. Kinda like your highschool cooking classes but way cooler and with wine.



**A Taste of Thailand, April 20th** with Chef Lynda Diamond of Estuary Estates B&B

- Dumplings with Chili-Orange Sauce
- Salad Rolls with Lemon-Coriander
- Tom Kha-Kai Soup
- Green Mango Salad
- Phad Thai
- Halibut in Green Curry Sauce
- Sticky Rice Pudding with Mango

**A Taste of India, May 17th** with Chef Lynda Diamond of Estuary Estates B&B

- Samosas
- Khaman Dhokra (steamed rice cakes) with Dhorka Chutney
- Lamb Vindaloo
- Butter Chicken
- Mixed Vegetables
- Prawns with Ginger and Coriander
- Coconut Rice
- Naan Bread
- Kulfi (pudding dessert)

This is a hands on cooking class that works toward creating a wonderful meal that we'll share together. Classes will use local ingredients wherever possible and courses will be paired wines from our local vineyards.

Spots are limited so please register soon!



### **Random Routes ~ Holland Creek Trail in Ladysmith**

This is one of our favorite areas to walk... rain or shine. Lately with all the rain, the water is high and the falls are spectacular.

"The Holland Creek Trail is located in the community of Ladysmith, BC, in the Cowichan Valley on Vancouver Island. The hiking trail is easily accessible from many points, well maintained and acts as a connector trail accessing other hiking routes in the region.

Each access trailhead on the Holland Creek trail leads to various difficulty levels ranging from flat and easy hiking to a vertical climb. The hiking trails are well marked and there are trail maps posted along the route. The trails range from wheelchair accessible, mild walking, moderate hiking to difficult conditions.

The Holland Creek Trail is 5.9 kilometres long and explores through the backcountry forests behind the village. Most follow a dirt path, although there are some boardwalk sections and gravel. Along the trail are wooden bridges, wooden stairs and some sitting benches."

Elements can help you to check off the adventures on your 'bucket list' too. In addition to our planned tours, we can help you create your own special adventures, adventures that will help you [... get into your element!](#)

### **Focus ~ Current Designs Solstice**

We are selling some of the single-season used kayaks from our fleet. These boats are gently used and well maintained. Call us if you'd like some more information. Did we mention it comes with a lesson?



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