



...get into your element!

Hi Sue and Shannon!

February already... can you believe it?

We spent some time in January playing in the snow and reminding ourselves why it is that Winter in BC is so spectacular. We snowshoed and snowboarded, tubed and sled. There's so many ways to play outside here, how lucky are we!



This month, we're heading back up to Mount Washington for our first overnight snowshoe adventure. There's room for you... even if you can only come up for the day! Check it out in the highlights below. Come join us, you deserve it!!

We celebrate some birthdays in the next few weeks too so we'll be marking milestones... a perfect excuse to create new adventures and make new memories. What milestones are you planning for this year?

We're updating our Facebook page fairly regularly, so if you aren't a fan on the page yet, please visit soon. The 100th person to "like" the page gets a cozy Elements fleece top!!

Final touches are being made to our [Spring and Summer schedule](#) so check out the website or give us a shout if you'd like to join us on an adventure.

We hope to see you soon!
Sue and Shannon



Highlights... Snowshoe & Fondue Weekend

February 18 - 20th, we've created a special weekend adventure. Come explore the alpine meadows of Mount Washington by snowshoe and enjoy a magical winter walking experience.

We don't have to tell you... Winter and Spring are extra special in the mountains and this year is no exception, except for the fact our local mountains have seen record snowfalls. The snow creates an added wilderness feel and sense of solitude found during these seasons.

Come experience the serene beauty by snowshoe and explore another way to enjoy our snowy playground in the spectacular setting of Mount Washington's Alpine Meadows!

Start the weekend with a welcome night of wine and appies. On Saturday, we'll snowshoe into our lunchtime picnic spot within Strathcona Park and spend the evening relaxing and refreshing at our local chalet before our special fondue, complete with a chocolate finale!!

What a great way to spend the weekend... being active outdoors, meeting new people, sharing great food (eating chocolate) and having fun, spending a weekend that's all about you!

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

Tastebuds

February, the month of sweet indulgence!!

Chocolate Cheesecake "Muffins"

Mix and set aside:

250g cream cheese
1/2 c. sugar
2 egg yolks
2 c. chocolate chips

Mix together:

2. c sugar
4 1/2 c. flour
2/3 c. cocoa
3 tsp. baking soda
1 tsp. salt
3 c. water
1 1/2 c. oil
3 Tbsp vinegar

In paper lined muffin cups, add muffin mix followed by a spoonful of the creamcheese mix and then cover with more muffin mix. So delicious!

Thanks to Tracy D. for sharing her recipe.



Random Routes and Rails

Sometimes rainy day drives have a treasure at the end. Recently, out on one of these 'drives', we decided to make a side tour to check out the Kinsol Trestle. It's a site that has been on the list to check out for awhile, so this seemed like the opportune time to check out the route.

After the short drive, and walking a few hundred metres up and down a marked trail we came across the massive wall of timbers.

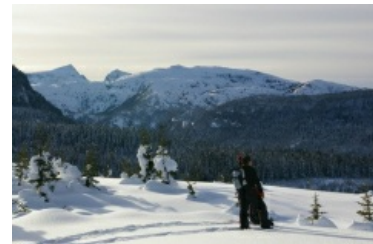
Located in the Cowichan Valley, the Kinsol Trestle, was a project of the Canadian National Railways (circa 1920) as part of the "Galloping Goose" rail line. Today, it is part of the Trans Canada Trail and is undergoing a major rehabilitation project to restore it for pleasure use. "The engineering technology used to build the Kinsol Trestle – the highest and largest surviving timber trestle in Canada and reportedly one of the four largest wooden structures in the world – is representative of how Canadian railways were built to traverse deep ravines." For more information on the historical rehabilitation project, visit www.kinsol.ca, or for an even better view... once it's complete, check it out on your bike.

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 ~ Picture of the Month

Snowshoeing at Mount Washington with Strathcona Park in the background... an amazing day!

Come Play this February!



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