



...get into your element!

Hi Sue and Shannon!

Marching into Spring...

This month we've been spending as much time as we can playing in the snow. Conditions in the mountains have been ideal, with fresh snow and warm days.



We've been working too... adding and creating new adventures for this Spring and Summer. Cycling, biking, paddling, surfing, cooking, dancing. Check out some of the tours highlighted below. When you're planning your holidays, come join us, you deserve it!!

We hope to see you soon!
Sue and Shannon

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



Highlights... Spring is in the air and as cool nights are changing into warm days mark your calendar for ADVENTURE this Spring!

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!

Cooks and Cranks

A region that will awaken all your senses, Vancouver Island is no ordinary place to

visit. With a collection of sun drenched vineyards and meandering country roads, the Cowichan Valley is an ideal setting for a gastronomical-road-cycling weekend getaway. What's that you say? Well, we think it's the perfect mix of two great activities, eating and cycling combined into one fantastically tasty adventure.

Spend your days exploring a mix of rolling hills, twisting descents and some steeper climbs as we cruise along the coast and through the Cowichan Valley Winelands and the picturesque Yellowpoint Route. But it's not all work. Along the way, we'll visit local wineries and eateries that will tease your tastebuds and tempt you for more. Sit back and enjoy the pace of the 'Island Life' during leisurely lunches at special spots favored by locals and in the evenings refuel and restore with an interactive dinner that promises to leave you wanting to do it all over again.

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.

Tastebuds

Feel like you need some extra ENERGY this month? Try these...

Peanut Butter Energy Balls

- 1 cup NATURAL crunchy peanut butter (stay away from the stuff with hydrogenated oils, sugar, etc.)
- 1/4 to 1/2 cup honey (to taste)
- Approximately 1-2 cups nonfat instant dry milk (start with a small amount and add until you get the desired dough-like consistency)
- 1/2 cup dried fruit or nuts (raisins, chopped dates, chopped apricots, dried cherries, coconut... use your favorites)



In a bowl, combine the peanut butter and honey and blend well. Add the nonfat dry milk powder in small increments, until a stiff dough consistency is achieved. The best way to add the dried fruit is to mix it with your hands, to ensure it's distributed evenly. Form the dough into small balls, about 3/4" to 1" in diameter. Place on a cookie sheet and refrigerate for 30-60 minutes to harden. Transfer to an airtight container. Store in the refrigerator until ready to use.

Thanks to the Hungry Runner!



Random Routes ~ Olympic Park Callaghan Valley

It's hard to tell from the picture (and all the snow) but one year ago, this was the site of the Olympic Nordic events. In February we visited the Callaghan Valley and spent the day cross country skiing in this winter playland.

"Ski Callaghan, home of Whistler Olympic Park (site of the Nordic events for the Vancouver 2010

Olympic and Paralympic Winter Games) and Callaghan Country Lodge, offer public recreational skiing on more than 90 kilometers of cross country ski trails, groomed for both classic and skate skiing, and ranging from beginner to Olympic calibre".

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

We snowshoed to Helen McKenzie Lake from Mount Washington and had a picnic near this spot before heading to Battleship Lake on our way back to Raven Lodge... what a great way to celebrate a special birthday!



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