



...get into your element!

### Happy New Year Friend!

With the holidays slipping away, thoughts of sugar plums are turning into thoughts of personal commitments... to get active, to eat better, to stay better in touch with friends and family, to try that 'wrinkle' cream re-running on the commercials.

No matter what you resolve for 2011, we wish you a year of new adventures and great memories!

May this year be better than all the others, cheers to a New Year!

Sue and Shannon



### Highlights... Resolve to Be Active

If you like spectacular mountain views, peace and tranquility, and getting out and about in the fresh air, consider snowshoeing with us. This February, come explore the alpine meadows of Mount Washington by snowshoe and enjoy a magical winter walking experience. Our Mountain Guide will lead us as we wander the trails and through the Park. We have planned single day adventures, where you can come for the day and weekend adventures for those who can stay and play a little longer. In the evening we'll relax, warm up and enjoy a homemade fondue, complete with chocolate!

You've probably heard how much snow has been falling on our mountains! Come play with us! For details and dates, visit [our website](#) to check out our Winter Adventures.

### Tastebuds

We had so many great foods over the holidays. Here's one of our favorite snacks that goes with all those tasty dips and appetizers.

#### Herb Nut Crackers

- 2 cups flour
- 1 tsp. baking soda
- 1 tsp. salt
- 2 cups buttermilk
- 1/4 cup brown sugar
- 1/4 cup honey
- 1 cup raisins (soaked)
- 1/2 cup walnuts (lightly toasted)
- 1/2 cup pumpkin seeds
- 1/4 cup ground flax seeds
- 2 Tbsp. parmesan cheese
- 2 Tbsp. rosemary (sage, oregano, or your choice)



Mix buttermilk, brown sugar and honey. Add flour, soda and salt. Add rest of ingredients. Put in a greased loaf pan and cook 35-40 min @ 350. Cool completely, slice very thin and bake again on ungreased cookie sheet, turning after about 10 min. and another 10 min. on other side.

Careful not to burn. \*Tip: turn the oven to 300 for the second baking.

Thanks to Wendy V. for sharing her recipe.

Enjoy!



### Random Routes to Mount Cain

In December, Sue made a check mark on her "bucket list" when she took a trip to check out the myth of Mount Cain. It didn't disappoint. The snow was deep and fresh, the people were friendly, the music was live... the only real downfall was that the weekend ended so quickly.

"Situated on the north end of Vancouver Island, Mount Cain offers a unique experience to skiers, snowboarders and backcountry skiers. At Mount Cain you'll find deep powder, 21 runs, with 1499 vertical feet of terrain. We're open three days a week (weekends and select Mondays) which permits the powder to accumulate all week. Mt. Cain has few line-ups and the welcoming atmosphere of a family oriented mountain.

Mount Cain has the highest base elevation of any coastal ski hill in BC, Alaska and Washington State. The peak elevation is second only to Whistler.

Mt. Cain is located near Schoen Lake Provincial Park and is run by the non-profit Mount Cain Alpine Park Society, Vancouver Island's only community owned and operated ski hill!"

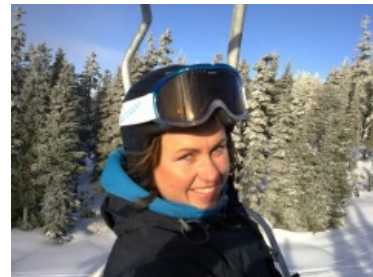
If you haven't been there, add it to your "bucket list". It's a must see!

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

Sue at Mount Washington Alpine Resort!

Come Play!



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