



...get into your element!

Hi Friend,

The sun is shining and it's time to play. It really is underrated, play that is!

We celebrated Canada Day on the water and spent June 28 - July 2 sea kayaking in the Broken Group Islands. What a week! The weather was amazing, the water was calm, and the scenery was spectacular! It was so great, we're going back again to go camping from July 26 - 30th and we'd love it if you can join us!



If you'd like to keep your feet on land, check out our mountain biking and wine tasting adventures.

Check out the **Featured Adventures** section below where we highlight some of the special adventures that are coming soon! And please... check the website often for updates on our adventure schedule or send us a quick email to check into what's coming up! We have single day and multi-day adventures planned throughout the summer.

We always love to hear from you and look forward to seeing you soon!

Cheers,
Sue and Shannon

... get into your element



Featured Adventures

[Gulf Island Day Tripper](#)

July 24... **3 spots left**

August 28

Sept. 11... and any day you book with 2 or more

Treat yourself to a fantastic day of paddling as we explore the coastlines of DeCourcy and Link Islands. A perfect introduction for those of you who want to have a "taste" of sea kayaking before committing to a longer expedition. Our trip embarks and ends from Cedar-by-the-Sea, just south of Nanaimo, and includes a delicious picnic lunch on one of the many splendid islets. **Sale price \$109!**

[Broken Group Islands ~ Sea Kayaking](#)

July 26 - 30... **3 spots left**

Aug 23 - 27

September 13 - 17 (Lodge based)

The Broken Group Islands are a collection of picturesque islands located in Barkley Sound on the west coast of Vancouver Island, BC. This destination is known internationally for remarkable kayaking and wilderness camping, and is our most popular kayak destination.

Natural features of this tranquil group of islands include secluded lagoons, restful sandbars, thrilling blowholes and incredible arches. The calm, crystal clear waters are home to sea lions, river otters, porpoises, migrating grey whales and over 200 species of sea birds. The inter-tidal zones are also alive and vibrant with brilliant and fascinating sea life. There is also much evidence stating that the Broken Group was

once a thriving home to thousands of First Nations as ancient native middens, village fortifications, stone traps and archaeological sites are scattered among the islands. Whether you're fairly new to kayaking or a seasoned paddler, the Broken Group Islands have something for you to discover and enjoy.

These adventures are offered in 4 or 5 day camping trips or a 5 day lodge based tour. So whether you like to sleep in a sleeping bag, or in a bed, we have something to suit your comfort level.

Gulf Island Explorer ~ Sea Kayaking

(August 6 - 8)

Treat yourself to 3 days of fantastic paddling as we explore the coastlines of Link, DeCourcy and Valdes Islands. This is a perfect introduction for those of you who want to have a "taste" of multi-day sea kayaking before committing to a longer expedition or a west coast adventure. Our trip embarks and ends from Cedar-by-the-Sea, just south of Nanaimo and includes camping accommodation, delicious meals and snacks, professional and experienced guides, and equipment. Join us for a relaxing adventure while we explore the many splendid islets of the Northern Gulf Islands.

The Gulf Islands are one of BC's most popular kayak destinations. Bald eagles, cormorants and harbour seals thrive in these islands. The sculptured sandstone cliffs of the shorelines show off the colourful wildflowers. Their shelves and crevices are home to many nesting birds, including cliff swallows, pigeon guillemots, and peregrine falcons. The gnarled Garry Oak, Douglas Fir and the twisted Arbutus trees create picturesque rolling meadows, one of the rarest ecosystems in the world.

Explore the intertidal zone and enjoy the sensation of viewing the shorelines up close and personal - in a kayak.

Making Tracks

(August 29)

Dust off your bikes and bring your helmets because we're going riding at Mt. Washington Alpine Resort. This tour includes a downhill clinics with an instructor that will help your technical riding but for the most part, we'll be hitting the trails.

Coming this August... mark your calendars

Grape Escape to the Cowichan Valley

Winery tourism is a fascinating product combining education, agri-tourism and good old-fashioned fun. This tour includes sightseeing, winery visits, tastings and lunch! Join us for an afternoon, touring the special vineyards of the Cowichan Valley. We'll meet in Nanaimo and tour together in a comfortable minibus.

Please remember that if these dates don't work for you that we're happy to create an adventure just for you, around your dates!!

Taste Buds

One of the highlights of most of our adventures is our food... thanks to the gals that tried last month's "eatmore bar" and extra thanks for bringing it to us to taste!

It's been hot... so here is a delicious dressing for a summer salad. Enjoy our recipe of the month!



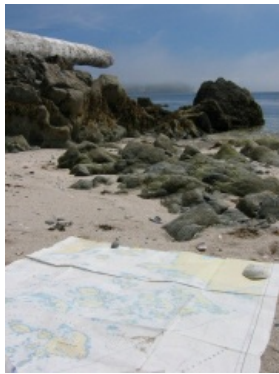
Summer Salad Dressing with Lime

Ingredients:

- zest of 1 lime
- 4 tsp. lime juice
- 2 tsp honey
- 3 tbsp. vegetable oil
- 1/4 tsp. salt
- pepper to taste
- dash of cayenne (optional)

Combine ingredients, whisk and chill. Enjoy over a plate of local, seasonal greens.

We had it this week with a salad that included cold chicken, local greens, mango, local raspberries and pecans... it was so tasty!



Charting A Course with Elements

This year we have been getting a lot of requests for adventures that include a component of learning. What better way to learn than actively participating in the preparation, planning and implementation of your adventure.

Elements embraces life-long learning through experiential education to enhance your experience and meet your goals. Our educational programs make learning fun, interactive and meaningful.

Topics may include navigation, practical skills, and kayak safety. We understand the necessity for customized itineraries and all the programs are designed just for you!

FOCUS ~ Photo of the Month

Exploring in the Broken Group Islands...

Let us know if you're interested in more information about paddling with Elements this summer!

See you soon!



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