



...get into your element!

Hi Friend,

Spring has been a busy time for us out promoting our adventure season. Thanks for visiting us at the Women's Shows on Vancouver Island and in Calgary.



We just got back from spending 2 weeks in Ireland where we were developing a new cycling tour that we're excited to be launching for Spring 2010!! If you're interested in travelling to Europe... we do have a cultural trip to France, Spain and Italy happening in September so let us know if you'd like more information about that!

On June 11th, we headed to Cochrane, Alberta where we visited our friends (and past clients) Lori and Terry who founded an event called Footstock. Check out [Footstock](#)... the race is great, the people are friendly and the landscape is spectacular! We had a great weekend with lots of food and laughs. This weekend was our inspiration for this month's Taste Buds... Lori's yummy eatmore bar!

So now that summer has arrived, we're excited to get outside with you.

One of the ways that we like to explore Vancouver Island is by sea kayak. Paddling a sea kayak is easy to learn, comfortable, and provides you with a quiet and unobtrusive vehicle for viewing wildlife closely, ranging from gray whales and moonsnails, to colorful tidal life, curious seals and bald eagles. We have single day and multi-day adventures planned throughout the summer.

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

Cheers,
Sue and Shannon

... get into your element



Featured Adventures

[Broken Group Islands ~ Sea Kayaking](#)

(July 9 - 12, July 26 - 30, Aug 23 - 27)

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.

[Gulf Island Day Tripper](#)

(July 24, 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.

[Making Tracks](#)

(July 24 and 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.

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... On our recent trip to visit our friend Lori (pictured above), she made us this yummy treat, the eatmore bar. Here it is, our recipe of the month!



Lori's Eatmore Bar!

Ingredients:

- 1/2 c. peanut butter
- 1 c. honey
- 1 1/4 c. chocolate chips

Melt, bring to boil and stir in:

- 1 1/2 c. oatmeal
- 1 1/2 c. rice krispies
- 1 c. chopped peanuts
- 1/2 c. sunflower seeds

Mix well and pour into a greased pan. 9x13 makes the bars thin,

8x8 makes the bars thick. Depends on how you like your chocolate!!



Elements Crew

We work with great people! The experience, professionalism and personality of your guides will ultimately make a trip a success. Our experienced guides are certified in their field and know their outdoor skills as second nature, enjoy people, love and respect the environment and keep a constant eye on safety. Our guides assist you to get the most out of your adventure.

Jen Day (smiling above with Sue)

Raised on Vancouver Island, Jen also grew up with an outdoor adventure playground at her doorstep. Her love of sports and the outdoors led her to pursue a degree in Kinesiology at the University of Western Ontario. Currently working as a Radiation Therapist with patients battling cancer, Jen realizes the importance of living life to the fullest, and enjoys spending her time meeting new people, sharing great adventures and creating lasting memories.

Sarah Glenn

Sarah has over ten years of work experience in aquatics and recreation. Raised on the West Coast, Sarah pursued a career that would have her leading tours on the water. Throughout her career, Sarah has been a white water rafting guide for the Tim Hortons Children's Foundation, a guide with Power To Be Adventure Therapy Society, and a youth activities programmer for youth-at-risk with the Town of Ladysmith. Her experience in this field has led her to achieve great knowledge in water safety, fitness, outdoor education, and first aid.

FOCUS ~ Photo of the Month

"It's all downhill from here!" Mount Washington

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

See you soon!



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