We offer unique ways in which to use the wilderness as a way for people to connect with each other and with themselves.

Ranging from one-day nature hikes to our unique, multi-day river expeditions in the rugged Canadian North, there is something for everyone. Whether you’re preparing for a wilderness trip, wanting to improve your boating skills, or just plan something out of the ordinary with your friends or family – we’ll help make it happen in an atmosphere of kindness, respect, adventure and fun!

Bring your spirit of adventure and join us this summer for an exquisite experience outdoors!

To book or for more information:
1 250 308-8924
info@elementsadventures.com

www.elementsadventures.com
**CANOEING**

**Single-day & Multi-day Canoe Trips**

An iconic Canadian activity - exploring Canada’s waterways in a canoe is one of the most unique and meaningful ways to experience the outdoors.

Our canoeing expeditions are designed more as a school than a typical guided trip. In welcoming full participation from our clients, our intention is that participants will emerge from our multi-day trips fully prepared, knowledgeable, and capable of leading their own personal river-canoeing expeditions.

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**Kanu Tips Paddling School**

**Weekend River Canoe Clinics** are the perfect way to immerse yourself in the beauty and excitement of the river environment. Refresh your strokes, learn the latest safety techniques, and find the ease of working with currents.

Beginner, Intermediate and Advanced levels offered, some courses with the option of achieving Paddle Canada certification.

- **Lake Canoe Clinics**
  Learn the latest in paddling and safety techniques in tandem and solo canoeing.

- **Paddle evenings** are FREE, social events meant to connect paddlers and outdoor enthusiasts of all ages and levels. Bring your own canoe, SUP, or kayak - or try one from our growing fleet!

- **Expedition Canoeing Training**
  Running a successful canoeing expedition requires an incredible range of diverse skills. People management, leadership, canoeing skills, map reading, communication, back-country cooking, leave-no-trace camping practices, and tarp construction – to name a few! Our overnight canoeing clinics can be custom fit to top up your skills in whatever area you may need for running your own canoe-camping trip.

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**Mushroom TOURS**

**Day Trips in September & October**

Whether you're a modern day druid, a wild-mushroom connoisseur, or just enjoy a walk in the woods, come out for a day of fabulous mushroom hunting.

As an introduction to mushroom identification, we will visit two local organic farms to find some of the more common, delectable species, before heading into the wild forests of the North Okanagan. Don't forget to bring your camera for these photogenic fungi!

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Find more information on [www.elementsadventures.com](http://www.elementsadventures.com)