

THE SOUNDER

SPRING 2003



CLAYOQUOT WILDERNESS RESORTS NEWSLETTER

VOLUME 3

FEATURES

Good Energy

New Spa Opens



Pillow Talk

All-inclusive Pricing
Makes Everyone Happy



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New Healing Grounds Draws a Crowd

O.K., not a crowd, but many. By local standards, when you have more than three people within shouting distance of each other, you have cause for concern, so when our beautiful new Healing Grounds Spa at Quait Bay opened in September 2002, and guests flocked to its artfully arranged campus of treatment rooms and intimate spaces, the response was a bit overwhelming.

Rest assured that our Healing Grounds will never be crowded – it can't be. By design, it accommodates just a handful of guests seeking respite from modern chaos. It is beautiful inside and out and it sits in one of the most breathtaking natural settings in the world.

A personal favourite treatment is Healing Ground's one-of-a-kind rainforest sauna with a soothing overhead mist; our contemporary interpretation of the ceremonial sweatlodge, a popular First Nations cleansing ritual.

While it has been open just a short time, we are already taking bookings for 2003 from guests of all ages and inclinations. Couples with varying interests, who up until now have found it difficult to satisfy his love for fishing and the great outdoors, and her love for blissful relaxation (or visa-versa), are finding respite at Quait Bay.

Small groups of women travelling together, are excited by the possibility of becoming immersed in the



Biosphere rainforest during the misty months, are booking fall getaways to enjoy the spa and the fireside lounge. One group has arranged for Executive Chef Tim May to conduct pacific northwest spa-cuisine classes.

Planned hours of operation for 2003 are from 9am until 10pm daily,

with 24-hour access to locker rooms, rainforest sauna, steam showers, outdoor lakewater shower, hot tubs and wrap-around sun decks. Resort guests will be given booking preference, but Healing Grounds will offer Day Spa packages to guests visiting from Tofino.

A Healing Partnership

Not far up the hill behind the spa, near one of our two private lakes – accessible by raised cedar boardwalks – is the site of a traditional sweatlodge being built by the Nuu-Chah-Nulth First Nations from the village of Ahousaht. This project is a landmark joint-venture between Clayoquot Wilderness Resorts and The Ahousaht Holistic Centre, and will see the establishment of an important cultural building on resort property. The sweatlodge should be completed by the start of the 2003 season.

Change Is In The Wind

Booking the Adventure of a Lifetime is Easier than Ever



Bon Voyage to A la Carte

At the behest of our guests, we have decided to move away from the a la carte pricing we have up until now adopted for airfare, guided activities, fishing and alcohol. Effective this

2003 season, we will be offering all-inclusive three, four and seven-night packages that cover everything from soup to nuts – make that Tim's roasted oyster cumin chowder and the spicy

devil's nuts he bakes for afternoon hors d'oeuvres. While packages vary in length, they all include Vancouver-Tofino (or Outpost) return airfare, deluxe accommodation, all meals, snacks and beverages (including alcohol), guided and unguided activities, and ocean and/or river fishing. The

only exception will be the Spa Packages which substitute spa treatments for guided activities. A driving discount will be credited to guests opting not to fly. Otherwise, the new system is as simple as pie—make that thimbleberry pie.

Weekends, Weekdays or Week-long

Effective the 2003 season, Clayoquot Wilderness Resorts will be inviting guests to choose from weekend, weekday or weeklong stays. We are hoping to reserve check-ins for Mondays and Fridays – leaving most other days, and all of our personal and mechanical resources free for making wilderness dreams come true. Exceptions will be accommodated where possible.

He Says, She Says!

As time marches along – and we have the benefit of marching to the infamously slow drums of "Tofino Time"- we learn a thing or two about the ways of the world. One thing we know for sure is that men are indeed from Mars, and women it seems, do hale from Venus. There are exceptions to that rule of course, but by and large we run across more women than men offering up an insincere "Oh great honey – just what I wanted, another day of fishing".

So, we've come up with a solution that should make everyone happy. Our new all-inclusive packages are broken down into three categories: ECO ADVENTURE – which are built around guided activities, unguided activities and fishing; SPA – which are built around spa treatments and unguided activities; and ECO ADVENTURE / SPA – which combine the best

of both. So, if you are both on the same page, book the same package. But if you're not, book one ECO and one SPA and save the sharing for breakfast, unguided activities, late afternoon hors d'oeuvres and dinner -

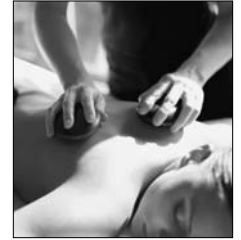
and of course, for bed.

For complete package details and all-inclusive pricing visit www.wildretrat.com or call 1.888.333.5405 and request our 16-page full-colour Adventure Planner.



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"Not So" Small Talk and other Tidbits..

If you hang around the resorts long enough, you learn a few things. Here are just a few of them:

★ ★ ★

The more than 25,000 great gray whales (*Eschrichtius Robustus*) that migrate through Clayoquot Sound each year on their way to the Bering Sea, start life in the warm shallow lagoons of Mexico. Their mothers nurse them on over 50 gallons of high-fat milk per day. At birth they weigh about 2,000 lbs, but grow quickly to as much as 35 tons (70,000 lbs).

★ ★ ★

More than 1,500 years ago, the seed of a western red cedar took root in the lowlands of nearby Meares Island. Today this giant, known as the Hanging Garden Tree, ascends more than 43-metres into the heavens and boasts a circumference of more than 18 metres. The future of this tree and countless others like it became the subject of the largest act of civil disobedience in Canadian history. The protest, known around the world as the "Clayoquot Sound treehuggers protest" initiated a long debate which culminated in UNESCO's decision of January 2,000 to designate the region an official Biosphere Reserve Area, and virtually halted clear-cut logging.

★ ★ ★

The resort at Quait Bay generates most of its own electricity. A small, muscle-powered floodgate installed at the southeast hip of our Darville Lake, regulates the flow of water it sends flowing downhill, though a series of pipes into the turbine house. The resulting water pressure then powers

the turbine, which in turn creates electricity to power resort operations. At maximum capacity, we can generate 80 kilowatts of eco-friendly power.

★ ★ ★

By the time a humble potato finds its way (by truck, boat, landing craft, horsedrawn cart) to the Outpost, it has increased in value from 79-cents (CAD), to more than \$18 per pound.

★ ★ ★

The Bedwell River valley was first surveyed in 1856 by a botanist named Buttle. He found gold, and word spread quickly. By the 1860s' the first gold rush was on. By the end of WWII, the area had boomed and busted three times. You can still see the abandoned gold mine and over-grown remnants

of the original Bear City; a town that was at one time, prosperous enough to boast its own taxi service, flop house, "Madam" and grocery store. The day-trek is a popular resort activity.

★ ★ ★

Chinese immigrants working area mines in the late 1800s', often took storm refuge in Quait Bay. Local diving legend has it that a Chinese Junk rests at the bottom of the bay – beautifully preserved by the cold water.

★ ★ ★

Most staff live on-site – either on the 100-foot long Ivan-Ho moored in the bay, or in staff-quarters up the hill. But, some folk, like our Executive Chef Tim May, live in Tofino and make the

60-minute round trip by small boat. Most people would parallel that daily journey through the remote Canadian wilds with an annual trip to summer camp. To him, it is just another day in paradise.

★ ★ ★

In the early 1900s' there was a sawmill on the Quait Bay foreshore. The Darville family logged a small part of the land around the largest of our two lakes. The forest has since reclaimed its territory but, if you survey the lake shore, you can still see where the untouched old-growth on three sides meets the reclaimed area in the foreground. A series of framed archival photographs at Quait Bay chronicles the site's history.

Wild Guess



This home-grown actor is well-known for his strong family ties. He also likes to get away from the spin of the city. Who is he?



This gentleman, with an HSH prefix, was seen recently at the Legends of Monte Carlo Pro-Celebrity Tennis Tournament in Monaco, offering the winning auction bid on a trip to Clayoquot Wilderness Resorts. Who is he?

Reader Contest

If you have the correct answers, contact info@wildretreat, using the subject head "Wild Guess" and, if you are one of the first 10 to answer correctly, we will send you a high-quality Clayoquot Wilderness Resorts hat, similar to the one pictured above left.

If you answer correctly *and* book your 2003 CWR getaway anytime before January, 2003, we will have one of our famous black fleece resort jackets waiting here when you arrive.

Wild At Heart

Tying the Knot in the Wilderness



A dear friend of the resorts tied the proverbial knot this summer at the Outpost.

Deborah Upton, principal of Rare Indigo Destination Marketing Inc. of Vancouver, and her fiance, retired

Deborah says that they chose the Outpost as a venue because of its unique location and intimate qualities. Her exact words—"We wanted something very personal and the Outpost really spoke to us . . . with its

Engineer Charlie Savedoff were married August 3rd. The two of them, witnessed by John and Adele Caton, exchanged vows in the candlelit games tent, surrounded by good wishes and the energy of the ages.

cathedral forest and beautiful river valley location. It is such a magical place and it is right here on our doorstep." Deborah and Charlie had booked into the glamorous Fairmont Kea Lani in Maui, but decided instead on the Wilderness Outpost. Charlie, a New York native, was awed by the Outpost's ultra-luxury and the pristine nature of the Bedwell River Valley. Nothing, we suppose, could be further from the hustle and bustle of the Big Apple. And finally, our little plug for Deborah—if you require a fabulous destination marketer to help with a corporate excursion, drop her a line at debs@rare-indigo.com.



Photo credit: Marilyn McEwen

"Do Tell!"

What others say about us

"The WildernessOutpost takes the rough out of roughing it – Five-Star Camping"

—Robb Report magazine

"It's a scene from Out of Africa, except we were in the wilderness of British Columbia"

—Southam Newspapers (on the Outpost)

"..civilization is so much more enjoyable when experienced [here] in the wild"

—The Vancouver Sun

"Here we feel like we're in heaven on earth"

—Andre and Robert - RDJ, Brazil

"Please open an Outpost in the Metroplex – soon. We so loved it."

—Peter & Jennifer Flynn – Dallas, Texas

"I recommend you only to special friends—we don't want too many people knowing about it."

—Nick Davies – London UK

"Awesome vacation...a memorable trip we will never forget."

—Evie & Ram Meerovitch – Israel

"All of it, all of it fun...keeping it all for first day of 3rd grade show and tell."

—Mira – British Columbia, Canada

"...great experience, wonderful memories. Excellent. Thank you"

—R. Gerhart - Wilderness Adventures

"I am your newest ambassador"

—Sandi Galloway- Canadian Tourism Commission, Dallas

"Do we have to go home?"

—Gina and Sandi Lucas

"You met and exceeded all our expectations. It was perfect."

—G. Pappajohn & L. Monahan – Westport Connecticut

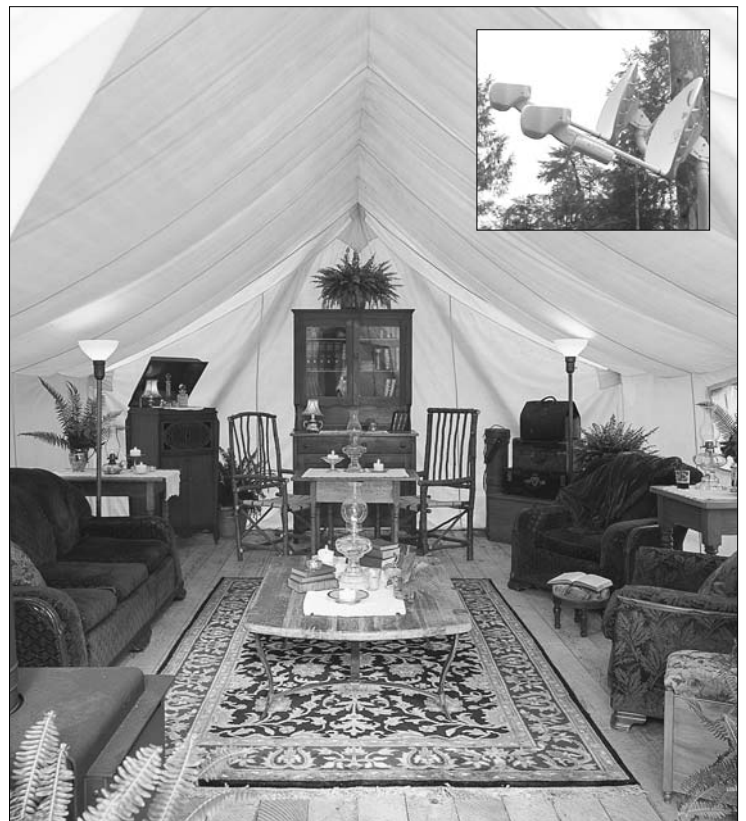
Hot Stuff

This year, we designed and installed a huge outdoor grill and double wood-fueled ovens. The unit was machined by local craftsman and consists of a heavy-duty stainless steel body, covered by mortered riverstone. Executive Chef Tim May and Outpost Chef Judy Walker had huge fun all season developing new recipes and re-jigging old favourites to best suit the great stone giant. The ovens bake the best deep dish pies and homemade breads on the continent – perhaps the world. And the grill, well its just about big enough to accommodate the "Jurassic-sized" steaks that "Cowboy" John Caton cooks up for the guests himself most Friday nights.



A Remote Possibility

Who would have thought that one could sit in a tent, on the edge of the world, in the middle of the remote Canadian Wilderness – and receive email? It is a difficult concept to grasp, but we've done it. Thanks to state-of-the-art high-speed satellite technology and a reliable windmill-powered generator, we are able to keep our guests connected. And we do it at speeds ten times faster than the average modem. What will they think of next?



Outpost Fireball



Rim a heatproof mug with berry (fine) sugar.

Fill 3/4 full with good quality, hot coffee.

Add jigger (or two) of *Fireball* brand cinnamon-flavoured whiskey

Top up with whipped crème and sprinkle with cinnamon powder

Enjoy!

This simple, but intensely flavourful hot beverage is sure to get the homefires burning.

Local Flavour



Chef May's Legendary Pancakes

We get so many requests for this recipe for "incredibly fluffy" pancakes, we thought we should include it here. Replacing all-purpose flour with kamut flour produces excellent—if somewhat exotic—results.

2 cups buttermilk	1 T baking soda
2 cups all-purpose flour	1 T baking powder
1 egg	1 T sugar
1/4 cup vegetable oil	1 pinch salt

Sift dry ingredients into mixing bowl. Separately combine wet ingredients. Slowly add wet to dry, mixing continuously. Mixture will be slightly lumpy. Pour rounds of batter onto lightly oiled or non-stick griddle, turning only when bubbles appear and 'stay' on the surface of the pancake. Top with pure maple syrup or, as Chef does, sweet orange butter and fresh seasonal berries.

If you happened to pick-up the November 2002 issue of *Delicious Living* magazine, you would have come across Executive Chef Tim May's recipe for grilled salmon a la Quait Bay. Here it is again.

Grilled Clayoquot Salmon with Thyme Potato Hash and Lentil Ragout

LENTIL RAGOUT

1/2 cup dried lentils
1 medium onion, diced
1 large stalk celery, diced
3 cloves garlic, minced
1 T olive oil
1T chopped fresh thyme
6 medium Roma tomatoes, diced
4 ounces tomato paste
1 cup vegetable stock
1/2 t sea salt
freshly ground black pepper to taste

THYME POTATO HASH

1 medium onion, slices
2 T olive oil, divided
3 medium russett potatoes, peeled and dices
2T chopped fresh thyme
salt and pepper to taste

ALSO

2 leeks, julienned (about 1/2 cup)
1T vegetable or canola oil
4 salmon steaks, 8 ounces each (even thickness)
sea salt
coarsely ground black pepper corns
1 lemon, halved
3-4 thyme sprigs

1. To make the ragout: In a small saucepan, soak lentils in cool water 15 minutes. Drain, then cover with fresh water and cook over medium heat until soft. Separately, saute onion, celery and garlic in olive oil for 5 minutes. Stir in thyme, tomatoes and tomato paste. Add stock and bring to boil. Reduce heat, cover and simmer for 30 minutes. Stir in lentils and season.

2. To make potato hash: In large skillet, saute onion in 1T olive oil until transparent. Add 1T oil and potatoes, cooking until caramelized – about 40 minutes. Add thyme and season lightly. Cover to keep warm on stovetop.

3. Meanwhile, saute leeks in oil over high heat until dark and crispy. Drain on a paper towel.

4. Pre-heat grill. Brush salmon with oil. Season with s&p and squeeze lemon overtop. Hand-crush 1-2 thyme sprigs and sprinkle over top. Grill briefly—do not overcook.

5. To serve: Place a dollop of lentil ragout on a warm plate and top with a dollop of potato hash. Flatten to small mound and place salmon steak on top. Garnish with thyme sprig and crispy leeks.

Per serving: 798 calories, 43% fat calories, 38g fat, 7g sat fat, 150 mg cholesterol, 57g carbs, 58g protein.



Premium Upgrades

Chef's pet project is his reserve wine cellar, and he's eager to introduce the 2003 wine list. We are pleased to report that the house wines are the

best they have ever been and represent some of the finest Pacific Northwest wineries. A great deal of time and effort goes into choosing red, white

and sparkling wines that best complement Chef's *modern natural cuisine*. An impressive reserve wine and premium liquor list will be offered as well.

Family Album

Welcoming the Littlest Resort Family Members



"Maddelyn Ann May", daughter of Resorts' Executive Chef Tim May and his wife Sandy. Born Friday May 17, 2002 and weighing in at 6lbs, 7.5 oz. Maddy just started sitting and is about to break teeth—on Dad's cooking no doubt.



"Deisel" a golden labrador puppy and wilderness guide dog in-training, adopted by Outpost wrangler Rory Walker. Born July 2002. Diesel's favourite pastime is sitting on Rory's lap high-atop the Outpost's new horsedrawn wagon.

"Rylee Cougar Caton", son of Outpost caretakers Chad and Shari Caton, grandson of General Managers Adele & John Caton. Born Tuesday November 19, 2002 and weighing in at 7lbs, 11oz. If the name is any indication, this little one will be following the family footsteps.



Remembering

"Fast Eddie", the spirited Jack Russell terrier—best known for his lightning speed and uncanny timing when dashing in, out and between the legs of the Outpost horses—passed away in August, 2002.

"Katie", the grand old lady of Quait Bay. Long-retired from an illustrious career as a wilderness guide dog, Katie the black labrador was a much-loved fixture around the resort, and spent most of her time curled up at or on the feet of whomever sat in John's desk chair.

"Hannah" the red-tailed hawk, ward of John & Adele Caton since orphaned by its wilderness mother 10-years ago. Best known for her lightning speed and love for Chef's organic chicken breasts (but not for his hat, though that's another story), Hannah passed on New Year's day 2002 of natural causes.




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A Unique Bit of News



We are proud to announce that Clayoquot Wilderness Resorts has been chosen as a "Unique Inn". Together with just 40 other preferred properties located throughout the Pacific Northwest of the United States and Canada, Clayoquot Wilderness Resorts offers a truly "unique" resort experience.

Visit www.uniqueinns.com for ours and other listings, or to request a copy of the guidebook.



"Hey" Rides

A familiar refrain heard throughout the Bedwell River valley this summer, was the commanding "Hey, Hey" of the otherwise soft spoken Outpost caretaker Chad Caton as he steered Norwegian Draft horses "Pete & Poke" past hedges of tempting thimbleberries, en-route to pick-up guests from

the dock or to carry the smallest guests up and down alder alley on a hayride. Pete, Poke and the beautiful hand-crafted parade wagon are new to the resorts, replacing the Landrover, which as suited as it was for the remote terrain, just didn't befit the Outpost's turn-of-the-century genre.

Silence is Golden

We admit that, in spite of our best efforts, guests at Quait Bay have suf-

fered the odd screech of the saw or pounding of hammers, while we completed construction on the longhouse and spa. And in a place like Clayoquot Sound, where the silence is deafening, such auditory intrusions are amplified ten-fold.

We are happy to say that all of that is behind us. All is said and done at Quait Bay. The longhouse is complete and fully operational. Its full-service kitchen, indoor firepit, and complete a/v platform stand poised for action. Already we have hosted several memo-

rable group functions inside and on the expansive wrap-around decks. And the spa, well it is just too gorgeous. We thank all of our guests for their patience and invite them back for another look. Drinks are on us!

