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For Immediate Release

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CELEBRITY CHEF ROBERT RAINFORD FIRES THINGS UP AT THE ELKIN CREEK GUEST RANCH

*The 'Get Your Grill On' weekend package gives guests a chance to get up close and personal
with Food Network celebrity chef Robert Rainford*

VANCOUVER, BRITISH COLUMBIA, March 19, 2009 – Barbecue enthusiasts looking to perfect their grilling skills and join in some fun in the wild, wild west are invited to the Elkin Creek Guest Ranch this summer for a weekend of culinary and outdoor adventure. Hosted by celebrity chef Robert Rainford from the Food Network, guests will be treated to exclusive cooking demonstrations and a specially prepared gourmet barbecue meal created by Chef Rainford himself. Set for August 20 to 23, 2009, the *"Get your Grill On"* 3-night package priced at \$825 per person includes the Chef Rainford program as well as accommodation in a traditional log cabin, all meals and the complete Elkin Creek Guest Ranch experience including ranch activities and amenities.

A graduate of the culinary school at George Brown College, Chef Rainford has always been passionate about food. Inspired by his mother and grandmother, they taught him not only the importance of good food, but also that the kitchen is the heart of the home. After completing his training, Chef Rainford perfected his trade by working in some of Canada's finest establishments including the Accolade/Crown Plaza and Senses working with Chef Ned Bell. Thanks to his children, Rainford uncovered his enthusiasm for grilling. By combining his love for food and talent as a chef with the casual nature of cooking for his family, grilling became his favourite way to prepare quick, flavourful, healthy meals.

...because everyone needs a little adventure in their life

Tucked in Central British Columbia's pristine Chilcotin region between Chilko Lake and the Brittany Triangle is the Nemaiah Valley and home to the Elkin Creek Guest Ranch. A short one-hour flight or 8-hour scenic drive north of Vancouver, the Elkin Creek Guest Ranch gives guests and families a unique opportunity to step out of their daily lives for a true backcountry ranch experience.

The 28,000-acre working ranch allows guests of all ages and experiences, from green horns to experienced riders, to learn more about horsemanship and life on the range. Daily activities can vary from saddling up the horses and heading up into the hills for a picnic to going out on the trails to check on the 120-head cattle herd. Other ranch activities including daily evening campfires, river kayaking, canoeing, fly-fishing, mountain biking, hiking, windsurfing, or simply kicking back, relaxing, and enjoying the fresh mountain air and breathtaking scenery.

To help those in need, for the *"License to Grill"* package, a \$25.00 donation will be made to the Vancouver Food Bank for every person booked. For more information or reservations, call Adventure West Resorts at 1-877-GO-WEST (1-877-346-9378) or visit www.adventurewestresorts.com/elkin.

Adventure West Resorts is a multi-faceted destination experience provider that delivers an authentic Canadian adventure. Experience the unexpected with Ocean Explorer Sportfishing, the Elkin Creek Guest Ranch, and the upcoming Eden in Chilko Lake. For more information and reservations, call 1-877-3-GO-WEST (1-877-346-9378) or visit www.adventurewestresorts.com.