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## **CHANNEL YOUR INNER COWGIRL WITH THE ELKIN CREEK GUEST RANCH'S ANNUAL "COWGIRL BOOTCAMP" PACKAGE OR WEEKEND GETAWAY**

*Cowgirl Bootcamp Package available all summer long and special ladies-only  
Cowgirl Bootcamp Weekends, June 13 to 15 and September 12 to 14, 2008*

**VANCOUVER, BRITISH COLUMBIA, March 4, 2008** - Latte sipping ladies, turn off your Blackberries, lose your heels, and channel your inner cowgirl with the Elkin Creek Guest Ranch's *Cowgirl Bootcamp Package*. Available from May 17 through October 15, the Cowgirl Bootcamp package is priced at \$825 per person based on double occupancy and includes three nights of accommodation, all meals, and the Elkin Creek Guest Ranch's complete "Cowgirl Bootcamp" program and activities.

Cowgirls are left in the capable hands of sergeant and cow bosses Dennis Moore and Kathryn Nair and their team of wranglers at the 28,000-acre Elkin Creek Guest Ranch. Set in the heart of British Columbia's spectacular Chilcotin Mountains, the Cowgirl Bootcamp will show ladies just what life is like on an authentic working ranch. From learning to saddle up and ride horses, to roping and handling livestock, ladies will walk away as true and trained cowgirls.

Off the range, cowgirls can choose to take part in some of the ranch's other outdoor activities such as river kayaking, canoeing, fly-fishing, mountain biking, hiking, windsurfing, or simply relax and enjoy the fresh mountain air and breathtaking scenery. Set at the edge of Vedan Lake beside Mount Tatlow, the options are endless and ladies are sure to have an unforgettable time.

After working up an appetite following a full day on the ranch, cowgirls are welcomed back with

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

mouthwatering home-style inspired cooking served up by the ranch's Executive Chef Allan Shafer. Featuring local and regional ingredients, the cowgirls will enjoy five-star menu delights and authentic ranch fare. Following dinner, everyone is invited outside to sit around the campfire, stare at the stars, and share in some laughs and stories.

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On June 13 to 16 and September 12 to 15, the Elkin Creek Lodge will host a special ladies-only *Cowgirl Bootcamp Weekend* with a host of unique programming including the "Cowgirl Cookoff" where ladies will try their hand at an outdoor black box cooking competition... cowboy style!

The 19-room Elkin Creek Guest Ranch offers a choice of accommodation in their 2-bedroom, traditionally built log cabins, or in the Hill House with 5-bedrooms and a stunning river rock fireplace.

Located a short one-hour flight or 8-hour scenic drive from Vancouver in British Columbia's Chilcotin region between Chilko Lake and the Brittany Triangle, the Elkin Creek Guest Ranch is open from May 17 through October 15, 2008 and offers a variety of experiential and accommodation packages.

*Adventure West Resorts is a multi-faceted destination experience provider that delivers an authentic Canadian adventure. Experience the unexpected with Ocean Explorer Sportfishing, Adventure Fjord Heli-skiing and the Elkin Creek Guest Ranch. For more information and reservations, call 1-877-3-GO-WEST (1-877-346-9378) or visit [www.adventurewestresorts.com](http://www.adventurewestresorts.com).*

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