

August '25

A very full month

Mount Begbie, Happy, Sad or Both? An Innocent Act of Fraud, Leaving Revelstoke.



This month has been beautiful. The greens have deepened, the days are now noticeably shorter and autumn feels imminent. Despite that, the late summer days have been nothing short of spectacular. I have felt so, so happy with my life. I have also been pretty flat and down. It's a funny feeling to experience the two simultaneously. Really though, my cup was full. Work was good, I spent plenty of time outside and with lovely people and honestly just felt so happy that I became suspicious of it. Oh yes, and I'm about to leave Revelstoke. A fact that has certainly been contributing the weight on the sad side of the scales butttt I'm also super excited about a bucket list trip next month (I'll fill you in soon)



Snack time

Begbie: *One of my favourite days ever.*

Mount Begbie, with its three peaks hosting several glaciers, is the most distinct mountain visible from Revelstoke. In my mind it's a landmark incongruous with the town and it was one of my must do hikes of the summer.

Most people I'd spoken to described the hike as unpleasant- long, steep and mosquito infested. Joy. Thus, we were a little concerned as to what we'd signed up for. Again though, it felt like it had to be done. So, pushing all of that to the backs of our minds we committed and set off on a sunny Wednesday morning.

Alas, the rumours were true and the start was almost unbearably buggy. I think we all considered turning back before even a kilometre in. Thankfully though some overnight hikers coming the opposite way reassured us we were only a few hundred meters away from the buzzing horrors clearing up. We pushed on, snacking on huckleberries and thimbleberries as we went. If anyone has ever found some thimbleberry tea please let me know. I feel as though it would be really good.



I don't think I will ever tire of the feeling of popping out of the treeline into the alpine. It's truly one of my favourite things ever and in my eyes one of the most beautiful. The flowers were out and we finally got some direct sun. The day was still cool though- especially when the breeze picked up and I was glad to have packed extra layers. After a snack break sprawled over one of the tent platforms in the sun, we headed up towards the base of the glacier which for us was the objective of the hike. (People do go further but to summit you need more gear and know-how than we had). On our way, we were well and truly distracted by an inviting little glacial lake and stopped for a quick dip. It felt pretty magical. Thennnn the final stretch hiking/scrambling up a fairly barren section that felt like it could be another planet to the glacier

It was really special sitting up there as late afternoon sun turned the rocks golden. However, realising that early evening was sneaking up on us, those of us not camping descended quickly and went directly into town for dinner. Sitting still at the restaurant gave exhaustion a chance to gain on me and I thought maybe I'd be having a sleepover right there at our table. Thankfully I did make it home and even managed to muster up the energy to shower before I fell into bed.

I felt so calm, so content and such a lovely kind of tired- the kind I've only known from long days spent outside and physical activity. I really loved the whole day and who I got to share it with.



Made it to the glacier

Gumboot Sessions: *The warmest feeling.*

I spoke briefly about this last month. A friend has been organising and hosting the best open mic nights. They take place in a backyard downtown. The set up is a small stage with a pitched roof lit with warm light, the backdrop consisting of a wood stack and a suspended yellow bicycle which I understand does sound bizarre but somehow it all makes perfect aesthetic sense. The air smelled of woodsmoke and damp, post-rain earth. It was beautiful. When I get there I tend to feel almost sleepy. Not because I'm bored- not even close but because the atmosphere is so warm. Everyone is so welcoming, supportive and talented and it is just the loveliest feeling to be there. It's an event that makes me really love Revelstoke.

Morning Swims:

While this may have made it sound like August was all fun and games, it was also SO SO busy. I had to pack up my life in Revelstoke, finish packing and planning for my trip and then organise some things to set my life back up again somewhere brand new afterwards. I also wanted to enjoy the month and the movie that is summer in the mountains so I made it my mission not to be cripplingly stressed. It makes me laugh to write that- it sounds both so dramatic and so obvious. It's true though. Usually in the face of such things I'm not fun at all (and cry a lot). So, I had a meticulously planned, colour coded calendar (such a thing of beauty) which was for sure helpful, not a great deal of sleep (which certainly wasn't) and the loveliest mornings- I was outside swimming or walking (with a cup of tea) almost as soon as I woke up which is usually when I'd feel the most anxious and instead it became one of the best parts of my day and I feel like I was successful in not becoming a stressy mess.



The area behind my right shoulder is one of my favourite places to ski in winter

Also's:

I committed fraud: One evening at work I was tired of correcting people about what my accent was so I found myself just nodding and chatting along as someone interacted with me as if I were from the UK. All night.

Yay!: I'm very very excited to ski again. It really isn't long now. Eeeee!

Lucky: I really think I have the best housemates. I will miss them.

Blue Heron: A local country festival hosted on someone's property. Everyone rode their bikes there (except me I don't have one). I drove and was lucky not to commit manslaughter. NOBODY HAD LIGHTS OR REFLECTORS AND IT WAS SO DARK. We went for Snow's birthday. Such a very lovely night.

Note to self: I must stop eating peanut butter by such enormous spoonfuls. It gives me indigestion so bad it feels fatal.



It's a zucchini!

Recommendations:

- One Day Romance by Lila Forde
- Go outside when you wake up.
- If Now Was Then by Maggie Rogers.
- Mel Robbins and Dr Jim Doty Podcast. I'm sure I've linked it before. I relistened to it and strongly think that if you haven't already that you should. Regardless of how you feel about the 'M' word

Hope you're having a wonderful week, that you feel some sunshine, eat something you love and that you don't have to deal with any 4-way stop sign intersections (seriously, what is wrong with a roundabout!!?)

Anyhoo, love you lots,

From Jasmine xxoo