

## Namaste!

Welcome to the June 2004 edition of Namaste News!

This month on expedition has been fantastic. Starting at High Camp (17,300 feet) on Denali and finishing in Whistler after 3,000 miles of wonderful country.

Highlights have included whale watching in the Panhandle, SE Alaska; paragliding and rafting in Golden, BC; and even walking with wolves! Reaching just east of Vancouver, the

expedition has now covered almost 10,000 miles, a testament to the enormity of Canada and Alaska.

Feel free to send me an email with your suggestions and ideas for future issues. If you would like to receive regular monthly email updates from Namaste you can subscribe to Namaste News via the Contact Us page on the website.

*Cheers, Chris*

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## Global Expedition Highlights

<p><b>30/6/04</b> Day 87 <b>Lillooet</b> Mile 9850</p> 	<p><b>7/6/04</b> Day 64 <b>Denali Highway</b> Mile 6970</p> 	<p><b>9/6/04</b> Day 66 <b>Chicken</b> Mile 7350</p> 	<p><b>9/6/04</b> Day 66 <b>Top of the World</b> Mile 7400</p> 	<p><b>11/6/04</b> Day 68 <b>Dawson City</b> Mile 7456</p> 
<p><b>29/6/04</b> Day 86 <b>Golden</b> Mile 9350</p> 			<p><b>13/6/04</b> Day 70 <b>Yukon Wildlife</b> Mile 7800</p> 	
<p><b>28/6/04</b> Day 85 <b>Golden</b> Mile 9325</p> 			<p><b>15/6/04</b> Day 72 <b>Emerald Lake</b> Mile 7910</p> 	
<p><b>27/6/04</b> Day 84 <b>Golden</b> Mile 9325</p> 	<p><b>21/6/04</b> Day 78 <b>Francois Lake</b> Mile 8450</p> 	<p><b>20/6/04</b> Day 77 <b>Prince Rupert</b> Mile 8005</p> 	<p><b>16/6/04</b> Day 73 <b>Juneau</b> Mile 7950</p> 	<p><b>16/6/04</b> Day 73 <b>Panhandle</b> Mile 7950</p> 

### Expedition Trivia...

# of Days (overall): 30 (87)  
 Miles in month (overall): 3050 (9850)  
 Avg miles/day (overall): 102 (113)  
 Longest day (overall): 527 (527)  
 # countries (overall): 2 (2)  
 # of police stops (overall): 0 (5)

### Top Tips this month...

Top Tip: White Ram, Dawson City  
 Favourite City: Dawson City  
 Adventure Spot: Golden, British Columbia  
 Place to Stay: Mount Seven, Golden  
 Night Spot: Cowboys, Calgary  
 Wilderness: The Panhandle, Alaska

### Competition...

See page 2 for your chance to win a trip on the Namaste Global Expedition (worth up to £1,000). Anyone can enter and it's your chance for an adventure of a lifetime aboard the state of the art expedition vehicle. Where do you want to go?

### Global Expedition Update

Having descended from High Camp on Denali (click here to read the report) on 2 June, we flew back to Talkeetna in gorgeous sunshine to enjoy a much-needed beer, good food and green trees!

On 5 June, I bid farewell to my fellow climbers and headed north to Denali National Park, stopping to give one of the guides, Joey, a ride. Heading east along the Denali Highway gave me a chance to write



in the vast, remote Alaskan wilderness before a spectacular ride over the Top of the World Highway back into Canada. On route, you pass through the infamous gold-rush town of Chicken before finally dropping down out of the mountains into Dawson City.

Planning to stop only 1 night, I stayed in Dawson for 3, enjoying the friendly local hospitality in the land of the midnight sun. From can-can dancing and gambling at Gertie's casino and all-night parties to relaxed lunches with Heidi on the patio of Klondike Kate's, it was great. Heidi's place, the White Ram, also gets June's top tip! Two other recommendations include Bombay Peggy's, formally the town brothel, now an intriguing hotel; and the Pit, where we got into some real "honky-tonk" live music!

Further south along the Klondike Highway, I was given an informative tour of the Yukon Wildlife Centre by the welcoming staff before heading in to Whitehorse to meet some friends and give an interview with CBC Radio. On one evening, I gave a lift to two of the local reporters, Chris and Julianne,



who were covering the election, when we bumped into the self-styled "Whitehorse Chicks". Then to a local football match before a night on the town.

About 100km south of Whitehorse, you reach Skagway just over the border into the USA, and the start of an amazing ferry trip through the Panhandle in SE Alaska. On route, you pass the exquisitely coloured and

aptly named Emerald Lake and the world's "smallest desert"!

The first port of call for the ferry was Juneau, Alaska's water-bound capital, which you can only reach by boat or by plane. The afternoon boat trip to watch the humpback whales, sea lions and bald eagles was a particular treat; and I was intrigued at the sheer size of some of the cruise liners docked alongside the harbour.



Continuing south to Ketchikan, I stopped for a few days to explore the beautiful coastline with Tami, who was originally from the area, but now living in Iowa. In a region that receives on average only 70 days of sunshine a year, we were blessed with beautiful sunshine throughout and temperatures in excess of 80F.

With a plan to meet up with Tami again later in Montana, I boarded the ferry for the last leg of the marine highway to Prince Rupert and the Canadian border.

I made fairly rapid progress towards Calgary as I had a few problems to fix, including a broken computer and auxiliary heater. Along the way, though, I pulled over to see a wildfire burning high up on the hillside near a town called Terrace. This year in BC has seen a record-breaking 430+ fires in the Province before the end of June. You know a big fire when the radio presenter talks about it in square kilometres, not just hectares! With the skies hazy due to the smoke from the fires, I was excited to see my first black bear as I was trying not to get lost on the remote logging trails.



After an overcast drive through awesome Jasper and Banff National Parks, I reached Calgary. I camped just outside of town next to the winter olympic stadium and was most impressed when the Dell technician managed to replace the entire motherboard of my laptop on the camp table under the Land Rover awning.

With the vehicle gleaming after a service

in Calgary, I headed back west into BC to Golden, home of the Kicking Horse River and some excellent white water rafting with the guys from "Wet 'n' Wild"!

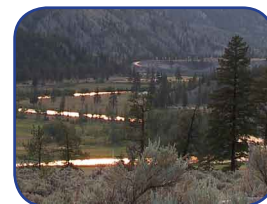
As Dianne, one of the paraglider pilots I met there said, there was a danger the global expedition could become the Golden expedition, as I was hooked. It's a fabulous place for the adventure sports fan in both summer and winter. Thanks to Scott, who runs



Altitude Adventures, I discovered Mount 7, an excellent paragliding launch site. After a tandem flight with Scott, as I hadn't flown for a couple of years, I was stoked when I landed after an exhilarating solo flight, looking down on the clouds and valley. Not bad on a hangover after a fun campfire party the night before with the rafting crowd from Red Deer, Alberta!

After an awesome sunrise from Mount Seven, I met up with Jubilee, who looks after Boo, the 2-year old Grizzly bear who lives in a 22-acre refuge up on the side of the Golden ski hill, where I was able to get some great footage. With wildlife on the mind, I stopped in at the local wolf centre, run by Casey & Shelley. Expecting to just see them behind a fence, I was delighted to be able to go for a walk with two of the gray wolves and Casey. Probably one of the few places in the world where you can have a chance to do that.

Feeling very chuffed with my day's experience, I drove the short distance to Revelstoke and a pleasant campsite by the lake and a chance to sort out some kit. My



final day of June was spent touring west through BC in some fabulous mountain country. As the sun was getting low and the hills were aglow in a serene evening light, I passed through Lillooet, stopping to witness one of the larger forest fires in the region. With the sun dancing off the smoke from the fire, it was a scary sight. No wonder that the local population were on evacuation alert.

With thoughts about the following day's fun to be enjoyed in Vancouver on Canada Day, I made camp in the mountains just East of Whistler, home to the now world-famous ski resort. I would also have completed an entire east to west traverse of Canada...

by Chris Charlton

### Coming Up...

#### July 2004

Vancouver and southern British Columbia Outdoor sports in the US mountain states, including Montana, Wyoming, and Utah Nevada desert and Las Vegas Grand Canyon, Death Valley & Arizona

#### August 2004

California coast, incl San Francisco & LA Surfing, scuba-diving & water sports in the Baja Peninsular, Mexico Pacific coast of mainland Mexico & Mexico City

## Competition

### Win a £1,000 holiday..!

Now that the Namaste Global Expedition is under way, this is your chance to join it for free. If you win, you can join the expedition anywhere in the world for up to 2 weeks, subject to availability.

All your expenses will be paid for, including flights, accommodation, food and activities up to a value of £1,000. You are free to share this prize with up to 2 other people if you choose.

### What do you have to do to win?

Click here to go to the May 2004 News to find out how to enter the competition. Or visit [www.namaste.co.uk/news](http://www.namaste.co.uk/news).

The closing date for the competition is 31 August 2004 so there is still plenty of time to enter.

### Competition League Table as at 30 June 2004

Lotta Pohjola, Finland	18
Matt Banks, USA	15
Sarah Archer, Canada	12
Ollie Duffet, Australia	10
Tim Wedgwood, England	9
Lisa McEwan, Canada	7

## People

### Fellow Adventurers...



Tami Linne, from Iowa, joined the expedition in Ketchikan for a couple of days, where we explored the coastline and a beautiful campsite at Lake Ward...



Scott, Dianne, Mike and Kyle from Golden, BC, showed me a fanatastic paragliding site on Mount Seven.

"When's cocktail hour?", Tami, 17/6/2004

### Along the way...

A big thank you to all those people who I've met along the way in June, including:

Andy, Michele, Troy & Bob (Talkeetna), Goldpanner (Chicken), Heidi, Stephanie, Brian, Abby, Jen, Paul, Sarah, Lorrissa (Dawson City), Cayly & Morriss (Yukon Wildlife Centre), Russ & Leonard from CBC, Chris, Graham, Trish, Barb, Julianne and the "Whitehorse Chicks", Erica & Kendra (Whitehorse), Claire & Jo, and Erica (Juneau), Tami (Ketchikan), Christina & sis at Cowboys (Calgary), Scott, Diane, Ivan & co. at Wet 'n' Wild, Dawn, Candice & friends, Mike and Jubilee, Casey & Shelley, & Donnell (Golden), Nina & Will (Glacier Park Lodge)...

## Productions

### Namaste Books

The following Namaste books are now in production:

- *The Essence of Balance - the art and application of project management* (target completion March 2005)
- *The World of Management*, a study into the core components of management including interviews, comments and cultural observations from managers of companies from over 110 countries.
- *The World of Food*, which is a collection of great national recipes from over 100 countries
- *The World of Adventure*, which is a collection of adventure ideas and locations across all seven continents.

### Namaste Films

The following Namaste films will be available on DVD in the Namaste online shop from September 2004:

- *Crossing Canada*, the first film from the Namaste Global Expedition
- *Denali*, the first of the 7 summits series

To find out more about the above books and films, please send an email to [enquiry@namaste.co.uk](mailto:enquiry@namaste.co.uk)

## Letters & Emails

Thank you for all your letters, emails and faxes. Each month, a few excerpts will be printed here...

"Chris, Just a note to say that it was a pleasure to meet you in Talkeetna and "best of British" for the trip. I'd like to think I may join you at some point - I'll certainly keep tabs on the website. Best Wishes." Andy, England

"...I also read your write-up of our trip [on Denali]. It's well written, and good reading. I plan to recommend it to others who may be interested in learning more about our trip. It would be neat to see you as you swing down through San Diego later this summer..." Edward, San Diego, USA

"...Thank you for the birthday wish! You have an impressive memory...Thought I'd send along those pictures I told you about. They are rather tame in comparison to the ones I've been told about...Fires are still engulfing the entire region, smoke is thick & fire crews are on constant alert, while attempting to contain them to unpopulated areas. Thankfully, it still hasn't affected business! The evening sky has maintained its eerie sunsets, where the sun seems to be trying to burn itself through the heavy smoke. We can barely see the surrounding hill-sides..." Heidi, Dawson City, The Yukon, Canada

And congratulations to Anna from Stockholm, Sweden, who became on doctor on 4th June!

## Website Update

### Stage 1 Development

New PDF's now available on the site:

- How to Join the Expedition (Global Expedition)
- African Safari, Mountain-Biking, Kayaking & Rafting, Flying & Paragliding, Sailing & Waterskiing, Skiing & Snowboarding, Eco-Challenge Australia, Marathon des Sables, and Past Adventures Overview (Past Adventures)

The next batch of PDF's to be created:

- Expedition North America Plan (July)
- Expedition Cent & S America Plan (July)
- Management Case Studies (July)

### Stage 2 Development

Plans for the development of the Namaste online shop are now progressing, with the first Namaste Management Guides and Namaste Fun Films now in production.

These should be available in September, as the target go-live date for the shop is 31 August 2004.

### Statistics

April hits: 26,505	May hits: 31,202
Countries: 29	Countries: 30

## In the News

### Namaste in the News

Stories appeared in the the Yukon News, and an interview on CBC Radio.

### In-Country News from the Expedition

Back in Canada, the news is dominated by the federal election, with a minority Liberal government being elected on 29 June headed by Paul Martin. The other big story was the record-breaking number of forest fires in British Columbia, with in excess of 430 separate fires burning in the Province by the end of the June.

### Previous Newsletters

Previous issues of Namaste News are also available:

**April 2004**

**May 2004**