

namaste

GLOBAL EXPEDITION

Join the expedition in North America

for an adventure of a lifetime...

Namaste!

Welcome to the North America Plan of the Namaste Global Expedition, an amazing around the world adventure.

Join me on the expedition for a weekend, a week, a month or longer, and it is up to us to decide what we want to do.

Explore this document, which should give you some idea of the expedition plan for North America, though this is subject to variation depending upon

what you would like to do. Explore the other info documents for more detail including how to join the expedition.

If you need anything more, please don't hesitate to contact me, by email, fax or phone. I look forward to your suggestions and ideas; and travelling with you soon...

Cheers, Chris

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North America Highlights

April 2004

East to west across Canada from Halifax to Jasper. Highlights include Bay of Fundy, Quebec City, Montreal & Toronto, Algonquin National Park, Niagara Falls, Georgia Bay & the Great Lakes, Cypress Hills, the Badlands, Calgary, and Banff National Park.

May 2004

Heading north through Jasper National Park and onto the Alaska Highway through northern British Columbia and the Yukon. Hiking in Kluane National Park, home to Canada's highest mountain, Mt Logan. Then touring the coastline of southern Alaska before heading to Talkeetna at the southern tip of Denali National Park. Finishing with the ascent of Mt McKinley (Denali), North America's biggest mountain.

Other Info

- [How to Join the Expedition](#)
- [About the Expedition Vehicle](#)
- [About the Expedition Guide](#)
- [Expedition DVD's*](#)

Click on the above documents to read; or visit the Global Expedition web page where you can download them (www.namaste.co.uk/namaste-global-expedition.htm)

* Keep an eye out for Expedition DVD's which will be available in the Namaste Shop from December 2004



June 2004

Cross Eastern Alaska, and over the Top of the World Highway into the Yukon; exploring the cities of Dawson and Whitehorse; then sail for 3 days along Alaska's Marine Highway, including whale watching near Juneau before heading back into Canada's British Columbia to horse ride, raft and paraglide in the amazing Rockies.



July 2004

Exploring Vancouver Island and Vancouver before heading east through southern British Columbia. Then south through Glacier National Park in Montana, Yellowstone and Teton National Parks in Wyoming to Salt Lake City. Continuing south through Utah to the Grand Canyon and Las Vegas; then northwest through Death Valley and Yosemite to San Francisco.



August 2004

Heading south along the California coast to LA, Joshua Tree and San Diego before the water sports filled Baja Peninsula of Mexico. By ferry to the mainland at Mazatlan and south to Guadalajara and Puerto Vallarta before heading east to Mexico City.



September 2004

Exploring the Pacific Oaxaca coast from Acapulco to Puerto Angel. Then eastwards through the Yucatan Peninsula, the Caribbean coast at Cancun and the magnificent Mayan cities. Then south into Guatemala...



Go to the Central & South America Plan ([click here](http://www.namaste.co.uk/central-and-south-america.htm) or go to www.namaste.co.uk/central-and-south-america.htm) for details about the next leg of the Namaste Global Expedition...

www.namaste.co.uk/namaste-global-expedition.htm

Namaste News

Stay up to date with what the Expedition has been up to and for news of any changes to future plans. Click on the links to the right to view sample newsletters - these will give you a good idea as to what we get up to on expedition!

Visit www.namaste.co.uk/news for all the latest information and news. Your story and pictures could be there soon...

April 2004

May 2004

June 2004

Countries, Ideas & Dates

"I just spent the most amazing week on expedition with Chris. He is without doubt the most travelled person I have ever met. In particular, thank you for giving me the chance to go horse-riding in the mountains of Yellowstone National Park, with amazing views and 2,000 foot cliffs just inches away...what a rush! Let's do it again soon... In fact, I plan to join the trip again, hopefully horse-riding in Nepal..."

Tami Linne, from Iowa, USA, 17th July 2004

Trekking in Alaska...



Exploring city nightlife...



Skiing in Lake Louise...



Paragliding in the Rockies of BC...



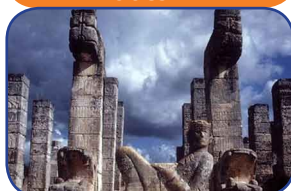
Rafting in the Grand Canyon...



Scuba-diving in the Baja Peninsular...



Yucatan Mayan cities...



From	To	Where
Start		Halifax, Nova Scotia, Canada
5 Apr	14 Apr	Halifax to Montreal, Canada
15 Apr	23 Apr	Montreal to Thunder Bay
24 Apr	29 Apr	Thunder Bay to Banff National Park
30 Apr	16 May	Banff to Talkeetna, Alaska
17 May	4 Jun	Climbing Denali, Alaska
5 Jun	14 Jun	Talkeetna to Whitehorse, The Yukon
15 Jun	20 Jun	The Panhandle, Alaska
21 Jun	25 Jun	Prince Rupert to Calgary
26 Jun	5 Jul	Calgary to Vancouver & Island
6 Jul	10 Jul	Vancouver to Shelby, Montana, USA
11 Jul	25 Jul	Yellowstone NP to Grand Canyon
17 Jul	25 Jul	Teton NP to Grand Canyon
26 Jul	2 Aug	Las Vegas to San Francisco
3 Aug	12 Aug	San Francisco to LA & San Diego
13 Aug	23 Aug	Baja Peninsular, Mexico
24 Aug	29 Aug	La Paz to Mazatlan to Guadalajara
30 Aug	15 Sep	Mexico City, Acapulco & Oaxaca Coast
16 Sep	30 Sep	Yucatan Peninsular & Cancun, Mexico
	Finish	Guatemala City, Guatemala

Please note that the above dates and timings are approximate only. Always check by email for any changes. You can also keep up to date by subscribing to Namaste News at www.namaste.co.uk/contact-us.htm

All connections to and from the expedition are organised by email with the expedition guide. Click here to see the "How to Join the Expedition" document for further information, or visit www.namaste.co.uk/namaste-global-expedition.htm

Availability

The table below (and continued on page 3) gives you indicative availability on the expedition. Always check by email for the latest information.

Legend:

Available	Booked
Reserved	Unavailable

Up to 3 places are available in the Expedition Land Rover at any one time. Other represents other vehicles joining the expedition.

Dates start from 1 July 2004...

Date	Seat 1	Seat 2	Seat 3	Other
Thu 1 Jul	Available	Booked	Booked	Other
Fri 2 Jul	Available	Booked	Booked	Other
Sat 3 Jul	Available	Booked	Booked	Other
Sun 4 Jul	Available	Booked	Booked	Other
Mon 5 Jul	Available	Booked	Booked	Other
Tue 6 Jul	Available	Booked	Booked	Other
Wed 7 Jul	Available	Booked	Booked	Other
Thu 8 Jul	Available	Booked	Booked	Other
Fri 9 Jul	Available	Booked	Booked	Other
Sat 10 Jul	Available	Booked	Booked	Other
Sun 11 Jul	Available	Booked	Booked	Other
Mon 12 Jul	Available	Booked	Booked	Other
Tue 13 Jul	Available	Booked	Booked	Other
Wed 14 Jul	Available	Booked	Booked	Other
Thu 15 Jul	Available	Booked	Booked	Other
Fri 16 Jul	Available	Booked	Booked	Other
Sat 17 Jul	Available	Booked	Booked	Other
Sun 18 Jul	Available	Booked	Booked	Other
Mon 19 Jul	Available	Booked	Booked	Other
Tue 20 Jul	Available	Booked	Booked	Other
Wed 21 Jul	Available	Booked	Booked	Other
Thu 22 Jul	Available	Booked	Booked	Other
Fri 23 Jul	Available	Booked	Booked	Other
Sat 24 Jul	Available	Booked	Booked	Other
Sun 25 Jul	Available	Booked	Booked	Other
Mon 26 Jul	Available	Booked	Booked	Other
Tue 27 Jul	Available	Booked	Booked	Other
Wed 28 Jul	Available	Booked	Booked	Other
Thu 29 Jul	Available	Booked	Booked	Other
Fri 30 Jul	Available	Booked	Booked	Other
Sat 31 Jul	Available	Booked	Booked	Other

Continued on page 3...

Availability continued...

The table below gives you indicative availability on the expedition. Always check by email for the latest information. In addition, if you would like to find out more about other people already booked on the expedition, you can send an email direct to the expedition guide at chris.charlton@namaste.co.uk

Legend:

Available	Booked
Reserved	Unavailable

Date	Seat 1	Seat 2	Seat 3	Other
Sun 1 Aug	Booked	Unavailable	Unavailable	
Mon 2 Aug	Booked	Unavailable	Unavailable	
Tue 3 Aug	Booked	Unavailable	Unavailable	
Wed 4 Aug	Booked	Unavailable	Unavailable	
Thu 5 Aug	Booked	Unavailable	Unavailable	
Fri 6 Aug	Booked	Unavailable	Unavailable	
Sat 7 Aug	Booked	Unavailable	Unavailable	
Sun 8 Aug	Booked	Unavailable	Unavailable	
Mon 9 Aug	Booked	Unavailable	Unavailable	
Tue 10 Aug	Booked	Unavailable	Unavailable	
Wed 11 Aug	Booked	Unavailable	Unavailable	
Thu 12 Aug	Reserved	Unavailable	Unavailable	
Fri 13 Aug	Reserved			
Sat 14 Aug	Reserved			
Sun 15 Aug	Reserved			
Mon 16 Aug	Reserved			
Tue 17 Aug	Reserved			
Wed 18 Aug	Reserved			
Thu 19 Aug	Reserved			
Fri 20 Aug	Reserved	Booked		
Sat 21 Aug	Reserved	Booked		
Sun 22 Aug	Reserved	Booked		
Mon 23 Aug	Reserved	Booked		
Tue 24 Aug	Reserved			
Wed 25 Aug	Reserved			
Thu 26 Aug	Reserved			
Fri 27 Aug	Reserved			
Sat 28 Aug	Reserved			
Sun 29 Aug	Reserved			
Mon 30 Aug				
Tue 31 Aug				

Date	Seat 1	Seat 2	Seat 3	Other
Wed 1 Sep	Reserved			
Wed 2 Sep	Reserved			
Wed 3 Sep	Reserved			
Wed 4 Sep				
Wed 5 Sep				
Wed 6 Sep				
Wed 7 Sep				
Wed 8 Sep				
Wed 9 Sep				
Wed 10 Sep				
Wed 11 Sep				
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Wed 19 Sep				
Wed 20 Sep				
Wed 21 Sep				
Wed 22 Sep				
Wed 23 Sep				
Wed 24 Sep				
Wed 25 Sep				
Wed 26 Sep				
Wed 27 Sep				
Wed 28 Sep	Booked			
Wed 29 Sep	Booked			
Wed 30 Sep	Booked			

Boating through the Panhandle, Alaska...



The buzz of Mexico City...



Waterskiing in California...



The sights of San Francisco...



Go to the Central & South America Plan (click here or go to www.namaste.co.uk/central-and-south-america.htm) for details about the next leg of the Namaste Global Expedition (October 2004 to March 2005)...

What do people think...?

"Thanks for a great story and a wonderful week..."
Keitha, from Halifax, Canada

"Much thanks Chris...Your journey inspires me. Live well..."
Nazy, from Nelson, BC, Canada

"Remarkable - that about sums it up! Come fly with us again..."
Dianne, from Golden, BC, Canada

Past Adventures: Click on each photo to see more...



Where do you want to go?

