

### Namaste!

Welcome to the very first edition of Namaste News! This is where you can find out all about what Namaste has been up to each month.

April has been a busy month completing a major project assignment (see page 3) and kicking off the Namaste Global Expedition (see below and page 2), crossing a major part of Canada from

Halifax to Banff National Park.

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

**29/4/04** Day 25  
**Lake Louise** Mile 4085




**16/4/04** Day 12  
**Algonquin** Mile 1150



**14/4/04** Day 10  
**Montreal** Mile 990



**12/4/04** Day 8  
**Quebec City** Mile 770



**10/4/04** Day 6  
**Amherst** Mile 250




**28/4/04** Day 24  
**Badlands** Mile 3850



**27/4/04** Day 23  
**Cypress Hills** Mile 3600




**26/4/04** Day 22  
**Moose Jaw** Mile 3275




**20/4/04** Day 16  
**Georgia Bay** Mile 1795



**18/4/04** Day 14  
**Niagara Falls** Mile 1500




**5-8/4/04** Day 1-4  
**Halifax** Mile 0



**11/4/04** Day 7  
**Bay of Fundy** Mile 350



**17/4/04** Day 13  
**Toronto** Mile 1420



### Expedition Trivia...

- # of Days (overall): 26 (26)
- Miles in month (overall): 4229 (4229)
- Avg miles/day (overall): 163 (163)
- Longest day (overall): 425 (425)
- # countries (overall): 1 (1)
- # of police stops (overall): 4 (4)

### Top Tips this month...

- Top Tip: Britt, Georgia Bay
- Favourite City: Quebec City
- Adventure Spot: Banff National Park
- Place to Stay: Shezelles, Montreal
- Night Spot: Big Easy, Toronto
- Random Name: Moose Jaw

### 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

After a nervous 2-week wait while the expedition vehicle was shipped across the Atlantic, I arrived in Nova Scotia to find it safe and sound, with much thanks to Terry from Expedition Freight and Connie from Schenker.



Sitting in my grand room at the Waverley Inn in Halifax, I finally had time to take in the fact that

the expedition had begun. The talking was over and any doubts were now consigned to history. Wrapped in an emotional wave of goodbyes and parties in England, I lay back and considered the road ahead with a smile. With only a few logistics left to organise, such as food for the fridge and business cards, I had time to explore the sights and sounds of downtown Halifax, meet some of the people and the media.

On 9 April, I headed out of town with Keitha, a freelance journalist, alongside. The aim that first day was simply to find a campsite where I could unpack all the backpacks of kit and begin to get everything organised for the road.

I was expecting a number of 'teething' issues, as I warned Keitha, but that was half the fun in the early days. Some missing bits, an over-zealous heater and troublesome communications technology were the only concerns.

With the propane equipment sorted that first night, we headed onto Gateway Park in Amherst, possibly the only campground that doubles as an auction house.

Then along the Bay of Fundy, which experiences the highest tides in the world, on route to Quebec. Stopping overnight in Riviere-du-Loup, we arrived in Quebec City on 12 April, the prettiest



town in Canada, and a fabulous meal at Aux Anciennes Canadien, set in one of the oldest buildings in town.

Onto Montreal, where we stopped for a few days in a wonderful B&B called Shezelles.

Whilst I battled to get my internet and mobile phone services up and running, Keitha worked on her story.

When we parted ways, we wished each other well and looked forward to meeting up again. Keitha was going on to work at a farm for the next month, and I was itching to see some of the great Canadian outdoors.

Heading west, I drove to Algonquin National Park to explore the hills, frozen lakes, and see some of the wildlife, including the famous Moose.

After a good dose of fresh air, I danced at a party or two in Toronto and then, Niagara Falls. Luckily, 2 local photographers, Steve and Darrin, showed me where to get some good shots of the falls, though recent stormy conditions left them, and the town, shrouded in mist. They were awesome nonetheless.

Heading north and west towards Lake Huron, you arrive at Georgia Bay. Looking for a place to stay for the night, I couldn't refuse a road sign declaring "Fed up with donuts?", so I took the short trunk road into a little town called Britt.



There I stayed and enjoyed the warm hospitality and great food of Jim and Teri at the Little Britt Inn for a couple of days. The two guys next door to the Inn were also great. Tyler and Boomer, who were in town for the summer to help their Mum set up her new shop, Anje's Eclectic Cottage. We had a lot of fun, heading out to the Bay in their boat and chatting about life. On leaving, I left some photos with Anje for the wall of the shop, with Tyler and I agreeing to meet up when he gets back to Uganda. Meeting people like this is what I love about travelling.

After a long, but beautiful drive along the north shore of Lake Superior, I finally arrive in Thunder Bay, a curious town of mixed emotions. People there either seemed to love it or hate it.

Then westwards across the vast Canadian prairies, stopping in Dryden to see some good live music on the recommendation of some friendly locals, then onto Moose Jaw, home of the infamous Capone Tunnels, created during the prohibition era. *Go to page 3...*

### 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?

To enter, you must get as many people as you can to complete the enquiry form on the Namaste Contact Us page ([www.namaste.co.uk/contact-us.htm](http://www.namaste.co.uk/contact-us.htm)). Be sure to tell them to fill in your name in the "Where did you hear about the Namaste website?" box. Each enquiry form completed in this way will be logged against your name.

The prize winner will be the person who gets the most number of legitimate contacts by the end of August 2004\*\*. An update of the competition league table will be shown here in each month's Namaste News.

\* You can claim your prize any time between 1 November 2004 and 30 April 2005 during a period when there are available places on the expedition.

\*\* The closing date for the competition will be all contacts received by midnight, expedition time, on 31 August 2004.

### People

#### Adventurers...

The first leg across Canada was supposed to be a time to test and adjust all the expedition equipment. However,



with a bold suggestion from Keitha Clark, a freelance journalist from Saskatchewan, she joined the expedition from Halifax to Montreal. Go to [www.namaste.co.uk/news](http://www.namaste.co.uk/news) to read her story.

"Thanks for a great story and a wonderful week", Keitha Clark, 14th April 2004

#### Along the way...

A big thank you to all those people who I've met along the way in April, including but not limited to:

The Plum crowd, Wade Company crew, Connie, Cathy, Amber & Peter (Halifax), Bernice & Winston (River Elm Park), Les (Amherst), Lucie at Shezelles (Montreal), Lisa & Jennier (Toronto), Steve, Darrin & Lucy (Niagara Falls), Jim, Teri, Kaylii, Nicki, Steve, Tyler, Boomer, Mardi, Anje & all Palamar family (Britt), Cathy, April, Ceri & Kathleen (Thunder Bay), Mallory, Gord & Jason (Dryden), Joseph & New Brunswick crowd (Moose Jaw), Richard (Cypress Hills), Christa & Co (Calgary), Dave & Cathrine (Jasper)...

### Coming Up...

#### May 2004

Jasper National Park  
Alaska Highway, Liard Hot Springs  
Yukon Territory & Southern Alaska  
Trekking on Whitehorn Glacier  
Climbing Mt McKinley

#### June 2004

Climbing Mt McKinley  
Top of the World & Dempster Highways  
Northern Yukon & Arctic Sea  
Western British Columbia  
The expedition is now open to all...

## Management

### Projects

Namaste Management successfully completes a major Projects assignment. Leading an alliance of 7 companies in conjunction with a major client, WS Atkins, Namaste Management delivers (on time, under budget and to quality) a concept design for a conditioned waste store for the UK Atomic Energy Authority. The lessons learned report, which identifies the key success factors, areas for concern and key recommendation for future projects was completed on 24/4/04.

### Training

The Namaste Management Project Management Series is now in production. Drawing on the experiences of Namaste Management and its clients from many industries across the world, the first of these guides will be available in the Namaste online shop in September 2004.

A whole new Namaste Leadership & Management modular course is also in development. This will also be available on the Namaste online shop in September 2004 and forms the basis of tailor-made Namaste Leadership, Team-Building and Management training courses.

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A night of lively chat and pool followed.

Conscious of my need to get fit for climbing Denali, I head to the Cypress Hills, set on the border of Saskatchewan and Alberta. Not expecting to see anyone, as pretty much all campgrounds had been closed until the season gets going in May, I pull into a campsite set right in the heart of the hills to find a lone wildlife photographer, Richard.

Waking up the next day, I hear Richard outside telling me he is heading on before the snow traps us in. I quickly pack the tent and the vehicle, before having some fun crossing back over the hills in 4 inches of snow and a blizzard. Quite a contrast from the green hills of the night before. The amazing day to day climate variation in Canada is something I'm getting used to.

After a stopover in Calgary to get an oil change and vehicle check-up, I reach Lake Louise in Banff National Park in the beautiful Canadian Rockies. A day skiing in gorgeous sunshine makes a great finish to a fantastic April on expedition.

by Chris Charlton

## 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 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 will be printed here...

"If you'll take the risk on taking someone with little experience I would love to have a go at climbing Aconcagua, but you should tell me a bit in advance so I can quit smoking and get fit..." Ase, Trondheim, Norway

"Hey Chris, I'm the biker that was on the Halifax waterfront during the CBC shoot. It was great to be a small part of the send-off. Have fun!" Paul, Halifax, Canada

"Hello Chris! I think what you are doing is absolutely incredible. I wish you health, happiness and Success with a capital "S" on your journey. I look forward to following along from your website and perhaps catching up with you along the way in the future." Steve, Britt, Canada

"Chris - All the best on your trips and we look forward to the news as things develop. Do something exciting for us but don't break any bones on our account. Take care and enjoy! Best Rgds, Ron, Hele and the Tribe!!" Ron, Melbourne, Australia

"The kind of place I have in mind is one which is interesting, but not dangerous or uncomfortable. Asako would never forgive me!" Adam, England

And congratulations to Sophie Keene, who announced she is getting married on 13 April !!

## Website Update

### Stage 1 Development

New PDF's now available on the site:

- About Chris Charlton (About Namaste)
- Project Process Chart (Projects)
- 4/4/04 Expedition Press release (News)
- Trekking & Climbing (Past Adventures)
- Mountaineering (Past Adventures)
- Keitha Clark Expedition Story (News)

The next batch of PDF's to be created:

- Expedition Vehicle & Leader (May)
- Expedition North America Plan (May)
- Other Past Adventures (May)
- Management Case Studies (June)

### 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: 34,808 March hits: 26,299

## In the News

### Namaste in the News



8/4/04

The Namaste Global Expedition makes it onto the 6pm CBC TV evening news.

9/4/04 The Halifax

Daily News does a story on the expedition

Coming up in May.. stories to appear in the Coast and the Yukon News

### In-Country News from the Expedition

Canadian politics, it seems, is not immune to scandals, with much of the April news dominated by a sponsorship scandal, involving the alleged misuse of government funds...