

Namaste!

Welcome to the July 2004 edition of Namaste News!

Aside from being amazed that almost 4 months have passed already, this month on expedition has been a national park extravaganza! From the beautiful Rocky Mountains to the spectacular canyons of southern Utah & Arizona; through Death Valley and the Sierra Nevada to wonderful Yosemite.

August is the final month of the competition, so enter now for your chance to win...

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>31/7/04 Day 118 San Francisco Mile 14210</p> 	<p>1/7/04 Day 88 Vancouver Mile 10050</p> 	<p>3/7/04 Day 90 Long Beach Mile 10220</p> 	<p>8/7/04 Day 95 Nelson Mile 10844</p> 	<p>11/7/04 Day 98 Helena Natl Forest Mile 11553</p> 
<p>29/7/04 Day 116 Yosemite NP Mile 14060</p> 			<p>15/7/04 Day 102 Yellowstone NP Mile 11780</p> 	
<p>28/7/04 Day 115 Death Valley Mile 13600</p> 	<p>26/7/04 Day 113 Grand Canyon Mile 13380</p> 	<p>24/7/04 Day 111 Monument Valley Mile 13083</p> 	<p>17/7/04 Day 104 Grand Teton NP Mile 11870</p> 	
<p>27/7/04 Day 114 Las Vegas Mile 13480</p> 	<p>23/7/04 Day 110 Capitol Reef NP Mile 12721</p> 	<p>20/7/04 Day 107 Bear Lake Mile 11995</p> 		

Expedition Trivia...

- # of Days (overall): 31 (118)
- Miles in month (overall): 4360 (14210)
- Avg miles/day (overall): 141 (120)
- Longest day (overall): 450 (527)
- # countries (overall): 2 (2)
- # of police stops (overall): 1 (6)

Top Tips this month...

- Top Tip: Nelson, BC
- Favourite City: Vancouver, Canada
- Adventure Spot: Yosemite NP
- Place to Stay: Lizard Creek, Tetons
- Night Spot: Paradise Club, Vegas
- Wilderness: Monument Valley

Competition...

See page 3 for your LAST 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 lunch in Whistler, I finally reached the Pacific Ocean and Vancouver, a city that I had always wanted to visit. There, I met up with Odessa, who showed me the sights and sounds of this great place. Vancouver matches its cultural splendour with a lush, gorgeous setting and quick and easy access to outdoor adventure.



I took a ferry over to Vancouver Island for a couple of days to explore the Pacific Rim National Park, which stretches along a 150km sliver of the Island's remote

Pacific coast, a haven for surfers, though I prefer warmer waters! I sat for an afternoon in the sunshine chatting to surfers and writing. I later discovered that one of them, Candice, was just finishing a masters in adventure therapy - how cool!

Odessa and I then drove across delightful southern BC to Nelson, a tranquil town set on a lake in the Kootenay mountains, and noted for its population of hippies! But don't be put off, Nelson is a fabulous place and wins the July top tip. I had a relaxed and fun time exploring in and around Nelson with Odessa and her lovely family before bidding a fond farewell on 10 July.

Crossing the border into the US, I was stopped by customs officials and routinely searched, though I think it was more to do with the Land Rover, as one of the officers was a big 4*4 fan! Then a long day's drive through some beautiful scenery, notably Glacier National Park, and out onto the prairies to Shelby in Montana to meet Tami, who was joining the expedition for the next 10 days or so.

Our first day was spent exploring offroad in the Big Belt Mountains of Helena National Forest. Nothing like getting a little lost, though we found our way back to civilisation eventually...



The next day, 12 July, we camped just outside Bozeman, seemingly a bit of a mecca for the outdoor enthusiast,

and definitely a cowboy town. We chilled in the campsite, with great views of the surrounding hills, and on one night, survived the "Bar-muda Triangle", a trio of cowboy bars.

After a night's stopover in Chico Hot Springs

(a place where you can bathe in the hot spring and order your drinks from the bar at the same time), we crossed into Wyoming, the ninth-largest state in the Union, and also the least populated. In suitable cowboy-style, Tami and I joined Heidi for an amazing horse-ride through Yellowstone National Park, the first national park created in the world. Interestingly enough, we were pleased to join the ranks of the 1% of the 3 million annual visitors who actually get out of their car and off the road!!



Despite the devastating forest fire in 1988 that burned over a third of the park (0.8 million acres), it has recovered well, boasting many species of wildlife and fascinating geo-thermal regions. One highlight in the Park was the incredible views of red and orange hues and the waterfall in the Grand Canyon of Yellowstone at Artist Point.

After a night in the biggest campsite I have ever seen on the shores of Yellowstone Lake, the highest elevation lake in North America at 7744 feet, we headed south to the Grand Tetons (the great breasts!), aptly named by some erstwhile Frenchmen. We stayed there for several days with wonderful views from our camp, and on the fourth day we just sat all afternoon gazing at these beautiful mountains before heading into Jackson Hole and a game of "strip pool"!

On 20 July, we camped on the shores of Bear Lake, half in Idaho, half in Utah, and watched the passing thunderstorm and fabulous sunset from the warmth of the hot spring.

Then south to Salt Lake City, from where Tami was to travel home to Iowa, in spite of the cock-up in reservations by Amtrak. Coming from the UK, it has taken me a while to get used to how long it takes to travel anywhere overland in North America.



I spent the next 2 nights re-organising (and allowing my liver to recover) at a lovely campground in Manti City before continuing onto southern Utah,

which is like no place on earth: spectacular red canyons, arches, river gorges, amphitheatres, plateaus and sculpted cliffs all attesting to nature's creativity and a landscape you would expect on Mars. On 23 July, I camped in the middle of Capitol Reef, Utah's stunning,

youngest national park, before an amazing drive southeast on Highway 95 and 261 to Monument Valley and the northern edge of the Navajo nation. Four sacred mountains bound Navajoland, the largest reservation in America covering more than 27,000 square miles. The Navajo view their existence as the culmination of a journey through three other worlds to this life, the "Glittering World".



As the red sandstone towers of Monument Valley are one of the most familiar sights, since countless

Westerns have used the butte-laden plains as their backdrop, it was great to be there. The valley drive winds 17 miles around most of the most spectacular rock formations, including the famous pair of Mittens and the slender Totem Pole.

On through the Petrified Forest National Park which looks like the aftermath of some prehistoric Grateful Dead concert - an enormous tie-dye littered with rainbow-coloured petrified trees. And onto Meteor Crater, some 700 feet deep and 4000 feet across, created some 50,000 years ago by the impact of a huge iron-nickel meteorite travelling around 35,000 miles per hour!!

With 2 days in Flagstaff to rest and write, I made my way to the Grand Canyon. 277 miles long and over a mile deep, the Canyon has the capacity to overwhelm human perception, perhaps one of the major reasons it attracts so many visitors. Combine this panorama with a panapoly of colours demarcating billions of years of geologic history and the chaotically creative force of the Colorado River and you have a natural wonder simply to marvel at.

With a brief stop at the Hoover Dam, I reached Las Vegas, the shimmering tribute to



excess, vice and greed, which is all you imagine it to be...

Then west to the lowest point in the Western Hemisphere. Hitting 115°F on 28

July, Death Valley's extreme heat and surreal landscape supports just about anyone's idea of an inferno. Some say it's the devil's real estate, but then this is America!

Through the Sierra Nevada, the site of the collision between the Pacific and North American tectonic plates and California's backbone, to Yosemite. This is a mecca for climbers, as you can't help but stop and gaze in awe at the likes of El Capitan and Half Dome.

Finally I made it to San Francisco, home to dazzling views, daunting hills, surreal summer fog, a laidback atmosphere and a vitality for life. Time to meet up with Odessa again and some city action...

by Chris Charlton

Coming Up...

August 2004

California coast from San Fran to San Diego
Surfing, scuba-diving & water sports in the Baja Peninsular, Mexico
Pacific coast of mainland Mexico from Mazatlan, then Guadalajara to Mexico City

September 2004

Exploring the Pacific Oaxaca coast from Acapulco to Puerto Angel
Mayan cities of the Yucatan Peninsular & the Caribbean Coast of Mexico
The jungles of Belize and Guatemala...

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.

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

Competition League Table as at 31 July 2004

Lotta Pohjola, Finland	74
Sarah Archer, Canada	52
Matt Banks, USA	45
Ed Tyler, Australia	31
Tim Wedgwood, England	27
Lisa McEwan, Canada	18

People

Fellow Adventurers...



Odessa Shuquaya, from Vancouver, joined the expedition from 1-10 July, where we enjoyed the night life of Vancouver, beautiful southern BC and the hospitality of her lovely family in Nelson.



Tami Linne, from Iowa, joined the expedition in Shelby, Montana, through to Salt Lake City in Utah from 11-21 July, where we explored amazing Yellowstone & Grand Teton NP's. The horseriding was definitely the highlight...

"Dooooo iitttttt", Odessa, 1/7/2004

Along the way...

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

Melanie, Gary, Karen & Dorit (Vancouver), Candice, Douglas (Long Beach), Gabe, Naz, Joannah (Nelson), Heidi (Yellowstone), Greta, Liam, Tim (Capitol Reef), Tim (Monument Valley), Seth, Liz, Lee, Rex (Flagstaff), Jacqueline (Las Vegas), Anais, Jess, Jason, Katie, Shira (San Francisco)...

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 October 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

Letters & Emails

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

"Whoaa.....HELLO there to you too!! What a big surprise as I wasn't sure if the email went thru or not... In our small town things are humming along with tourists and all. Plenty of 80 degree temperatures but I like it. Getting browner than I already am...ha ha...Take care of yourself now and keep in touch..." Ollie, Talkeetna, Alaska, USA

"Hello Chris, Just seeing how u are doing on your adventure. The Girls from Kickers in Red Deer were hoping that u would send us some pic's from the rafting trip in Golden. We sure hope to hear from u soon." Marion, Red Deer, Alberta, Canada

"Hi Chris. Nice to catch up with your latest adventures. Looking forward to news and pictures from Vancouver Island, to see if I recognise any of the scenes. Spent a few days there, whale-watching and walking, a few years back. Have fun." Jon, Warrington, England

"Hey Chris.....It's great to hear all the adventures you're getting up to. Paul and I love reading your newsletter each month and can't believe how much distance you've covered already... I'm sure we will join you at a later stage of your journey... More news when bump becomes babe. Take good care, much love from Paul, Ali and your goddaughter Chessy." Ali, Bristol, England

Website Update

Stage 1 Development

New PDF's (web page) now available on the site:

- North America Plan (North America)
- Central & South America Plan (Central & South America)

The next batch of PDF's to be created:

- Management Case Studies (Aug-Sep)
- Management Guides (Aug-Dec)

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 become available from October, as the target go-live date for the shop is now 15 September 2004.

Statistics

<u>July 2004</u>	<u>June 2004</u>
Hits: 27,975	Hits: 25,811
Countries: 27	Countries: 30
Downloads: 1,393Mb	Downloads: 1,042Mb

Since launch at the end of February 2004, the website has now received a total of 168,950 hits. A good start!

In the News

Namaste in the News

Not much time for media activity this month, but plans for further US coverage in LA...

In-Country News from the Expedition

Back in the US, election fever grips the news with national security and Iraq dominating the debate. The Democrats hold their convention in Boston giving John Kerry and John Edwards the Democrat ticket to challenge Bush.

Previous Newsletters

Previous issues of Namaste News are also available:

- April 2004**
- May 2004**
- June 2004**