

namaste



April 2005

Vol 2, Issue 1

**Brazil...
Iguacu Falls
Rio de Janeiro
Wildlife of the Pantanal**

**Plus...
Adventurers in the Americas
Namaste Global Expedition Update
...and more**

Namaste!

Welcome to the April 2005 edition of Namaste News.

Heading north out of Uruguay, the Namaste Global Expedition toured through the Misiones region of Argentina to the amazing Iguacu Falls. Then west into Paraguay before turning north into the wildlife haven of the Brazilian Pantanal. The month finished with a fantastic tour along the beautiful Brazilian coastline from Santos to Rio de Janeiro...

Packed full of features this month as well as the regular updates, feel free to send me an email with your suggestions and ideas for future issues (chris.charlton@namaste.co.uk)

Namaste Management case studies are also now available on the Namaste website.

Cheers, Chris

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Global Expedition Highlights

2/4/05 Day 363
Eldorado Mile 39096



3/4/05 Day 364
Iguacu Falls Mile 39195



4/4/05 Day 365
Caaguazu Mile 39297



5/4/05 Day 366
Lago Yapacarai Mile 39477



7/4/05 Day 368
PN Cerro Cora Mile 39767



26/4/05 Day 387
Rio de Janeiro Mile 42440



23/4/05 Day 384
Paraty Mile 42250



21/4/05 Day 382
Praia de Baleia Mile 42140



19/4/05 Day 380
Santos Mile 42060



16/4/05 Day 377
Cacu Mile 41352



14/4/05 Day 375
Cachada Mile 40816



12/4/05 Day 373
Posada Araras Mile 40678



Photos in this issue
by Chris Charlton

8/4/05 Day 369
Campo Grande Mile 40009



11/4/05 Day 372
Posada Paraiso Mile 40576



Expedition Trivia...

# of Days (overall):	30 (391)
Miles in month (overall):	3820 (42440)
Avg miles/day (overall):	127 (109)
Longest day miles (overall):	495 (612)
# countries (overall):	4 (18)
# of police stops (overall):	21 (127)

Top Tips this month...

Top Tip:	Santos-Rio Coast, Brazil
Favourite City:	Rio de Janeiro, Brazil
Adventure Spot:	Iguacu Falls, Argentina
Place to Stay:	Lago Yapacarai, Paraguay
Night Spot:	Bananas, Praia de Baleia
Wilderness:	The Pantanal, Brazil

Features...

Find out about the amazing Iguacu Falls that lie on the border of Brazil and Argentina on p5; explore the fascinating and exotic wildlife of the Pantanal region of Brazil on p6. Find out more about the fabulous city of Rio de Janeiro on p10. Also, read a summary of the expedition and its adventurers in the Americas on p7 and p8...

Global Expedition Update

After a relaxing night at the *Termas* (hot springs) de Arapey in western Uruguay, we headed north to the Brazilian border at Bella Union. After some debate with the *aduanas* (customs officials), we received our temporary import permit for the Landie.

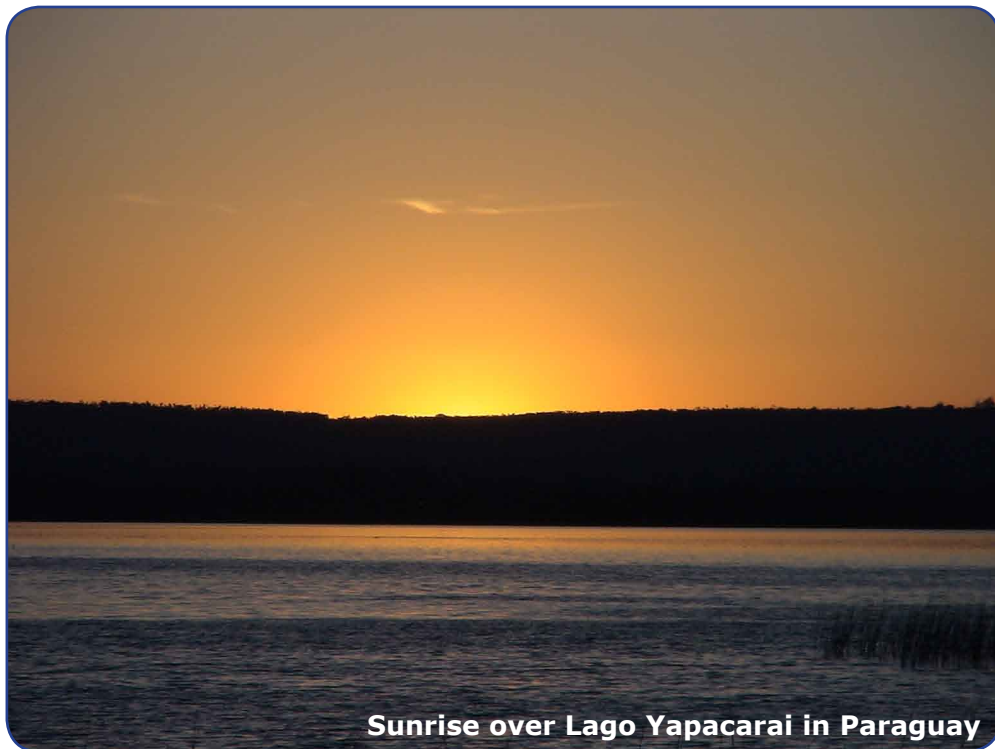
Despite protestation, I only managed to secure a copy, as the aduana was insistent that he keep the original. This is a classic problem, as original documents are a must, but then what do you do with a customs official who insists they are right? In this case, I decided to go with the copy and hope to solve the problem later. As it would turn out later in the month, this was a bad call...

Nevertheless, we continued on through a small piece of Brazil before crossing into Argentina at the southern edge of the Misiones province. This small finger of land is nearly surrounded by Paraguay and Brazil, and features ruined Jesuit missions and the spectacular Iguazu Falls.

On route to the falls, we stopped for a brief visit to the lovely San Ignacio Jesuit Mission ruins. The Italian Jesuit, Juan Brasanelli, designed the enormous red-sandstone church, embellished with basrelief sculptures in 'Guarani baroque' style. The ruins were interesting to explore and provided a calm and peaceful setting to relax. A bit of a shame we didn't have enough time for the evening light show amongst the ruins.

On 3 April, we arrived at the Iguazu Falls on the Argentina side, a place we had been looking forward to for some time. Everything we had heard about the falls was true - a truly spectacular and amazing place. Even in spite of the large grey clouds and drenching rain, we had a great time exploring the park that surrounds the falls. By mid-afternoon, already wet through from a combination of the rain and mist generated by the incredible waterfalls, it seemed a good time to take a speedboat ride, not least because one of the fun parts of the ride was getting a good shower by actually motoring under one of the falls!

In the evening, we decided to cross over to the Brazil side of the falls to spend the night and explore the falls more the next day. Interestingly at the border, the customs official waved us through



Sunrise over Lago Yapacarai in Paraguay

Did you know?

Brazil, officially Federative Republic of Brazil, is the largest country in South America, occupying nearly one half of the entire area of the continent. It is bordered on the north by Venezuela, Guyana, Suriname, French Guiana, and the Atlantic Ocean; on the east by the Atlantic Ocean; on the south by Uruguay; on the west by Argentina, Paraguay, Bolivia, and Peru; and on the north-west by Colombia. The republic has a common frontier with every country of South America except Chile and Ecuador. Brazil is the fifth-largest country in the world (after Russia, China, Canada, and the United States). The total area of Brazil is 8,511,996 sq km (3,286,500 sq mi); its maximum north-south distance is about 4,345 km (2,700 mi), and its maximum east-west distance is about 4,330 km (2,690 mi).

without requiring an entry stamp as we planned to cross into Paraguay the following evening. You're never quite sure what to make of that, but we ran with it anyway.

After a pleasant night at Foz de Iguacu, the local town, we made our way down to the falls to find that the park was closed for the morning (something that happens every Monday). Undeterred, we had the extra pleasure of visiting the wonderful bird sanctuary next to the entrance to the Falls park. An inspired place and a great example of how to

run an aviary.

We enjoyed an afternoon exploring the banks of the river with magnificent views of the waterfalls and even a spot of sunshine. [See article on page 5 for more on the Iguazu Falls]

Later that day, we found our way to the Paraguay border at Ciudad del Este, though we somehow managed to arrive at the Paraguay entry without passing the Brazil exit. With some help from a Paraguay soldier, who moved some obstacles out of the way, we made a quick U-turn and returned to get our passports exit-stamped from Brazil and returned to complete the Paraguay entry requirements.

Of all the countries of South America, I think I had heard the least about Paraguay, and our short 4-day visit there certainly reinforced the view that travelers are scarce in Paraguay. Certainly off-the-beaten track, it is an interesting country with many things to offer the traveller. Whilst the residual effects of dictators, corruption and contraband have contributed to an overall sense that much of Paraguayan life happens behind closed doors, the

continued on page 3...



Montevideo in Uruguay

Coming Up...to find out how to join, click below

May 2005

Arriving in Cape Town on 12th May for the start of the Africa leg... Time to explore gorgeous Cape Town, built on the peninsula of the Cape of Good Hope with Table Mountain as a backdrop before heading north through the western Cape to the Tswalu Kalahari Reserve & rhino sanctuary...

June 2005

Exploring Namibia's incredible landscapes from the Fish River Canyon in the south to the Skeleton Coast; from the Kalahari Desert in the east to the Caprivi Strip in the north. Touring the Okavango Delta, Makgadikgadi pan & diamond mines of Botswana...



Asuncion, Uruguay

Global Expedition Update cont...

local Guarani people are extremely friendly.

Our first night in Paraguay was spent at the small Guarani village of Caaguazu, though when we arrived this was not obvious as we had taken a random dirt track off the main road in the dark in search of a campsite. Rolling into a clearing which looked good for a spot to camp, we were welcomed by a Guarani man with a torch. He explained we



Santos, Brazil

were in the local school grounds and invited us to camp alongside his house next door.

In return for his hospitality, we made him dinner and enjoyed chatting late into the evening. We even learned some of the indigenous Guarani language which they are eager to share.

The Guarani people, a group of aboriginal peoples of South America, currently inhabit parts of Brazil, Paraguay, Uruguay, and Argentina. They share a common language derived from the Tupian linguistic stock.

Most present-day Paraguayans have some Guarani ancestry and the bulk of indigenous family and village life is not all that different from what is was when the Spanish arrived.

In the morning, we visited the local school kids, where we took some photos, one of which I printed and gave to the kids along with some packs of pencils. Watching the photo print inside the Landie certainly caused some excitement.

After a fond farewell to the warm and charming people of the village, we continued west to Asunción, Paraguay's capital and largest city. We found it upmarket, clean and thriving, though at a relaxed pace. With emails and a short tour of the city completed, we returned east for some 30km or so in order to camp on the shores of Lago Ypacarai. And a perfect campsite it was with no-one around, no more than 3m from the lake and glorious sunshine. So perfect in fact that we just had to stay an extra night to enjoy another incredible sunrise.

We were a little mystified by a strange offering of fruit and wine that had been placed nearby. At first we thought it was a late night lovers' picnic pre-placed. However, since no-one turned up and two candles next to the food had been partly burned, we guessed it must have been an offering of some kind. Since we chose not to touch it, the Gods must have been pleased as the sun just kept shining.

Not pleased enough though, as the next day we came face-to-face with our first experience of police bribery, one of Paraguay's least enduring features. Whilst being pulled over at police checkpoints was a normal experience, the fact that we had to bribe our way out of 'official' bullshit twice in the space of 30 minutes left us feeling a little sore, though somewhat amused as we mulled over whether we

could have got away with paying less.

As we headed north to Parque Nacional Cerro Cora just before the Brazilian border, we passed through some lovely countryside - the fertile soil and subtropical climate here enables agriculture to thrive as Paraguay's largest industry.

With the park entirely to ourselves we enjoyed a night of innumerable insect and animal noises, preparation for more to come... We were looking forward to our next destination and wildlife hotspot, the Pantanal of south-western Brazil.

Once over the border into Brazil, a border where you have to search for the police station to get your passports stamped, our day ended at Campo Grande, the gateway to the southern Pantanal. Given our time constraint we opted to continue north to Cuiba, the gateway to the northern Pantanal, a two-day drive with more trucks than I had seen since Ecuador.

With a good night's rest in Cuiba, we turned south along the dirt track that leads some 130km into the heart of the northern Pantanal. But not before stocking up on some ice for the coolbox as the fridge had packed up and I had run out of spares - not ideal, but all part of life on expedition!

Whilst this region is world-famous for its wildlife, it was surprisingly under-developed from a tourist point of view, not that we were complaining as we almost had it to ourselves. [For more on the wildlife of the Pantanal, see page 6.]

All the places to stay along this route are actually farms (*posadas*) that offer rooms or camping as an added extra. We spent our first and third nights in the Pantanal at Posada Paraiso, a lovely place with a great camp spot and swimming pool. Given that we were the only people there, we enjoyed the tranquil setting and fantastic sunrises from the comfort of our camp chairs. The only downside were the mosquitos, which were numerous and no amount of repellent, clothing and netting seemed to keep them at bay. It was definitely worth a few

bites though.

We spent our second night and third day at Posada Araras, our favourite spot along the route. The staff were very friendly and knowledgeable, the rooms were fantastic, the food was good and the other guests were great fun.

We awoke that day at the rather early time of 5am in order to walk the 1-km or so on catwalks



Harvest in Brazil

above the water to the lookout tower for sunrise. Joined by some rather tame howler monkeys high above the tree canopy, we could gaze out across the vast wetlands of the Pantanal as the sun shed its morning glow across the land.

With a short stop to fuel-up on caffeine and breakfast, we set out on our day's horse-ride. Given that the terrain was mostly water at this time of year, this was the best way to get off the track and explore. It was a great day galloping across fields and through knee-deep water, with endless bird species to spot and alligators to avoid.

With a fond farewell to our new friends, we finally left the Pantanal on 14 April, our next destination being Santos on the Brazilian Atlantic coast. With a

continued on page 4...



Sao Paulo - Rio de Janeiro Coastline

Global Expedition Update cont...

brief overnight stop in the Tablelands at Cachada, north of Cuiba, we set out south- and eastwards on the road to São Paulo, which we reached four days later.

We had hoped to cross the world's second biggest city during the day, but as it turned out, we ended up finding our way across the vast city at night with no map and only the GPS to guide us in the right direction. Surprisingly enough, we

only made a few unexpected excursions to random parts of the city before finally dropping down off the plateau to the town and beaches of Santos. Using the old taxi-driver trick to guide us to our hotel, we were delighted at the choice our local friend Luis had made.

We met up with our friends in Santos, Luis and Lucia, to whom I had been introduced by mutual friends and fellow overlanders, John and Linz. With time to explore the city with Luis, we also began our exploration of Brazil's famous caipirinha cocktails with Lucia and her friend, Cinca. As with tequila in Mexico or whisky in Scotland, caipirinha in Brazil comes in all kinds of intoxicating variations, though the old-favourite is still with lime.

The coast road from Santos to Rio, April's top tip, was fantastic. Lush green mountains, exotic wildlife, incredible beaches, and exuberant nightlife combine to create a delightful environment.

Our first stop was Tuim Park, a recently opened park and a chance for Emma to experience her first death-slide (or zip wire) along the jungle canopy walkway that is one of the highlights. Afterwards, we joined our guide Cybele for dinner with her lovely and hospitable family. Possibly one of the most beautiful houses we have ever seen, we enjoyed copious amounts of wine on the decking overlooking the lake set amidst the lush plants of the park.

Then onto Praia de Baleia to join Luis and Lucia, along with their family and friends, at their lovely beachhouse. From a football match in which I somehow scored 3 goals (I thought Brazilians were good at football!!) to shops, beaches, restaurants and clubs, we enjoyed a wonderful relaxing few days. I even managed to stand up on a surf board for the first time which was cool, and yes, it was on a wave, not just on the beach!

Our final stop on route to Rio was Paraty, a rustic and beautiful town of cobbled streets and artisan shops set on a shoreline of jutting peninsulas and secluded beaches.

On 24 April, we pulled into spectacular Rio de Janeiro [for more on Rio, see page 9], the end of my 42,500 mile journey through 18 countries of North, Central and South America [see page 7 and 8 for the expedition statistics through the Americas]. In between meetings and numerous phone calls to organise the shipping of the Landie to Cape Town, we managed to squeeze in some visits to the sites and beaches. The classic view



Sunset from Corcovado, Rio

Brazil, Recent History...

AD 1500 The Portuguese explorer Pedro Álvares Cabral landed in Brazil and claimed the land for Portugal.

1530s Successful settlements developed at Recife and Salvador.

1763 The capital moved from Salvador to Rio de Janeiro, then Brazil's largest city and port.

1822 Pedro I declared Brazil's independence.

1888 Slavery was abolished in Brazil.

1889 Pedro II was forced to abdicate; Brazil became a republic.

1930 Military forces overthrew the republic and named Getúlio Vargas as President.

1937 President Vargas was granted dictatorial authority.

1945 Vargas was forced from office and Brazil returned to constitutional government.

1960 The capital of Brazil moved from Rio de Janeiro to the newly built city of Brasília.

1964 Military forces again seized power. The military rigged elections and curbed civil rights.

1985 Brazil regained a civilian government.

1988 A new constitution providing for a directly elected president was enacted.

1992 Facing impeachment proceedings, President Fernando Collor de Mello resigned.

1993 Illegal miners of gold and tin massacred 73 Yanomani Native Americans in a continuing struggle over the control of mineral deposits.

1994 Brazil's record 4th victory in football's World Cup sparked nationwide celebrations.

1995 President Cardoso took office following his electoral victory and promised to focus on promoting social justice and implementing economic reforms.

1996 An internationally funded rainforest-protection programme for Brazil was agreed.

1998 Forest fires in the Amazon Basin raged out of control despite international help.

1999 A financial crisis led to the devaluation and floating of the currency, the real.



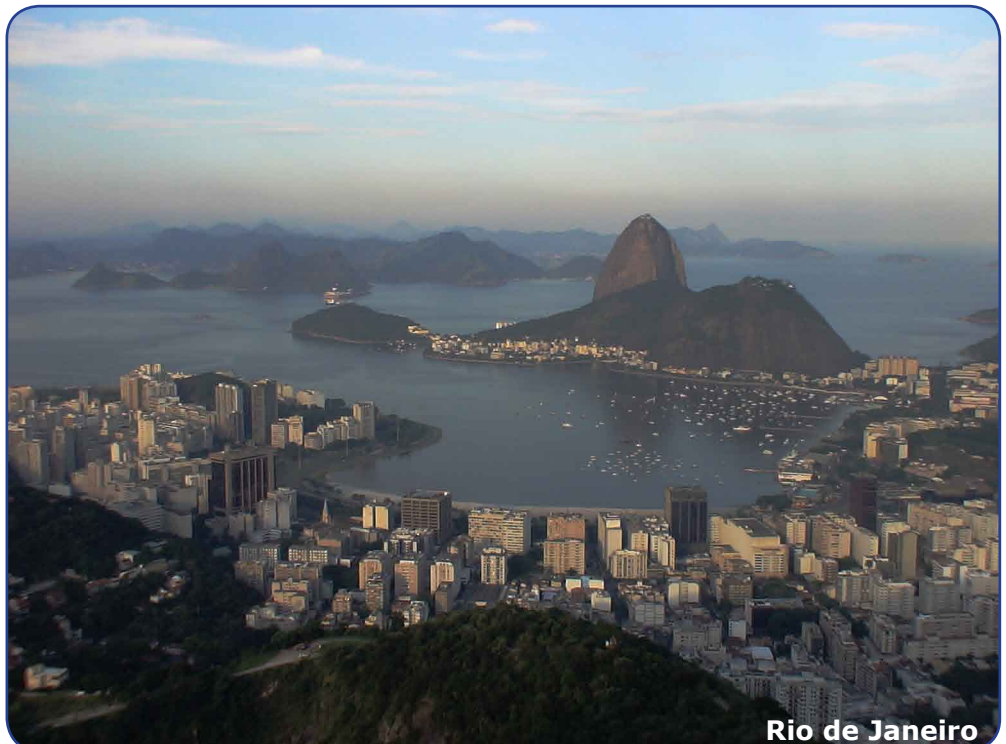
Brazilian beaches...

of Rio from Corcovado mountain (see below) was breathtaking and the beaches of Copacabana, Ipanema and Leblon are pretty much as you would imagine them!

On 27 April I flew back to London for two weeks to catch up with friends and family who I had not seen in over a year; eternally grateful to Emma who stayed on in Rio to help me finalise the shipping arrangements whilst allowing me to visit home.

As I sit here in Cape Town finishing this rather late April Namaste News, I look forward to sharing with you the extraordinary saga of the shipping in next month's May News, but first I await the Landie's arrival and the start of the expedition's adventure in Africa...

by Chris Charlton



Rio de Janeiro

Iguacu Falls...

Iguacu Falls, on the border between Argentina and Brazil, is one of South America's great natural wonders. The falls range between 60 and 80 m high (about 197 to 262 ft). In the dry season the river drops in two crescent-shaped falls, but in the wet



season the water merges into one large fall more than 4 km (2.5 mi) wide.

Iguacu, a tributary of the Paraná River, is about 1,210 km (750 mi) in length. It rises near the Atlantic coast, in south-eastern Brazil, and flows in a generally westwards direction to its confluence with the Paraná. The river forms part of the boundary between Argentina and Brazil.

Iguazú National Park in Argentina, which adjoins Iguacu National Park in Brazil, is one of Argentina's most well-known national parks, famous for its beauty, impressive waterfalls, and rich flora and fauna. Its centrepiece is the huge fall of the river Iguazú (with 14 separate waterfalls on the Argentine side alone). The Iguazú drops 80 m (256 ft) at its highest point, producing a thick cloud of spray and endless rainbows.

To see the falls properly, which takes at least 2 full days, it is best to visit both sides - Brazil gives the grand overview and Argentina the closer look. The best time to come is August to November.

Argentina Side

Puerto Iguazú hosts most visitors to the Argentine side of Iguacu Falls. With a good selection of hotels, restaurants and campsites, it offers something for everyone from the long-term backpacker to the luxury tourist.

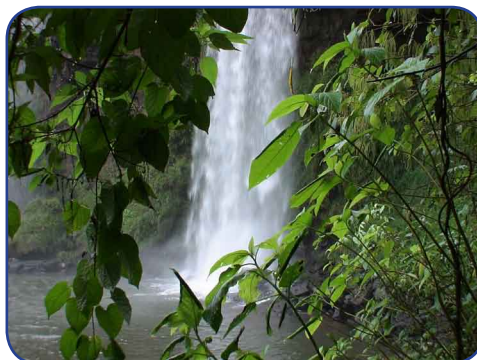
Guarani legend says that the falls originated when a jealous forest god, enraged by a warrior escaping downriver by canoe with a young girl, caused the riverbed to collapse in front of the lovers, producing a precipitous falls over which the girl fell and, at their base, turned into a rock. The warrior survived as a tree overlooking his fallen lover.

The falls' geological origins are more prosaic. In southern Brazil, the Rio Iguacu

passes over a basalt plateau that ends just above its confluence with the Paraná. Before reaching the edge, the river divides into many channels to form several distinctive *cataratas* (cataracts).

Situated about 24 km (15 mi) from the junction of the river with the Paraná River, Iguacu easily surpasses Niagara Falls in size. Above the falls, the rapids are divided by a series of rock- and tree-covered islands. The course then separates into approximately 275 separate cataracts or cascades and plunges down the 4 km (2.5 mi) slope on the edge of the Paraná Plateau to a narrow gorge 73 m (240 ft) below.

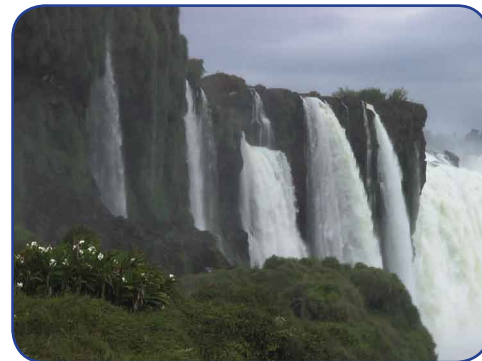
Even the most hardened of waterfall visitors will be amazed by Iguacu. The power, size and sheer noise of the falls are truly spectacular. The most awesome is the semicircular *Garganta del Diablo* (Devil's Throat), a deafening and dampening part of the experience, approached by launch (or train) and via a system of *pasarelas* (catwalks). And if you are up for it, a



speedboat can take you right into the falls for a natural shower...

Despite development pressures, the 55,000 hectare park is a natural wonderland

of subtropical rainforest, with over 2000 identified plant species, countless insects, 400 bird species and many mammals and reptiles. Though rare, there are a few big cats in the park, including jaguars...



Brazil Side

20 km from the falls lies the small town of Foz do Iguacu. Aside from the falls, the two other big attractions are the Itaipu Dam, the largest hydro-electric power plant in the world; and the beautiful bird sanctuary, situated just next to the Falls park entrance.

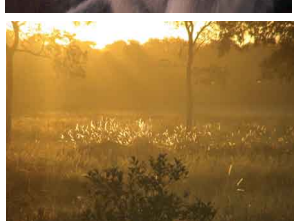
If you want to see a huge collection of indigenous and exotic bird species, this is a truly great place to do it. I was particularly impressed with the location and management of the sanctuary and in particular the size of the enclosures. As aviaries go, it doesn't get much better.

There are numerous viewing points of the falls, all offering their own unique perspective of this incredible place; and it is a pleasure to wander the entire length of the dedicated footpath high above the river below. Early morning is best as the light is fantastic and the mid-morning tour buses have yet to arrive.

by Chris Charlton



Wildlife of the Brazilian Pantanal...



The Pantanal is a vast natural paradise and one of Brazil's major ecological attractions offering a density of exotic wildlife not found anywhere else in South America. Covering some 230,000 sq km (89,000 sq mi), the Pantanal stretches into Paraguay and Bolivia, although the lion's share is Brazil's. Much of this territory is only accessible by boat, on foot, or on horseback.

It is a vast sedimentary plain of less than 200m above sea level. Into this basin flow the waters of more than 170 rivers such as the Rio Paraguay - the most important river of the ecosystem.

These rivers form a spectacular hydrographic network interrupted by innumerable lagoons, rarely deeper than 1.5m. As it doesn't rain much in the Pantanal, the waters are the result of river flood-waters (Jan-May). When the seasonal influx of water arrives, they transform the region into a fantastic water sheet varying from 3-5m in depth. It is considered one of the largest freshwater reserves in the entire Americas. Whilst the seasonal flooding has severely limited human occupation of the area, it provides an enormously rich feeding ground for wildlife.

Altogether the Pantanal supports some 650 bird species, 80 mammal species and numerous fish. The most visible mammal is the capybara, the world's largest rodent, often seen in family groups or large herds. And you can't miss the alligators, which number somewhere between 10 and 15 million. To see some of the more elusive mammals, such as the jaguar, it is necessary to invest some time (up to a week) with a professional tracker.

Giant Anteater

To sustain its 1.2-metre (4-foot), and 36-kilogram (80-pound) body, this Brazilian mammal must eat 35,000 ants or termites each day. Upon locating an ant or termite mound, it slides its 56-centimetre (22-inch) tongue into the narrow chambers, collecting the insects along the way. It can complete 160 similar cycles per minute. An anteater will never clean out an entire nest, always leaving some behind to guarantee a future food supply.

Ocelot

This relatively harmless cat has the misfortune of possessing a beautiful fur highly prized by hunters, who have greatly reduced its numbers in recent decades. The ocelot roams the forests and grasslands of Central and South America, searching for birds and small mammals to eat. Its large eyes are adapted to night-time hunting.

Jaguar

A significant number of jaguars, the largest of the American big cats, survive in remote parts of the continent. Unlike its close relative the leopard, which manages to live in surprising proximity to human settlements, the jaguar seems unable to thrive with people sharing its environment. In the tropical forests and savannahs that remain its strongholds, the jaguar is almost always found close to water, which it enters readily.

Toca Toucan

The massive, bright orange beak of this South American bird helps scare away predators such as hawks. The toucan is extremely playful, jousting with its beak or beating it against tree trunks. It moves through woodlands from Guiana to Argentina in flocks of a dozen or less, eating fruit and insects, and nesting in tree holes.

Harpy Eagle

One of the world's strongest birds of prey and the largest eagle, the harpy eagle is well-adapted to hunting in forests. Its short wings allow it to manoeuvre easily, and its huge claws enable it to drag monkeys and sloths from branches.

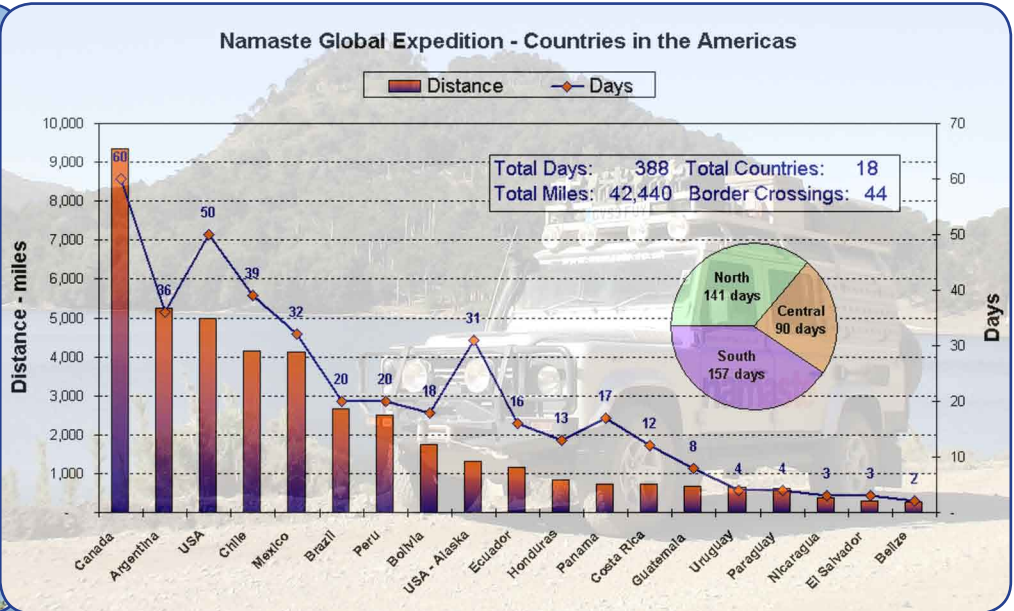
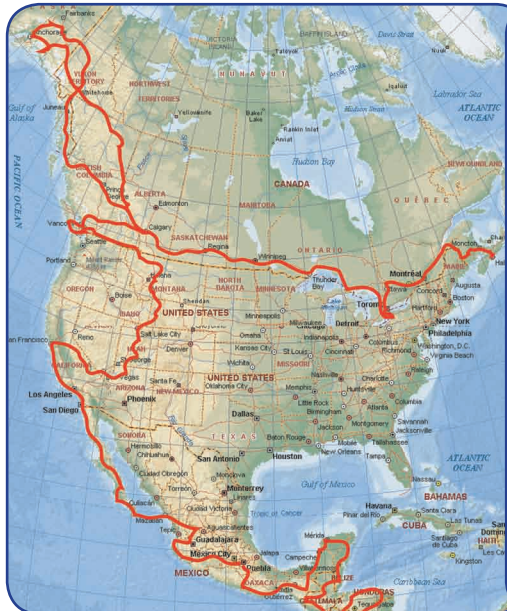
Hyacinth Macaw

The largest parrot in the world is also one of the most beautiful. It makes nests in hollow trees or in ravines, and its food includes various types of coconuts which it can pick up from the ground.

by Chris Charlton



The Namaste Global Expedition in the Americas...



Month	Miles	Average per day
Apr 04	4,229	163
May 04	2,571	83
Jun 04	3,050	102
Jul 04	4,360	141
Aug 04	2,470	80
Sep 04	3,857	129
Oct 04	2,088	67
Nov 04	1,430	48
Dec 04	3,365	109
Jan 05	3,730	120
Feb 05	1,702	61
Mar 05	5,768	186
Apr 05	3,820	127

Month	Top Tip	Favourite City	Adventure Spot
Apr 04	Britt, Georgia Bay, Canada	Quebec City, Canada	Banff National Park, Canada
May 04	Jasper National Park, Canada	Anchorage, USA	Denali National Park, USA
Jun 04	Panhandle, Alaska, USA	Dawson City, Canada	Golden, British Columbia, Canada
Jul 04	Nelson, Canada	Vancouver, Canada	Yosemite National Park, USA
Aug 04	Loreto, Baja Peninsular	San Francisco, USA	Sea of Cortez, Mexico
Sep 04	Tikal, Guatemala	Guadalajara, Mexico	Cenotes, Tulum, Mexico
Oct 04	Volcan Arenal, Costa Rica	Granada, Nicaragua	Bay Islands, Honduras
Nov 04	Boquete, Panama	Panama City, Panama	Galapagos Islands, Ecuador
Dec 04	Lake Titicaca, Peru & Bolivia	Cusco, Peru	Huacachina, Peru
Jan 05	Coroico, Bolivia	Santiago, Chile	Hacienda Los Andes, Chile
Feb 05	Sebastian Termas, Chile	Mendoza, Argentina	Aconcagua National Park
Mar 05	Lago Azul, Torres del Paine, Chile	Buenos Aires, Argentina	Futaleufu River, Chile
Apr 05	Santos-Rio Coast, Brazil	Rio de Janeiro, Brazil	The Pantanal, Brazil

Longitude & Latitude

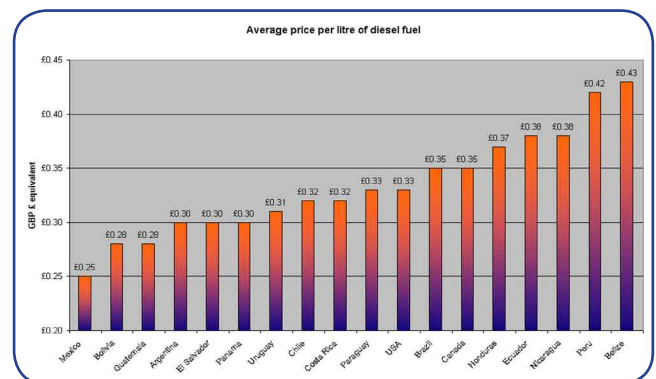
Furthest point:

North N 64° (Canada)
South S 55° (Argentina)

119° of Latitude

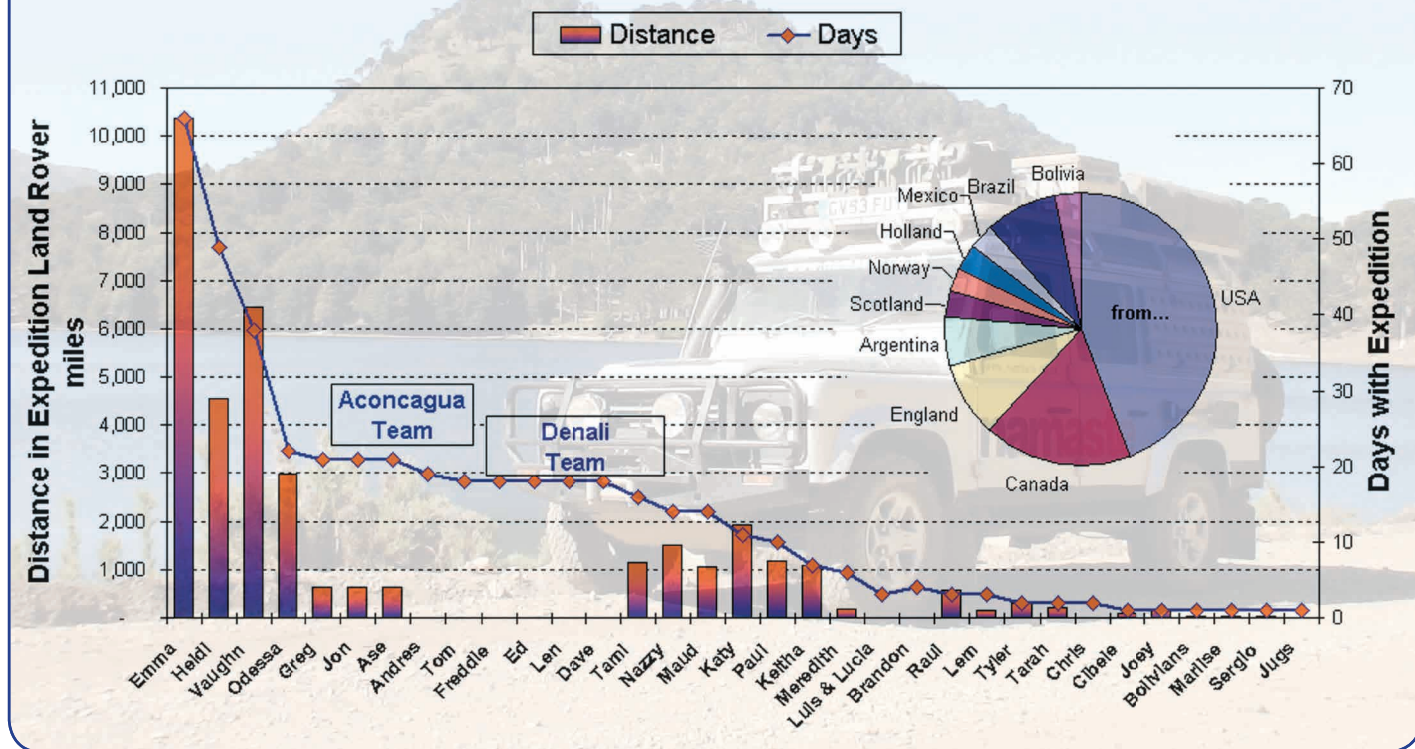
West W 153° (Alaska)
East W 43° (Brazil)

110° of Longitude



Adventurers in the Americas...

Namaste Global Expedition - Adventurers in the Americas



Over 30 people from 10 countries joined Chris on the Namaste Global Expedition in North, Central & South America; and countless others from the countries visited and fellow travellers became a part of the fun and adventure...

"Thank you for giving me the opportunity to meet all the wonderfully inspiring people along the way [from Guatemala City to San Jose, Costa Rica], the chance to see places I had so far only dreamt of, and the experience I've so longed for. Namaste... PS. See you again in Africa"

Heidi Bledung, 32, from Canada, October 2004



"Thanks for a great week. Country, scenery, activities etc all superb - your company priceless, thanks..." Paul Dollin, 33, from England, December 2004

"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, 40, from USA, July 2004



"Thank you for an amazing way to see my country" Raul, 27, from Mexico, September 2004

"It is without a doubt one of the best and most important decisions of my life. After all, life is an adventure..." Vaughn, 57 from USA, March 2005



"In the small time I was able to spend with Chris, he definitely made me think. Life was meant to be experienced throughout all ages of one's life... There is only a small window in your life when one can just go for it and worry about things after the fact. I'm sure I'm like every one else out there, dying to join Chris for every single adventure, large or small..." Brandon, 22 from Panama, November 2004



"Much thanks Chris... Your journey inspires me. Live well..." Nazy King, 19 from Canada, January 2005



"It was the experience of a lifetime! Travelling by car was definitely much more real than by plane or even bus. It allows you the freedom to chart your own course and stop whenever and wherever your heart or head guides you. You rock Chris for being able to do what you are doing. Thanks again for sharing the expedition with me. I will never forget my adventure with you." Katy, 26 from USA, September 2004

"I wanted to tell you how much I enjoyed the Aconcagua trip and appreciated all the efforts you put in to make it such a success. It was evident that you had gone to great lengths to ensure that we would have a well run trip, without it feeling 'packaged'..." Gregor Tait, 38 from England, February 2005



"Remarkable - that about sums it up! Come fly with us again..." Dianne, 35 from Canada, June 2004



"GREAT!" Asa Bente Sinnes, 28 from Norway, February 2005

"A new and fantastic experience..." Emma Verity, 31, from England, March 2005



"In Chris we found a person who was truly a citizen of the world and a person of great understanding and we spent numerous hours talking about the world and telling stories about our adventures and experiences. Chris's stopover in Britt was certainly a great experience and I still regularly follow his adventures through the Namaste News and I contact him when I can..." Tyler, from Canada, April 2004:

People

Fellow Adventurers...



Emma Verity, 31, web developer from London, England, continued on the expedition through Uruguay, the Misiones region of Argentina, Paraguay, and explored the diversity of central and southern Brazil, including the Pantanal and the coast. Emma finished her trip on the expedition in Rio de Janeiro.



And special thanks to Emma who stayed on in Rio to help with the expedition shipping to allow Chris to get home to the UK for a week or two to catch up with family and friends...

"So much more than I ever expected..." Emma, 30/3/2005

"Emma is a star..." Chris



Along the way...

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

Cris, Sergio, Edso, Kristine, Marty, Susan, Susannah, the Simpsons (Pantanal), Luis, Lucia, and all their friends and family, Cinca, Denis, Katia, Cybele and family (Santos and coast), Flavia, Sandro & co. (Rio)...

Special thanks to Luis and Lucia (from Santos), and their family and friends who were fabulous hosts to the expedition in Brazil. From sightseeing to surfing; traditional cuisine to dancing; wine to caipirinhas, we did it all! A truly wonderful family and a fantastic 6 days...



Letters & Emails

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

"All I can say is wow! You make me so jealous reading all of your new letter. I almost hate to read them cause all it makes me want to do is quite work and see the world. Anyway, all the snow here in Minnesota has melted so the rivers are around flood stage. So my buddy and I decided what better time to go kayak. We went up near the North shore along lake superior. We had a great time ran a bunch of crazy rapids and a few sweet waterfalls. Got some great pictures that I'll send when I get them developed..." Brandon, USA

"Hey Chris, Thank you so much for your email, so kind of you to take the time to write to us! Your suggestions and recommendations have been really useful and have saved us time, money and most likely - a huge amount of hassle! We hope you are continuing to having a wicked time...we continue to read your newsletters and follow your movements with great interest..." Emily & Michael, UK

"Hi Chris, How are you, thanks for your email, which always sounds extremely exciting, and thanks for your vote of confidence. I will hold you to your visit. We have just had a super busy season this past 5 months which has been great for Boracay and us, however to do believe it had a lot to do with the Tsunami and people changing their holiday destinations, great for us, but a real shame that it was not from a happier reason. I have been teaching a lot of Instructor courses lately which I love doing, managing about 5 courses a year which is what PADI allocates to this area. Enquiries for IDCs and numbers on the courses are increasing which is great... Well, short and sweet, life on a beach, what am I supposed to talk about. Hope your okay and still burning the candle at both ends, how did your climb go?", Gabrielle, Philippines

"G'day Mate, Checked out your website and very prof it is to, as was expected. Haven't registered for news letter yet, internet café too expensive... Yayaya! We are being slow coaches and looks like you are husseling. Andrea wants to spend more time reading your updates and itinerary so we get plenty of ideas and don't miss anything. At puerto Natales waiting to board RoRo to Puerto Montt. Safe and Happy travels as always, hope our paths cross again..." Vince and Andrea, Chile

Rio de Janeiro...

With its lush peaks, breathtaking beaches and urban ambience, the *cidade maravilhosa* (marvelous city) occupies one of the most spectacular city settings on the planet. *Cariocas* (inhabitants of Rio) are no less striking. Sensual and free-spirited, with a love for samba and celebration, they welcome visitors to their tropical city, sharing beaches, caipirinhas (cachaca- (or pingha-) fueled cocktails) and their wild Carnaval.



As with most big cities, and Rio is home to around 7 million people, it has its share of problems including corruption and poverty, with many local people confined to *favelas* (shanty towns) on the urban fringe.

Much of the city of Rio de Janeiro, in south-eastern Brazil, lies between mountains and water. The massive statue known as Christ the Redeemer right, completed in 1931 by the French sculptor Paul Landowsky, tops Corcovado Mountain. The statue was built to commemorate Brazil's first 100 years of independence from Portugal and seems to gaze over the city toward Sugarloaf Mountain, a bare granite rock rising out of Guanabara Bay. It is from here that the classic view of Rio and its landscape is seen (see photo on page 4).

Ipanema and Leblon are the best beaches, along with the more famous Copacabana beach. And if not on the beach or enjoying the vibrant nightlife, few countries embrace soccer as enthusiastically as Brazil, where it is the most popular spectator sport. Rio de Janeiro's Maracanã Stadium seats more than 200,000 fans for soccer games. The country has produced some of the world's top players, including



superstar Pelé, and its teams routinely dominate international matches...

by Chris Charlton

In the News

In the News

7-minute feature on the expedition appeared on Fox Sports TV. Upcoming features to appear in the Buenos Aires Herald and the UK's Independent...

See www.namaste.co.uk/news for details...

Previous Newsletters

Previous issues of Namaste News are also available at www.namaste.co.uk/news or click the links below if online:

April 2004	May 2004	June 2004
July 2004	Aug 2004	Sep 2004
Oct 2004	Nov 2004	Dec 2004
Jan 2005	Feb 2005	Mar 2005

Website Update

Stage 1 Development

12 Namaste Management Case Studies are now available on the website.

Stage 2 Development

The first Namaste Management Guides (Project Management Series; Leadership & Management Series) and Namaste Fun Films (Climbing Denali; A Taste of North America) are now in production; and should become available from Sep 2005.

April 2005 Stats

Hits: 41,476
Countries: 41
Downloads: 2,508 Mb

March 2005 Stats

Hits: 44,654
Countries: 52
Downloads: 2,850 Mb

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GLOBAL EXPEDITION

Join the expedition in Africa

for an adventure of a lifetime...

Namaste!

Welcome to the Africa 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.

Click here to download the full Africa Plan PDF (to be updated monthly), which should give you some idea of the expedition plan for Africa, though this is subject to variation depending upon conditions, politics and what you would like to do. You will also

find 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



Africa Route Plan

Africa. This vast and diverse continent of 53 countries stretches from the Cape of Good Hope to the shores of the Mediterranean. Encompassing the world's largest desert and one of its most extensive rainforests, it is the adventurer's last frontier. Whether it's the stunning wastes of the Sahara Desert with its barren mountains, the inspiring beauty of snow-capped Kilimanjaro rising sheer from the East African plateau, the lush, mist-covered volcanoes and lakes of Kenya's Rift Valley, colourful tribal peoples, or the lure of ancient Egypt, this continent has them all. And of course, the large numbers of big game that still roam the plains of this fascinating land make Africa the king of safari...



This route plan is a guide only. The exact routing will be determined on the ground depending upon conditions, politics, and accessibility...

CLICK HERE TO
DOWNLOAD THE FULL
NAMASTE GLOBAL
EXPEDITION AFRICA
PLAN

Highlights...

Perhaps nowhere in the world will you find such a variety of cultures, vistas, contrasts and contradictions, cities ancient and modern as in Africa. From the snow-capped peaks of Kilimanjaro and Mt Kenya, to the scorching heat of the desert; from the impenetrable jungles of the Congo, to the silver-sanded beaches bordering the Indian Ocean.

A key theme of the Namaste Africa Expedition will be to explore many of the continent's game reserves, whilst touring through this continent full of culture and design, of music and dancing, with a wealth of wildlife, flora and fauna. Some of the planned highlights include:

May 2005

Time to explore gorgeous Cape Town, built on the peninsula of the Cape of Good Hope with Table Mountain as a backdrop before heading north through the western Cape to the Tswalu Kalahari Reserve & rhino sanctuary...

June 2005

Exploring Namibia's incredible landscapes from the Fish River Canyon in the south to the Skeleton Coast; from the Kalahari Desert in the east to the Caprivi Strip in the north. Touring the Okavango Delta, Makgadikgadi pan & diamond mines of Botswana...

July 2005

Heading north to the Victoria Falls and awesome rafting on the Zambezi in Zimbabwe, then south through the northern Kruger National Park. Exploring the length of Malawi (including the lake), often known as 'little Switzerland' owing to its beauty. And short trips into Mozambique and across Zambia...

August 2005

Across the great plains of Tanzania before climbing Kilimanjaro, Africa's highest at 5,895m (19,340 ft). Then to the coast for some relaxation and diving on Zanzibar before a journey inland through Kenya's incredible game parks, including Tsavo & the Masai Mara. And in both countries, a chance to see much of the Great Rift Valley, one of Africa's most spectacular sights...

September 2005

Through the Kabalega and Ruwenzori national parks of Uganda; and unforgettable river journeys on Africa's second biggest river in the Democratic Republic of Congo. Discovering the equatorial jungle, exotic butterflies and the pygmies of the Central African Republic before crossing to the Waza National Park of northern Cameroon...

October 2005

A visit to the capital of Burkina Faso, Ouagadougou, once the centre of one of the ancient Mossi kingdoms; and the famous red, white and black Volta rivers. Onto historic Mopti, the 'Venice of Mali' founded in the 13th century and the legendary Timbuktoo before experiencing the unique lifestyle of the nomads of Niger...

November 2005

From the mountains of Guinea to the Adrar plateau of Mauritania; the Atlantic coast of the Gambia and Senegal, before turning north through Mauritania along the western Sahara before a tour of the length of the Atlas Mountains and ancient cities of Morocco...

December 2005

Exploring Roman ruins of coastal Libya; and the scenic and pre-historic wonders of its Fezzan region. Then into Egypt to explore the the Gifl Kebir plateau, the Nile river region, Cairo and the pyramids, the Great Desert Road and of course some Red Sea diving off the coast of the Sinai Peninsula...

www.namaste.co.uk/africa.htm

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What's next...

May 2005

June 2005

July 2005

**Overland in
Africa**

**Okavango
Delta of
Botswana**

**Victoria
Falls & the
Zambezi**

**Tswalu Rhino
Reserve of
South Africa**

**Adventures
in Namibia**

**Malawi &
Mozambique**

Plus the usual Global Expedition Update...

www.namaste.co.uk/news