

# namaste

GLOBAL EXPEDITION

Join the expedition  
in Central & South America  
for an adventure of a lifetime...

## Namaste!

Welcome to the Central & South 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 Central & South 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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## Central & South America Highlights

### October 2004

Travelling south through Central America from Guatemala to Costa Rica, exploring both inland and along both coasts. From ancient Aztec & Mayan cities to crystal Caribbean waters...

### November 2004

Through Panama, including amazing diving in the Bocas del Toro, then by boat from Panama City to Ecuador to explore inland volcanoes, the Amazon jungle and the hot springs of Banos before heading out to the wonderful volcanic Galapagos Islands, a natural wildlife haven and scuba-diving paradise...

## 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](http://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



### December 2004

Returning from the Galapagos, travelling broadly south through Peru, horse-riding in the Cordillera Blanca and rainforest of Parque Nacional Manu; and trekking to Macchu Picchu before crossing into Bolivia..



Caribbean beaches of Central America...

### January 2005

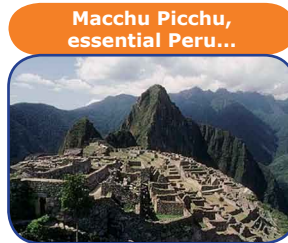
Explore the highlights of Bolivia including Lake Titicaca, La Paz, the Valley of the Moon and Salar de Uyuni, then south through Chile to Santiago and across to Mendoza in Argentina to climb Aconcagua...



Aconcagua, South America's highest...

### February 2005

After Aconcagua, heading south through Chile & Argentina towards Patagonia through delightful pacific coast villages and some of the most beautiful national parks in the world, including the Lake District and Parque Nacional Torres del Paine...



Macchu Picchu, essential Peru...

### March 2005

Exploring Tierra del Fuego, trekking in the Patagonia mountains, then following the east coast of Argentina from Santa Cruz to Buenos Aires, including the wonderful Peninsular Valdes...



Festivals abound...

### April 2005

Heading north through Uruguay and onto Paraguay, stopping at the incredible 1km-high Iguaca Falls. Touring through southern Brazil including Parque Nacional de Aparadas da Serra before finally reaching Rio, from where the expedition vehicle is shipped to Cape Town in South Africa...

[www.namaste.co.uk/namaste-global-expedition.htm](http://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](http://www.namaste.co.uk/news) for all the latest information and news. Your story and pictures could be there soon...

**Jul 2004**

**Aug 2004**

**Sep 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*

#### Cattle-herding in Chile...



#### Trekking in the Andes...



#### Exploring great cities such as La Paz...



#### The amazing Iguaca Falls of Brazil...



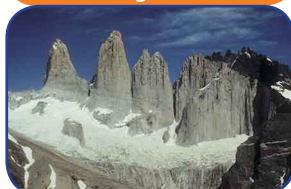
#### The Valley of the Moon in Chile...



#### Peruvian weaving...



#### The spires of Patagonia...



From	To	Where
Start		Guatemala City, Guatemala
1 Oct	2 Oct	Guatemala
3 Oct	9 Oct	El Salvador
10 Oct	16 Oct	Honduras
17 Oct	23 Oct	Nicaragua
24 Oct	2 Nov	Costa Rica
3 Nov	12 Nov	Panama
13 Nov	26 Nov	Ecuador
27 Nov	6 Dec	Galapagos Islands
7 Dec	24 Dec	Peru
25 Dec	10 Jan	Bolivia
11 Jan	28 Jan	Chile
29 Jan	31 Jan	Argentina
1 Feb	28 Feb	Climbing Aconcagua
1 Mar	21 Mar	Chile & Argentina, including Patagonia
22 Mar	28 Mar	Uruguay
29 Mar	4 Apr	Argentina
5 Apr	11 Apr	Paraguay
12 Apr	30 Apr	Brazil
	Finish	Rio de Janeiro, Brazil

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](http://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](http://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.

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

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](mailto:chris.charlton@namaste.co.uk)

Legend:

Available	Booked
Reserved	Unavailable

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

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

Date	Seat 1	Seat 2	Seat 3	Other
Sat 1 Jan	Available			
Sun 2 Jan	Available			
Mon 3 Jan	Available			
Tue 4 Jan	Available			
Wed 5 Jan	Available			
Thu 6 Jan	Available			
Fri 7 Jan	Available			
Sat 8 Jan	Available			
Sun 9 Jan	Available			
Mon 10 Jan				
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Sat 22 Jan				
Sun 23 Jan				
Mon 24 Jan				
Tue 25 Jan				
Wed 26 Jan	Unavailable	Unavailable	Unavailable	
Thu 27 Jan	Unavailable	Unavailable	Unavailable	
Fri 28 Jan	Unavailable	Unavailable	Unavailable	
Sat 29 Jan	Unavailable	Unavailable	Unavailable	
Sun 30 Jan	Available	Available	Available	
Mon 31 Jan	Available	Available	Available	

Continued on page 4...

## 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

## Availability continued...

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Legend:

Available	Booked
Reserved	Unavailable

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

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

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

Go to the Africa Plan (click here or go to [www.namaste.co.uk/africa.htm](http://www.namaste.co.uk/africa.htm)) for details about the next leg of the Namaste Global Expedition (May 2005 to December 2005)...

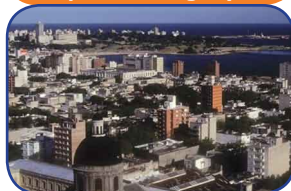
The mighty Amazon...



Lake Atitlan volcanoes...



Montevideo, the capital of Uruguay...



Mayan cities in Guatemala...



Fishing in Brazil...



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



## Where do you want to go?

