



NOV- DEC 05

Welcome to Makin' Tracks...

OneLife Adventure's new bi monthly newsletter bringing you trip reports, equipment reviews, travellers' tales and topical news from the world of vehicle dependant expedition travel.

View from the drivers seat

Like many of you I'm sat looking at the grey UK winter skies, dreaming about getting away to warmer weather. I'm putting the finishing touches to the exciting OneLife Adventure 2006 program, featuring UK explorer weekends, Iceland and North Africa. I've also got two World Explorers planned for 2006. These expeditions will take you into the far corners of the globe, to truly exotic destinations to experience the people, cultures landscapes and animals in them. These are extended trips, in some cases vehicles will need to be shipped in advanced to enable you to spend your precious time at the destination, not simply getting there. The first is in February 2006 to visit the colourful cultures and stunning landscapes in Mali and Senegal, the second is to Namibia in November to spend time in Kaokoland with the Hinba, and to see the fantastic game and scenery this safe and friendly country offers – oh and to see desert elephants and rhinos in the Skeleton Coast! I will have the destinations and the full 2006 Explorer programme up on the web site very soon. Speaking of which...

NEW WEB SITE...

....Like the gestation of an elephant this has been a long time coming.....
I now have a completely new web site, designed and built by the brilliant team at Corporate Speak. Click here to have a look – onlifeadventure.co.uk – as well as all the things you'd expect from an expedition travel site you can share photos and exchange gossip on the Discussion Forum, download booking forms and print itineraries for all the Explorer destinations, check availability and quickly book you place for all expeditions. It will develop through out 2006. I hope you'll find it useful and informative.

Anyone want to be King?

King Mswati III of Swaziland had to make a difficult choice in September – who would be his 13th bride!

The annual Reed Dance, ceremony where up to 50,000 hopefuls gather to sing the kings praises and pay tribute to the Queen Mother, in return for a wedding ring, palace, car and the usual trappings of queen ship. Despite having more than 20 children and 12 other wives, the king dubbed "The Sire of the Herd" chose Phindile Nkambule, 17. According to custom, King Mswati, 37, will marry Phindile Nkambule once she becomes pregnant.



Calculate your post holiday blues!

Scientists at Manchester University have come up with a formula to work out the chances for going back to work depressed!

$$(J+C) \times (R+T) - (H+O) / B$$

Rate yourself on a scale of 1 –10 (10 Best, 0 Worst) – Where :-

J	is how much you like your job
C	how well you get on with colleagues
R	how easily you relax
T	how well you travel
H	do you pick the right holidays
O	how well do you relate to others
B	are gaps between holidays too long

Your score -

- 30 +** a good lifestyle you are happy with, just done a OneLife Adventure expedition, want to go into work and tell everyone about it.
- 10 to 29** reasonably happy about going back to work but you need to consider booking the next expedition soon.
- Less than 9** You are not going back to work, are you!

Quote - Professor David Holmes,

"Someone who hates their job and goes on holiday to Lanzarote once a year will surely suffer from post holiday blues and be in need of a lifestyle overhaul".

Political Moves

A brief overview of what's happening in the world that may affect your trip. Check for the latest updates at the FCO web site.

PAKISTAN INDIA AFGANISTAN

Little else to be said after such huge loss of life. Donate at Disaster Emergency Commissions.

SUDAN

Calmer now, both Islamic and Christian groups represented in government, peaceful funeral of John Garang, former SPLA leader and Sudan's VP, killed in mysterious circumstances and moves being made to deal with refugees in Darfur. Darfur remains troubled and the Jinjaweed militia resumed activity in October. Non-essential UN and aid agency staff are being withdrawn. I would not recommend travelling in the Darfur region currently.

MOROCCO

Africans from the sub Sahel still storming the Spanish border at Melilla and Cetua, Morocco is cracking down hard on these economic migrants, reportedly dumping them in the desert. Theft and petty crime at the border is an issue, stay vigilant and move away from border areas as soon as you clear entry procedures.

MALAWI

Serious famine now widespread across Malawi and likely to impact in Mozambique, Zimbabwe and southern Zambia as widespread crop failures occur across southern Africa. UN and aid agencies active.

IRAN

No effect yet on travellers in term of restriction but claims that Iran is fuelling terrorism against the West and Iraq may cause Western travellers problems when dealing with officials.

SOUTHERN ASIA

Bird Flu concerns are causing some travel restrictions, and one feeling un-well urged to seek medical advice.

SOUTH AMERICA

Unusually high levels of snow melt is leading to lots of mudslides along the Andes. 1400 tourists were trapped at Machu Piccu when slides severed the rail and road connections, no injuries but road travel to be undertaken with caution, check bridge structures in water logged banks and for damage from swollen floods before crossing.

TRIP REPORT

OneLife Adventure WELSH EXPLORER August Bank Holiday weekend.

The August Bank Holiday weekend and great weather set the scene for another foray into deep Welsh countryside for a group of eager travel enthusiasts supported by OneLife Adventure. Eight 4x4 vehicles took on some challenging routes in the Brecon Beacons, which included green laning, river crossings and gushings and gushings of mud! Some sections were a little tricky but those who preferred could simply drive around the obstacles although we all found ourselves resorting to winches every so often on the routes. In all we covered around 80 miles of off road routes in breakthrough remote scenery. The group were a mixed bunch of guys, couples, families and dogs and we all got on famously...really nice people with the same love of 4x4's and the outdoors!



Wild camping for three nights was par of the course and Paul, of OneLife treated everyone to a hearty barbeque and enormous fire on the Saturday night high on a remote hillside...

If you have always wanted to go greenlaning or wild camping I can really recommend these weekends, for £100 per vehicle this is little cost for a thrilling weekend, lots of fresh air and adventure.

David Bradshaw



WHOSE TRACKS ARE THESE ?

For the armchair trackers out there here's a bit of fun, below are four pictures of animal tracks from across the world, try and name the animals footprints.

Answers at bottom of page



A

B

C

D

OneLife Adventure Diary

19th and 20th November 2005

Explorer 2005

Expedition and fieldwork planning seminar. The place to find resources to help you plan your own expedition. More information at www.rgs.org/eac

2nd to 18th December 2005

Maghreb Explorer

Join us in the warm Tunisia December sunshine as we recce the deep southern desert around El Boma and the oasis Ksar Gillaine. Real dune driving.

13th to 15th January 2006

Daily Telegraph Adventure Travel Show Olympia, London

Passionate about adventure?

Then why not beat a path to the UK's largest adventure travel and sports event. More information at www.adventureshow.co.uk/

February 2005

West Africa Explorer

A 4 week expedition into one of the most colourful countries in West Africa – Senegal. We'll also pass through Mauritania, and there is option to extend your trip into Mali.

Call to reserve your place on our exciting adventures

0 7 7 7 6 1 4 0 6 2 6 or 0 1 2 4 4 3 4 0 0 7 8

Keep an eye on the website for the 2006 itinerary.

Whose Tracks answers –

- A – Cheetah, note claw marks
- B – Elephant
- C – Lion, larger kidney shaped dog like paws, no claws
- D – Leopard, note very round toe pads, no claws



I hope you found Making' Tracks interesting! Let me know what you think of both the website and the newsletter.

Bye for now

Paul

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