

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

### **View from the ~~drivers seat~~ office window**



A bit of a change this month as we're in the UK for a few months. So it's Stoodley Pike, a 110-foot monument standing high on Langfield Moor above Todmorden in West Yorkshire. Yes, OneLife Adventure has moved into its new office in Todmorden. With fantastic countryside all around us, we feel it's only a matter of time before we start to offer some Yorkshire Explorers – watch this space.

### **Where are we going next ?**

#### **Billing Land Rover Show 20-22 July 2007**

We will be on Stand RG2 (near the Main Arena) at the LRM Billing Show near Northampton. We will be releasing our 2008 expedition program in time for the show so come and talk to us about where you would like to go next ... and ,no we don't know what size the left hand widget that fits the gigglepin, just under the hockey stick on a Series 2A is – but there will be someone there who knows. Love it or hate it, it's still Europe's biggest Land Rover show.

We look forward to meeting you there

### **Feedback on Makin' Tracks**

We hope you enjoy our newsletter and would welcome your feedback. Are there are articles you'd like to see, would you like to read more about our trips, is it interesting and informative. Please let us know

[info@onlifeadventure.co.uk](mailto:info@onlifeadventure.co.uk)

### **Apart from the move to Yorkshire, what else have we been up to recently.....**

Aside from 2 very successful expeditions to Tunisia and Morocco (read the trip reports overleaf), in April, in conjunction with Dr Dick Morgan from Expedition Medical Services, we ran a 1-day course on **Expedition Medicine**.

It focussed on all those things that never get covered in the usual first aid courses, and answered questions such as:

- Can I replace a filling in my tooth while in the middle of the Sahara .... or
- Gosh ! That 6 inch gash I've just made in my leg with the axe certainly hurts, how can I control the pain, stop the blood loss and sew it up .....



Dick is a full time GP and has supported both private & corporate expeditions since 1996. As such, he is extremely well qualified to answer these and any other questions you have on expedition medicine.

The feedback from the course was excellent and as such, we have decided to offer the course as part of our Independent Consultancy services. It's suitable for all and is focused on giving you the skills to deal with an emergency situation in remote locations when medical care is not readily available. The course will be held twice a year. However numbers are limited due to the amount of hands-on practical sessions.

Please call or email us to register your interest and to reserve a place on the next course.

## Tunisia Trip Reports

In February, we ran an exciting and fun packed expedition into Tunisia. We hope you enjoy these 2 reports, written by 2 of our guests on the trip. And check out the photos on our Gallery page – [www.onelifeadventure.co.uk](http://www.onelifeadventure.co.uk)

### Caution -Teenager on tour



It all started off with a rather rocky ferry crossing, so we were all relieved when we could settle down and savour a real Tunisian mint tea. “We” includes three cars, and eight people. The advantage of not being too many is that we were all chatting after about ten minutes on the Tunisian soil. After an agitated

first night (we were treated as terror-tourists!), the real adventure started.

A little bit of off road tracks, and we then visited Roman ruins. Some of the temples were nearly whole, and the ruins around them were very interesting to visit – I climbed most of the dangerous bits. The first night in the desert was accompanied with a few sympathetic Arabs who helped with putting the tents up, and joined us for tea and coffee later on. Throughout the trip, you really realise the difference between a Londoner and a Tunisian: the warmth and sympathy. Even in one of the auberges we stayed in, the owner was perfectly happy to let us sleep on the roof, or in the bar. Wherever suited us!

A day's rest in a nice hotel, and we were off for five days in the desert. Luckily for us, it had rained a few days before, so the sand wasn't too soft, and no big 'oh-damn-the-wheel's-stuck-and-we-have-to-get-the-spade-out' problems, though the winch was used a couple of times. It doesn't take you long to get used to the desert. You soon know you have to wear the same clothes days on end, that you won't shower for another few days so hey, just get dirty-we'll wash it off soon, and have fun running the car over the dunes. Although the sand was firm, you still had to be careful not to be stuck in a bowl, or on the ridge of a dune. Guides, like Paul and Anne, who know how to pick the best route are always handy.

The desert at night was silence, only disturbed by someone snoring ( ... ), and the band of stars above your head goes on for miles. All of us particularly liked this episode in the desert, meeting nomads and exchanging our stuff for the StoneAge arrow heads they find. Experiences like this are what we came for after all. Once out of it, and after a loooong shower to get rid of the smelly tourist feeling, a drive back up the coast, and with a few regrets, the ferry back home.



Overall, the pleasant mix between careful control and advice, and then your own liberty with your car was much appreciated, and the days of rest or shopping days were well set out. The camping sites weren't always planned, but hey! That's camping! We met a lot of kind and gentle Tunisians, and some very interesting ah... camels. The trip was nicely divided between the driving and challenging parts, to the cultural and discovery parts, but it was done so that neither one of them got us bored because of masses of it at a time. The Tunisian trip in three words? It was a **One Life Adventure**.

Annabelle Blackburn (14)

### King of the Road

In February I joined the OneLife Mahgreb Explorer trip in my newly kitted out Toyota 80 series. After 5 years and thousands of miles all over Europe and North Africa in my beloved Disco, I was going over to the *dark side*. She gave me dirty looks as I nicked gear off her, scowled as I painted bits on the '80 and sulked when I took off her beloved Howling Moon roof tent – in short I left her feeling abandoned and looking neglected. I tried to reassure her that she was having a well deserved rest, but to no avail ..... Judas she hissed.

There is a special feeling about starting a trip and I completely surrendered to the boyish excitement that we adults have to hide. Never had the Beach Boys been sung so well, I was king of the road and off to the sand.



The decision to go with OneLife was easy, this would be my third trip with Paul and Anne and to my mind, they fit the bill. Friendly, flexible, happy to share group cooking and above all, organised and professional.

The first few days were spent making our way along the western border with Algeria, attempting an old disused Roman pass and onto Arafat's place with its usual warm welcome. After a rest day we were off on our 5-day dune crossing – what it's all about for me. Visiting museums and ruins is ok, but even the thought of sand gets my blood pumping. The rain meant that the dunes firmer than any of us had known before and getting stuck was a challenge, not the norm. Airing down, low box, diff locks – what are they ? The Toyota proved to be a fantastic desert truck

The days passed all too quickly, ridge of dunes, valley, more dunes, valley, bigger dunes, view, more dunes get the message! Nights spent sharing food and a beer around the fire and bivvyng under the stars – bliss.



We were fortunate to have 3 children/teenagers with us on this trip – and I have to say that they made the trip. They kept us focussed on the wonders of the desert, on looking after each other and brought that energy that (sadly) only kids have. Towards the end of the crossing we met a group of nomadic Berbers, with their goats, amazing costume and amazing smiles. We passed a magical half hour with them sharing food, trading for Neolithic arrowheads, leaving gifts and generally marvelling at how they seem so happy with so little. Special moments like that don't tend to happen on the 7:09 to Paddington.

And now, as I think ahead to 3 weeks with Paul and Anne in Algeria this November...there's sand there and lots of it...oh, that strange feeling is back .....

Paul Mills



### **Africa – getting more crowded ?**

The world's holiday destinations saw more visitors in 2006 than in any previous year, according to a UN report yesterday. A total of 842 million people cast off fears of terrorism, bird flu and rising oil prices and headed off on holiday, with Africa seeing the largest percentage rise.

Sub-Saharan Africa in particular proved popular, with a rise of 9.4%. Close behind were destinations in north Africa, with an increase of 5.8%. More traditional hotspots in Kenya, South Africa and Morocco also continued to be solid favourites.

The report attributed people's preference for African holidays to its natural resources and appeal as a place for "authentic" experiences. It also suggested the continent's apparent remoteness from possible terrorist targets may have played a part in its popularity.



But not all's rosy, bankers in Zimbabwe are struggling as Zimbabwe's rate of inflation surged to 3,731.9%, driven by higher energy and food costs, and amplified by a drop in its currency, official figures show. April's inflation rate jumped up from the 2,200% recorded in March !

### **Smoking in the loo**

In neighbouring Kenya, smokers flock to toilets. Public toilets and the bathrooms in restaurants have never been so popular in Nakuru, Kenya's fourth largest town as they are today.

At lunchtime most cubicles are jam packed and on occasions people have to queue to access them, but most are there for the wrong reason - smoking.

Since the council authorities passed a by-law banning smoking in public places, the toilets have become an "acceptable" safe haven for cigarette consumers.

Lighting up a cigarette on the streets of the town - famous for its generous population of flamingos on the nearby lake - can land you in jail or lead to a fine of up to \$140.

"The threat is real, several people have been arrested here at the bus terminus this week for just lighting up a cigarette and I have to take precautions," said Mike Gaithuma, one of the residents now using public toilets as a smoking venue.

Is this a lesson for us on 1 July 2007 ?

OneLife Adventure run a number of courses and training days to help you get the most out of your adventure.

### **Anyone seen the Fugawi tribe - getting to know your GPS**

An introduction to navigating with a GPS, how to get the best from it, its limitations, tricks and traps, using/managing waypoints, tracks and routes and interfacing it with a laptop computer and other mapping software.

### **WARN – no, its brand new ! - Vehicle Recovery and Winching**

A course held on a fixed site in Wales which covers safe operation of a winch, recovery of yourself and others with a winch and other recovery aids, kinetic recovery techniques, how to right an overturned vehicle and safe use of a HiLift jack.



OK – it's not Wales but it was warmer.

### **Rough Guide - Vehicle Maintenance for Bush Mechanics**

Gives you the basic skills to maintain and service your vehicle in the bush, undertake daily/weekly checks and what to keep an eye on, tyre changing and repairs – all aimed at getting and keeping your truck moving whilst on expedition.



If you are interested in any of these open courses please contact us for further information.

In addition, we offer bespoke individual consultancy on all and any aspects of your overland trip – we currently have a family travelling the Silk Road to Beijing, 3 vehicles travelling through Africa top to bottom and Matt and Reds Big Adventure currently in Alice Springs. So if you need a bit of help to make your dream trip a reality, please talk to us to find out how we can help you get away.

# OneLife Adventure Diary 2007

Would you like to share similar experiences to those of Annabelle and Paul.....

## 6<sup>th</sup> to 17<sup>th</sup> Aug Pyrenees Explorer

The Spanish Pyrenees are the least visited part of the dramatic Pyrenean Mountains guarding the border between France and Spain. The whole region is immensely beautiful - thickly forested foothills, secret plunging valleys and soaring snow capped mountains make for some of the best mountain driving in Europe



## 4<sup>th</sup> to 19<sup>th</sup> Sept Transylvanian Explorer



vultures soar above its glistening schist peaks.

**Romania** - this little visited country, poised to enter the European Union this year, seems little changed from the Middle Ages. Bears and wolves roam its woods and mountains, buffalo bask in warm valleys while eagles and



## 9<sup>th</sup> to 24<sup>th</sup> Oct High Atlas Explorer

**Morocco** - our nearest neighbour, in the most fascinating continent in the world - timeless Africa. Morocco provides a superb introduction to the exciting culture and varied scenery of North Africa. While many rush south we take the slow track to find the real Morocco - its diverse and ancient cultures, its great plains, deserts and soaring mountains

For more information or to make a booking, call us or visit our website

0161 265 5799

[www.onelifeadventure.co.uk](http://www.onelifeadventure.co.uk)

## 22<sup>nd</sup> Nov to 17<sup>th</sup> Dec Hogar and Tissili Explorer

**Algeria** is the Sahara....

It covers more than 80% of the country and with 90 percent of Algerians living along the northern coast on 12 percent of the country's land, it leaves a lot of sand and rock for us to explore!



## 20<sup>th</sup> Dec to 10<sup>th</sup> Jan 08 Fezzan Explorer



**Libya** - misunderstood, isolated, barren, home to mad dogs ! ..... This is what many think when Libya is mentioned but they are very wrong - vast breathtaking desert vistas are our backdrop to this stunning country

## Welsh Explorers 2007

7<sup>th</sup> and 8<sup>th</sup> July  
25<sup>th</sup>, 26<sup>th</sup>, 27<sup>th</sup> Aug  
29<sup>th</sup> and 30<sup>th</sup> Sept  
10<sup>th</sup> and 11<sup>th</sup> Nov

These popular, UK based mini expeditions will take you into some of the most remote and beautiful areas of Wales.



We look forward to seeing you in 2007  
Bye for now

*Paul*

*Anne*

If you have any comments or don't wish to receive this newsletter, please email us: [info@onelifeadventure.co.uk](mailto:info@onelifeadventure.co.uk)