

# Low Carbon Lifestyle Tour Reaches Half Way and the USA!

Carpenter and sailor Mukti Mitchell has made it half way round the coast of Britain without an engine on his Low Carbon Lifestyle Tour promoting the benefits of low carbon living.

Mukti has been warmly received in all ports of call and his talks have been well attended. Visiting schools, community groups and sailing clubs around the country Mukti has been sending out the message that low carbon living is not only good for the planet but good for you too, improving your quality of life in the process.

The tour has been widely picked up by media on the way round Britain reaching an estimated audience of 5 million through TV, radio and regional newspaper networks. During a stopover in McDuff in Scotland the tour caught the interest of a TV journalist from the US who made a programme which has been broadcast on Lakeland Public Television in Minnesota.

Terrible weather conditions in June caused the tour to fall two weeks behind schedule while in the North of Scotland. Mukti was forced to take the train to Edinburgh, where he gave a talk at the Environmental Justice Festival, and was interviewed by *The Melting Pot* to inspire social entrepreneurs with the personal story behind the tour. Some hard sailing coupled with a change in the weather enabled Mukti to make it back on schedule with a record sail of 80 miles in 23 hours from St Andrews to Amble. Down the East Coast of Scotland and Northumberland Mukti saw hundreds of puffins and had 14 dolphins swimming around the boat. Mukti's craft "Chance" is a 15ft microyacht designed and built by Mukti himself, light enough to row (thus needing no engine) and yet stable enough to go offshore.

"I'm aware that I'm about to enter a much more dangerous patch of water with much more shipping" says Mukti. "I'm really looking forward to the challenge of getting up the river Thames into London against strong currents with no engine" he continues.

Mukti recently gave talks in Hartlepool, Scarborough and Bridlington, and received the best feedback when Judy Oats, of Scarborough, told him: "*Probably the most interesting talk I have ever heard. Every minute was inspirational.*" Mukti was delighted with this feedback. "People seem to really like the talks on low carbon lifestyles." He says. "I think it is because I show exactly what steps you can take to reduce your carbon emissions, combined with talking from experience about how low carbon lifestyles improve your quality of life."

With Scotland behind him Mukti is now looking forward to the South East and London. In London he is inviting hundreds of people to walk from Tower Hill to Westminster to deliver gifts of 1,000 copies of his *Guide to Low Carbon Lifestyles* to the UK Government. The procession on Saturday 18<sup>th</sup> August will visit the Houses of Parliament, 10 Downing Street, Clarence House and Buckingham Palace to deliver the gifts, and advance welcome has already been received from Westminster and Buckingham Palace. Mukti will then talk at Speakers Corner in Hyde Park.

For more information and press ready photographs visit [www.lowcarbonlifestyle.org](http://www.lowcarbonlifestyle.org)  
Or contact Mukti Mitchell: [mukti@lowcarbonlifestyle.org](mailto:mukti@lowcarbonlifestyle.org) mb. 07779 256635

The Low Carbon Lifestyle Tour - Sailing around Britain in a zero emission microyacht to promote low carbon lifestyles. Endorsed by HRH The Prince of Wales, Tony Blair, David Cameron, Menzies Campbell, and leading environmentalists. Coming soon to a port near you!  
[www.lowcarbonlifestyle.org](http://www.lowcarbonlifestyle.org)

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The Low Carbon Lifestyle Tour, Rat's Castle, Clovelly, Bideford, Devon, EX39 5TF, 0845 345 5075,  
[mukti@lowcarbonlifestyle.org](mailto:mukti@lowcarbonlifestyle.org)