

Dolphins all the way for Mukti on the Low Carbon Lifestyle Tour. Press release 25.04.07

Environmental campaigner Mukti Mitchell has been enjoying the company of some of the Welsh coast's marine inhabitants as he continues on his epic journey around the coast of Britain promoting the benefits of low carbon living. "I've seen dolphins every day since I left home" enthused Mukti. "We went through the notorious Jack Sound by Skomer Island where the current runs at 8 knots and then came in to the shelter of St Bride's Bay to find 10 dolphins lined up to greet us" Mukti continued.

And there have been many two legged supporters also following Mukti on his tour. On his arrival in Swansea Mukti was greeted by the Economics Minister of the Welsh Assembly, Andrew Davis as well as local Councillor Mark Child, Commodore of the Mumbles Yacht Club Tim Claypole, and local Green Party candidate Rhodri Griffiths. "It was a great introduction to the city and set me up well for my talk later that night at the Mumbles Yacht Club", Mukti explained.

Later Mukti was treated to a tour around the Swansea coastguard station by watch officer Bob Peel. "It was really nice to meet some of the people and see the set up that I talk to on the VHF radio all the time. As a sailor it is very reassuring to know that such a professional set up is there to help prevent things going wrong" said Mukti. Also during his stay in Swansea, Mukti met *Any Questions* presenter, Jonathan Dibleby, one of the endorsers of the tour, at an episode of the show recorded in Mumbles.

Mukti then moved on to Fishguard where he gave a talk on Saturday evening at Celtic Diving in Goodwick Parrog. The Mayor of Fishguard presented Mukti with the Fishguard Council Tie at the official welcome attended by councillors, the Western Telegraph and other local newspapers. Mukti's talk was full and he sold 20 copies of *The Guide o Low Carbon Lifestyles*.

The following day, Sunday 22nd April, Mukti and his new crew, Dinghy Cruising Association Magazine Art Editor Keith Muscott, broke two of Chance's records, covering 65 nautical miles in one day and reaching a speed of 9 knots. They covered almost half the length of Wales in one day to reach Aberystwyth by 11pm. Mukti talked to a packed audience at the Treehouse café with listeners queuing outside. The feedback was very positive, one listener saying "thank you for relieving the CO2 guilt, now I feel like I have a plan". On Thursday, Mukti will give his presentation on low carbon lifestyles to the staff of the Centre for Alternative Technology in Machynlleth before moving on towards Liverpool for the 5th May.

During the tour copies of Mukti's guidebook on low carbon living have been selling well. When he reaches Westminster on the 18th of August Mukti will deliver 1000 copies of the booklet to all the MPs and Lords in the Houses of Parliament. Mukti's MP, Geoffrey Cox hopes to be there to receive the guidebooks and offer Mukti tea on the terrace. Unlike recently published books on low carbon living often costing in excess of £10, the booklet is available free to download from the tour website, as well as for sale in hard copy at £3.00 each. "The information in the booklet is so important that it needs to be easily available and easy to pass on, which is why I'm offering as a free download," explains Mukti. "The booklet also differs from others in that it is very much about enjoying yourself and improve your quality of life, not at all about making sacrifices" he continues. The booklet focuses on ten areas of living, including electricity use, insulation, transport, holidays and recreation, showing the easy ways to reduce carbon emissions in each.

The tour diary, high resolution photographs, itinerary and details of up and coming events, flyer, project guide and Guidebook are all available on the tour website www.lowcarbonlifestyle.org.

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