Low carbon lifestyle tour arrives in Scotland.

Continuing on his epic journey around Britain promoting the benefits of low carbon living, Mukti Mitchell and his 15 ft sailing boat Chance have reached Glasgow 43 days after leaving their home port of Clovelly in N. Devon.

"It feels a real achievement to have reached Scotland using just the force of the wind and our own muscle power" said Mukti "we've had some challenging sailing but Chance has shown her true colours and we've had some fantastic experiences and met wonderful people along the way" he continued.

Crossing the Irish Sea to the Isle of Mann Chance and her crew encountered strong winds and rough conditions which seriously tested the 15 ft boat.

"every so often there was a roar and a breaking wave would hit the side of the boat, crashing all over us and throwing water into the cockpit" recalls Mukti. "If a wave had caught us on the starboard side we would have jibed (when the boom goes from one side of the boat to the other) dangerously. My crew Keith thought the biggest wave he had seen on this passage had been 12ft high. There was some big stuff around".

After safely reaching the Isle of Mann, Mukti received an enthusiastic welcome from the famously friendly Manx people. After an evening talk and interviews on both radio and television on the island Mukti was hailed as inspirational and applauded for "getting the balance right".

"What people seem most surprised by is my message that low carbon living should be fun, explained Mukti. During his talks Mukti points out that a low carbon lifestyle can save you money, give you more free time and bring a better quality to your life.

After an exhilarating but somewhat easier crossing to Scotland Mukti has worked his way up to Glasgow where the Low Carbon Lifestyle tour will be part of a big event in the city co-hosted by Glasgow Is Made By Us starting on 25th May at 7pm.

The aim of the event is to promote the many positive environmental/social initiatives already happening within the Glasgow area and looking at ways to make the city more hospitable and user friendly.

From 10am till 5pm there will be displays of low-carbon products from insulation to bicycles, solar panels, recycling, local holidays, local food, art and recreation. 'Chance' will be in the Square alongside Gal Gael's traditional 23' Yole (longboat).   There will be interactive stalls, talks, activities, workshops, guided walks, a bike tour assembling at 12 - leaving 12:30, Press conference and Official Welcome by Councillors at 2pm, Mukti Mitchell will give a talk at 3pm and sign copies of his 'Guide to Low Carbon Living'. There will also be live music from local bands (O.B.E. StopStartAccelerator, Andrea Marini, Tall Boy) and much more.

For more information on the Tour, future destinations, Mukti's Diary, quotes and endorsements, press ready photos and other press releases please see website www.lowcarbonlifestyle.org.

PRESS SCHEDULE:
Friday 25th 7pm - Glasgow Science Centre, Press Photos and TV. Arrival of Tour in Glasgow. Journalists can meet Mukti Mitchell here.

Saturday 26th 2pm - St Enoch's Square, Press Conference, Official welcome by Councillor Martha Wardrop.

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