

For Immediate Release**CONTACT:**

Andy Leonard
ITrekNepal
(503) 522-1747
andrew@itreknepal.com
www.Itreknepal.com

Portland, OR November 18, 2007 -- ITrekNepal, a young trekking company that specializes in small groups and individual trekkers, is providing a solution to a new challenge in Nepal. Nepal's tourism authority has for some time been discussing the option of requiring Nepal-based guiding services for all treks in the country. This policy will insure a more professional and controlled approach for trekking throughout Nepal. However, many independent trekkers are hesitant to join large guided trek groups, preferring instead to have the freedom and flexibility to trek by themselves.

ITrekNepal's small group trekking approach provides individuals, couples, and small groups of friends with an alternative. When trekking with ITrekNepal departure dates are flexible and trekking can be tailored to an individual's pace. This solves the frustration that many trekkers feel when forced to go at the pace of the slowest person in larger groups.

With individual or small group trekking guests can stop longer on the trek for a view, choose to leave later in the morning or arrive earlier in the evening or perhaps linger at a hot spring. While keeping the cost of their treks comparable to those of large group-only trekking companies, ITrekNepal provides a luxurious experience. Trekkers will stay in the best tea houses, fly rather than taking slow public buses to and from trek trail heads, and are provided with new equipment and benefit from the experienced English-speaking guides. Andrew Leonard, ITrekNepal's Director of Operations sums up their approach by saying "We want to provide adventurous trekkers with the best of all worlds -- the freedom to choose when, where and how they trek with the services and amenities of an experienced local guide service."

ITrekNepal offers over 16 standard trekking routes like the [Annapurna Circuit Trek](#) and [Everest Base Camp Trek](#), as well as the opportunity to customize their trekking routes. They also provide a range of other Nepal adventure experiences like rafting down the rapids of the Marsyangdi River and wildlife safaris in the Royal Chitwan National Park.

About: ItrekNepal accommodations include only teahouses/hotels used that have been personally approved by ItrekNepal with a guarantee of the best rooms reserved for ItrekNepal clients. To learn more about this Nepal trekking company visit their website at <http://www.itreknepal.com>

For additional information pertaining to this release contact: Andy Leonard (503) 522-1747