

**Contact:**

Andy Leonard  
Itreknepal  
(503) 522-1747  
[andrew@itreknepal.com](mailto:andrew@itreknepal.com)  
[www.itreknepal.com](http://www.itreknepal.com)

Portland, OR June 6, 2008 -- Mt Kailash, considered the holiest mountain on earth by a number of faiths and religions, is the newest destination offered by **ITrekNepal**. This is an exclusive opportunity as only a few permits each year are granted into this secluded region and all trekking in the area comes to a halt by November when the region is cut off by snow.

Trekkers and spiritual seekers have a unique opportunity to join a guided and fully-supported trek through the remote region of Humla in Western Nepal to reach the most sacred mountain in the world - Mt Kailash, considered by Hindus to be the home of Shiva. This exclusive journey is made for travelers in search of a cultural and spiritual understanding amidst the splendor of the Himalayan mountain range. This is a rigorous journey requiring hiking, camping and 4wd overland driving through the remote and wild western regions of Nepal and Tibet. Driving elevations range from 9,000ft (2,745m) to 16,000ft (4,880m) and hiking trekkers will reach a maximum of 18,400ft (5600m).

According to **ITrekNepal's** Operations Director Andy Leonard, "We're offering a handful of intrepid trekkers the opportunity to experience a part of the world that is rarely frequented by Westerners." He went on to say, "Very few trekkers have passed this way and it's completely cut off by snow from November to April making this summer and early fall the ideal time to trek in this area which is unaffected by Nepal's summer monsoon weather."

More than a just a mountain trek, this is an extraordinary journey during which trekkers will pass through the hidden Humla valley in Nepal's western most Tibetan frontier and to Tibet's mythical Mount Kailash and Lake Manasarovar. To begin this pilgrimage travelers will start by taking the flight to Simikot in Nepal's remote Humla District. From here the trek follows the ancient salt trading and pilgrimage route towards the Nara Langa pass and to the border trade post at Taklakot. Driving overland north past Gurla Mandata mountain to the shores of Lake Manasarovar and Rakshas Tal Lake the trips will reach the settlement of Darchen situated at the foot of Mt. Kailash. Then comes the 'kora' (holy-walk) trek on the mountain sharing the trail with pilgrims of many faiths and cultures that head for Kailash during the summer months. After completing this trek those traveling with Itrek will camp by the banks of lake Manasarovar and then drive eastwards by jeep along the mighty Zangpo River and through the vastness of the Tibet Plateau. Here they will enjoy fantastic mountain views of the Himalayas as they journey south towards the border town of Zangmu to re-enter Nepal at the Friendship Bridge.

Both 24 day and 17 day treks are available. These are fully supported treks with all camping equipment, led by experienced local guides. Overland travel in Tibet uses private four-wheel-drive jeeps (whenever possible). Itrek has coordinated its trip dates to coincide with a full moon for particularly auspicious trips.

About: **ITrekNepal** is a [Nepal trekking company](#) equally committed to the enjoyment of its clients and to the future of all Nepalese. All Itreks have been carefully researched to ensure very safe and enjoyable trips. Only the best accommodations, guides and porters are used, and any trek can be customized to a client's preferences.

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