

Contact:

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

Portland, OR May 24, 2008 -- For trekkers wanting to experience Tibetan culture as it has existed for thousands of years **ITrekNepal** will begin offering trips to the highly restricted area of Mustang this summer. This is an exclusive opportunity as Nepal limits the number of outsiders allowed into the region each year.

The mystical Mustang area, closed to the outside world until 1992, is a little known kingdom within Nepal which maintains the traditional Tibetan culture in. The Dalai Lama has said, "Mustang is one of the few places in the Himalayan region that has been able to retain its traditional Tibetan culture unmolested... authentic Tibetan culture now survives only in exile and a few places like Mustang, which have had long historical and cultural ties with Tibet."

According to **ITrekNepal's** Operations Director Andy Leonard, "We're offering a handful of trekkers the opportunity to enjoy this trek. "We have experienced, tri-lingual guides who speak, English, Nepalese and Tibetan. Our guides really know this region well and will provide trekkers with a very intimate experience of the unique terrain and culture of Mustang."

In other parts of Nepal trekking isn't possible during the summer months which experience heavy monsoon rains. Mustang lies in the rain shadow of the Himalayas and is not effected by the monsoon so it provides the perfect opportunity for individuals who want a summer adventure and to experience Tibetan culture.

The route **ITrekNepal** takes begins with a flight to Jomsom and then follows the course of the Kali Gandaki gorge. Climbing up this steep canyon, trekkers will hike several days to the walled capital city of Lo Manthang, virtually untouched since the 14th century. This is a mystical region that is home to snow leopards, the endangered bharal (blue sheep), and the mythical mehti (abominable snowman).

About: **ITrekNepal** is a [Nepal trekking company](http://www.itreknepal.com) 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