

Cultural Diversity

Partially as an effect of biological diversity, cultural diversity is a feature of mountain regions. Numerous ethnic groups with distinct languages and traditions abound in mountain regions. Isolation has led mountain residents to have a strong identity with a sense of place, and it has helped to preserve unique languages and cultural traditions from the onslaught of mainstream pressures to adopt 'national' cultures. Mountain communities have also, however, absorbed some outside elements brought in by those returning from outside employment or trading, or from outsiders coming to the areas as refugees, seeking sanctuaries from oppression or even poverty.