



**Asian Heritage**  
**Treks & Expeditions**  
**Int'l Tours & Travels**

**Enjoy the Himalaya, explore the culture**

Namaste!

We have come before you again with our August edition of the newsletter. This edition is of two separate destinations. One is the holy journey to purify your soul from the sickness and greed while the other is the longest trekking journey in the world, the Great Himalaya Trail. So, you can join us on the road to the spiritual path or the legendary trail through the Himalayas.

## Holy Journey

During the full moon day in August, the pilgrims from Hindu and Buddhist religion make their journey to many sacred places in which the trek to **Gosaikunda Lake** and **Panch Pokhari** are famous as it is believed that taking a dip in these lakes eradicate one's sins. Especially, Hindu people chant Gayatri Mantra and change their Sacred thread (Janai) for the protection and Rakshya Bandhan-a sacred red-yellow thread tied around the wrist by the priest. This year it falls on **August 26th**.



### Trek to Holy Lake-Gosaikunda

-7 Days

\$633



### Panch Pokhari

-10 Days

\$1069

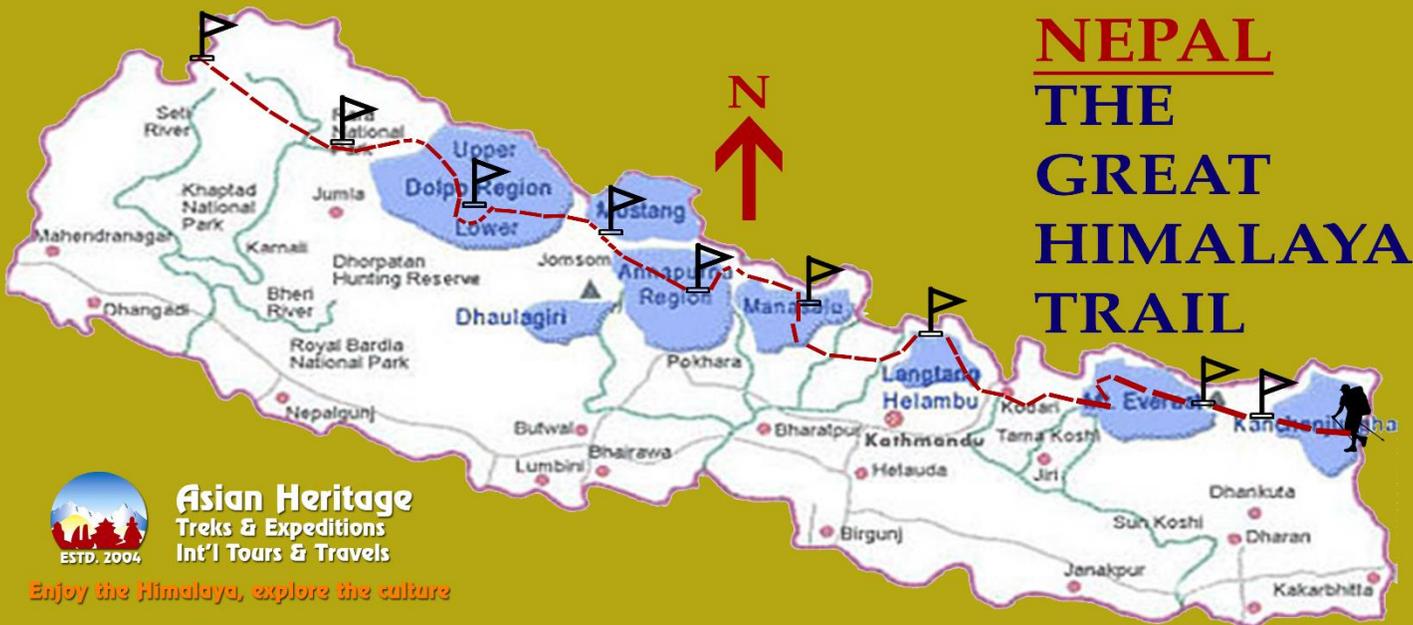


## 8-Beautiful lakes of Nepal

Nepal is a beautiful country with many beautiful lakes. Among 5,000 lakes, we have chosen the 8 beautiful ones. Here is the video from Asian Heritage family which lists the 8 of most beautiful lakes in Nepal.

# Great Himalaya Trail

## NEPAL THE GREAT HIMALAYA TRAIL



**Asian Heritage**  
Treks & Expeditions  
Int'l Tours & Travels

ESTD. 2004  
Enjoy the Himalaya, explore the culture



If you are in pursuit of the adventure of the lifetime, then the **Great Himalaya Trail** is the one for you. This trail takes you from **East of Nepal**, Kanchenjunga Base Camp, to the **West of Nepal**, Humla and far west of Nepal, spanning over 130 days of the journey. The trail takes you to the world's most remote areas, explore beautiful destinations and adrenaline rushing adventures.

We also operate GHT as separate **nine stages** which are independent of each other. If you are short on time you may want to choose one or more of the stages with the eventual goal of completing the entire GHT over a period of years.

- 1) [Kanchenjunga Base Camp](#)
- 2) [Makalu Barun](#)
- 3) [Everest Region](#)
- 4) [Langtang Valley](#)
- 5) [Manaslu](#)
- 6) [Annapurna and Mustang](#)
- 7) [Dolpa](#)
- 8) [Rara and Jumla](#)
- 9) [Humla and Far-west Nepal](#)



Copyright © Asian Heritage Treks & Expeditions Int'l Tours and Travel.  
All rights reserved.

Our mailing address is:  
[info@asianheritagetreks.com](mailto:info@asianheritagetreks.com)