



Asian Heritage
Treks & Expeditions
Int'l Tours & Travels

Enjoy the Himalaya, explore the culture

Newsletter

November Edition

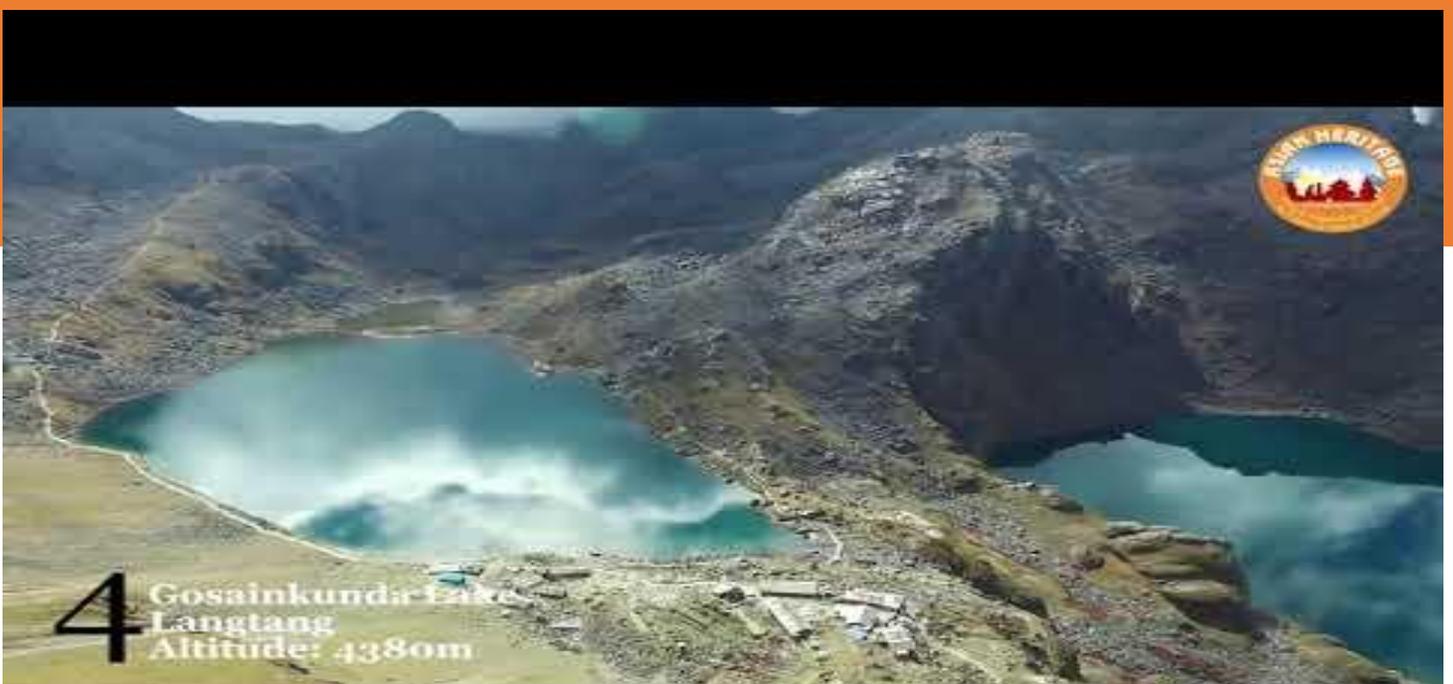
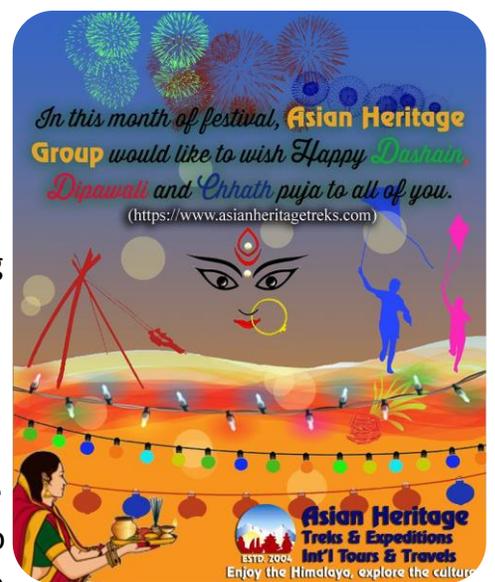
Namaste!

We have come before you again with our newsletter of the month, November edition. This edition includes the second biggest festival of Nepal wishes from Asian Heritage Treks & Travels and the brief introduction to the proud & recovering Langtang region.

Our Latest Updates

From 5th of November, the festival of lights, **Tihar**, is going to start and ends on 9th of November. On this occasion, **Asian Heritage Treks & Expeditions | Int'l Tours & Travels** wishes everyone a **"Happy Dipawali"**. Tihar, also known as Deepawali, is called the festival of lights because Diyas (lamps) and decoration lights are lit inside and outside the houses to make it illuminate at night making a spectacular view. Also, numerous candles and festive lanterns will be lit up for the Laxmi, Goddess of wealth, fortune and prosperity.

And each Tihar holiday has its own saying. The **first day** of Tihar is to worship crows, "**the messenger of death**". People often sprinkle rice on the ground for crows' pecking. The **second day** of Tihar is to honor dogs, "**the guardian of the god of death**". The **third day** is to welcome the **Goddess of Laxmi**. The **fourth day** is to thank **cows**. The **fifth day** is to place Tihar quotes (**Tihar Tika**) to brothers for their achievement, success and life longevity and present Tihar gifts for sisters. People make patterns on the floor of living rooms or courtyards using materials such as colored rice, dry flour, colored sand or flower petals outside their house, called **Mandala**, which is meant to be a sacred welcoming area for the Gods and Goddesses of Hinduism mainly Goddess Laxmi.



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.

The Langtang Region

The **Langtang region** next to the Tibetan border is not as popular as the **Annapurna** and **Everest trails** but has many things going for it: it's fairly close to Kathmandu, there's a wide range of stunning scenery, you get right into the high mountains within a couple of days, and there are lots of possible trek combinations.

The Langtang valley, also known as "**valley of glaciers**" offers an abundance of wildlife, ponds & lakes, rich cultural and historical importance. Couple this with picturesque scenery such as pine forests, swift mountain streams, rugged rocks and mountains rising up; it is bound to be a unique experience.

In Langtang Region, you will understand the history of the **Tibetan ancestry** and their way of living, agriculture, and trade. After the **massive earthquake in 2015**, most of the Langtang valley was destroyed and now they are making a comeback as you can see the warm and gentle smile while welcoming you. You can enjoy not only the colorful dresses of the people but also the blooming rhododendron forests, birds, and butterflies.



Tamang Heritage & Langtang Trek

-11 Days
\$590



Langtang, Gosaikunda & Helambu Trek

-17 Days
\$750



Ganesh Himal Trek

-10 Days
\$945

Tamang Heritage & Langtang Trek is an excellent choice to explore the Tamang & Tibet culture with the adoration of beautiful mountain views in the Langtang Region of Nepal. This trail takes you to many villages such as Chilime, Nagthali, Thuman, Briddhim, Langtang village & Kyanjin. **Langtang Gosaikunda & Helambu Trek** combines the three popular trekking trails, the Langtang Valley, Gosaikunda, and Helambu valley. This trek combines different types of activities like strolling around the traditional villages, summiting the small peaks, crossing the glaciers, visiting the Hindu sacred Lake Gosaikunda along with some other lakes and pleasant walking in the wildlife. **Ganesh Himal Trek** is one of the least explored areas of the Himalayas territory which is situated in between the most popular trekking destinations Langtang to the east and Manaslu to the west. Named after the Hindu God - Lord Ganesh, Ganesh Himal promises the trekkers to deliver the breathtaking panoramic views of the Himalayas including panoramic Ganesh Himal ranges I, II, III, IV, Mount Manaslu, Langtang mountain, Annapurna mountain and also the Tibet range.



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

Our mailing address is:
info@asianheritagetreks.com