



Asian Heritage
Treks & Expeditions
Int'l Tours & Travels

Enjoy the Himalaya, explore the culture

Newsletter

September Edition

Namaste!

We have come before you again with our September edition of the newsletter. This edition includes the latest news of Asian Heritage Treks & Travels and the brief introduction to the almighty Everest Region.

Our Latest Updates

We are very honoured to announce that our company, **Asian Heritage Treks & Expeditions | Int'l Tours & Travels**, has become a member of **IATA** (International Air Transport Association), **ATTA** (Adventure Travel Trade Association) & **Travellife**.

IATA is a trade association of the world's airlines which supports aviation with global standards for airline safety, security, efficiency and sustainability. Being the member of IATA, we can now provide the international airlines ticketing service. While IATA is an organization related to Airlines, the other two group (**ATTA & Travellife**) are the global network supporting sustainable travel & tourism worldwide through travel news, research, events, networking and promotion. This achievement was all possible due to the immense love and support that you, the Asian Heritage family, provided us during these years. We hope that the love and support will never cease to exist that you show us.



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 Mighty Everest Region

The Everest Region (also known as Khumbu region) is a region of northeastern Nepal on the Nepalese side of Mount Everest. It is part of the Solukhumbu District, which in turn is part of the Sagarmatha Zone. From here, you can enjoy an incredible panoramic view of the whole

Khumbu Himalayas like- Everest standing tall and mighty amidst Lhotse, Nuptse, Makalu (8481m), Cho-Oyu (8153m) and Gychung Kang (7922m) and many more. There is no place on earth like Everest Region that offers such an outstanding vantage point of the Himalayas. In this region, many trekking routes including the world-renowned Everest base Camp Trek lies that offers surprising and hidden mountain views, and opportunities to get a glimpse into the culture and lifestyle of The Sherpas (World Famous Mountain climbers). Besides these, you will also enter the Sagarmatha National park where you'll encounter many species of flora and fauna. This region is popular among the trekkers who loves adventure and likes to challenge themselves.



Everest Base Camp Trek
-12 Days
\$1460



Gokyo Lake Trek
-15 Days
\$1287



Everest 3 Passes Trekking
-17 Days
\$1368

Everest Base Camp trek is one of the most popular trekking routes in the Himalayas and is visited by thousands of trekkers each year. This trail takes you to the foot of Mt. Everest. **Gokyo lake system** is also one of the highest freshwater lake in Nepal. Unspoiled blue and green water of the Gokyo Lake is one of the most memorial sights of Nepal and famous trekking destination between the trekkers as well. **Everest 3-passes** trekking is one of the hardest & challenging trek. During this trail, you'll pass through Khangma-La Pass (5535m), Chola-La pass (5368m) & Renjo La pass (5338m) and other highlights such as Gokyo lakes, monasteries, beautiful landscapes etc.



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