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**Asian Heritage**  
Treks & Travels

**WE**

# Asian Heritage Treks & Travels

SINCE - 2004

Asian Heritage Treks & Expeditions is a highly experienced, professional and dynamic agency that provides personalized customer-centric service and products. We offer a wide variety of products, ranging from a day hike tours, spiritual tours, summit expeditions, adventure activities, all the way to tailor-made treks in South-Asian countries. Our customers share our passion for active travel, cultural immersion, nature, and sustainable and socially responsible tourism.



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Greetings, I'm Nilhari "Nilam" Bastola, founder and Managing Director of Asian Heritage Treks and Travels. Back in 2004, I recognized a need for a company specializing in cultural and nature tours tailored for foreigners visiting Nepal. Having grown up guiding treks in my homeland as well as abroad, I felt compelled to share the beauty, history, and adventure of this region with global travelers.



**Nilhari "Nilam" Bastola**

Founder & MD



Our goal at Asian Heritage is to create profound and meaningful experiences for our guests seeking to explore Nepal, Bhutan, and Tibet. We offer a wide variety of tour categories including trekkings, cultural tours, outdoor activities, family friendly adventures, wildlife encounters, climbing expeditions, and luxurious getaways. My talented Himalayan guides take pride in revealing hidden gems in the towering peaks, remote villages and ornate temples tucked away in lush forests. We handle all the planning and logistics to allow you to simply arrive with an adventurous spirit. I welcome you to discover the magic of the high Himalayas and beyond with Asian Heritage as your trusted local ally in creating cherished memories.

## We Offer



**TREKKING**



**TOUR**



**PEAK CLIMBING**



**JUNGLE SAFARI**



**OUTDOOR ACTIVITIES**



**WILDLIFE TOURS**



# NEPAL

MORE »



Nepal is a land of unparalleled scenic beauty located within one of the most diverse geographical areas on earth. Nestled high in the Himalayas between China and India, it has retained its essentially agrarian and medieval character. Its wondrous history and geography are still the defining aspects of everyday life. Since Nepal first opened its frontiers to foreign visitors in the fifties, it has been the epicenter of Himalayan adventure activities Climbing and trekking.

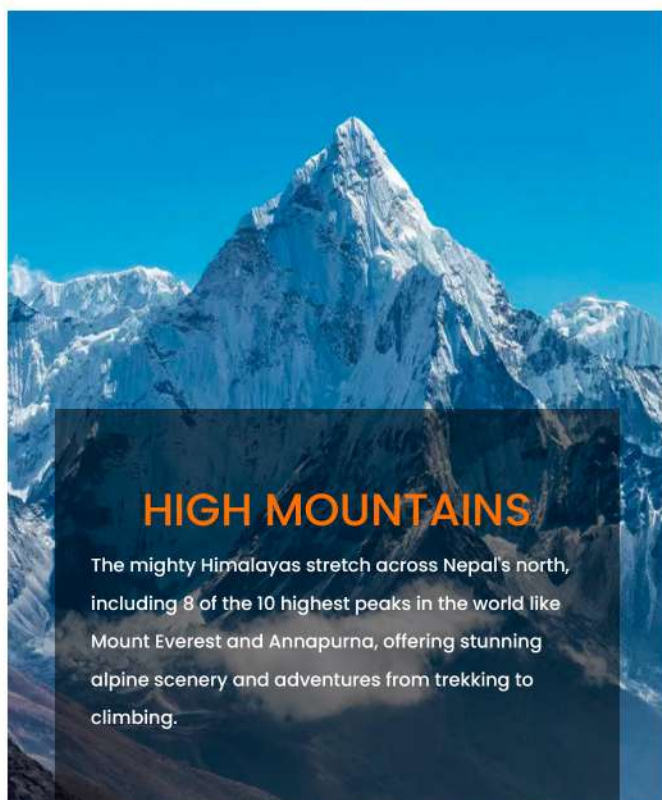
## CULTURAL HERITAGE

Nepal has a rich cultural heritage spanning centuries, seen in ancient temples, colorful festivals, artistic traditions like dance and music, and its many ethnic groups and languages.



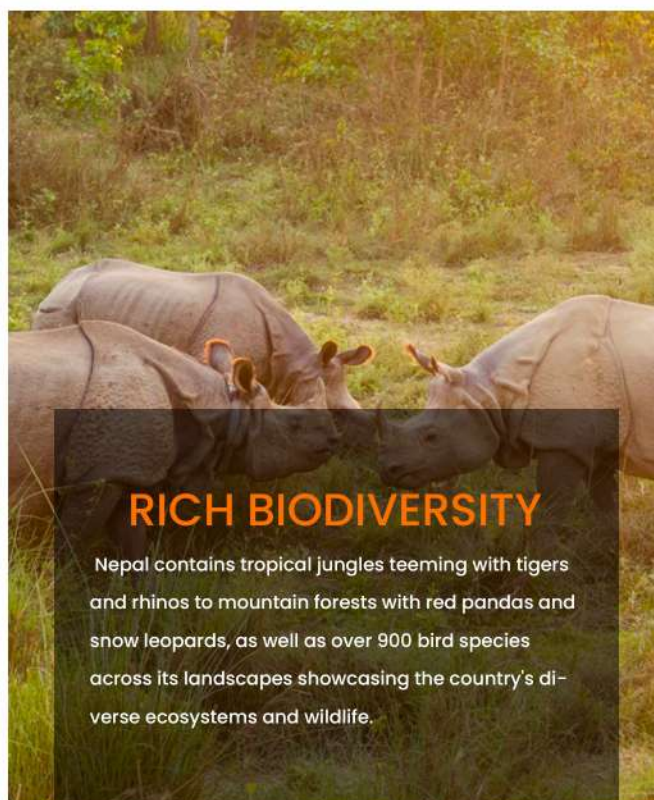
## HIGH MOUNTAINS

The mighty Himalayas stretch across Nepal's north, including 8 of the 10 highest peaks in the world like Mount Everest and Annapurna, offering stunning alpine scenery and adventures from trekking to climbing.



## RICH BIODIVERSITY

Nepal contains tropical jungles teeming with tigers and rhinos to mountain forests with red pandas and snow leopards, as well as over 900 bird species across its landscapes showcasing the country's diverse ecosystems and wildlife.





# TOUR IN NEPAL

Nepal offers an astonishing variety of tours catering to all interests and budgets. Discover its living cultural heritage, take in majestic Himalayan highlights, enjoy family-friendly activities, search for tigers and rhinos in lush forests, or indulge in a luxury holiday combining fine dining and 5-star accommodations.

## We Offer



Cultural Tours



Highlight Tours



Family Friendly Tours



Wildlife Tours



Deluxe Tours

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We Preserve Heritage & Nature



Sustainable Trekking Routes In Nepal



Private And Tailor Made Itineraries





Discover Nepal's living cultural heritage by immersing yourself in ancient temples and palaces with intricate carvings and architecture that have stood for centuries, observing elaborate costumes and rituals at colorful religious festivals, and engaging with diverse ethnic groups to learn about their ancient languages, arts, cuisine, traditions that endure today.





**Gosaikunda Lake Trek**  
The Gosaikunda is a holy site for both Buddhist and Hindu pilgrims. Several legends exist concerning the formation of the lake. Explore the culture, tradition, and lifestyle of local Tamang people.

7 Days  Included  Private Transport




**Golden Triangle Tour**  
Golden Triangle Tour is one of the most popular tour packages in Nepal. It offers sightseeing from Kathmandu, Pokhara, and Chitwan.

8 Days  Included  Private Transport




**Mt. Kailash Tour**  
Mt. Kailash Tour – A spiritual journey to the center of the universe in Tibetan Dialects, Mt. Kailash means Khang Rimpoche which refers to the precious jewel of snow.

14 Days  Included  Private Transport




**Kathmandu at Glance**  
This tour will provide you with a glance at Kathmandu the people and their lifestyles. Along with that, it will take you through the UNESCO World Heritage site to explore the ancient Kathmandu.

6 Days  Included  Private Transport




**Nepal Highlights with Halesi Tour**  
Phaplu to Everest Base Camp takes you to Mount Everest, the highest peak in the world also known as Sagarmatha (meaning- higher than the sky). The Phaplu to EBC is a majestic walk in the land of the Himalayas.

12 Days  Included  Private Transport





### Highlight Tours



Journey to Nepal's most iconic natural and cultural attractions like the formidable Mount Everest Base Camp and views of the world's highest peak, the majestic mountain scenery and villages along the Annapurna Circuit, the ancient temples and palaces of the Kathmandu Valley that anchor the country's history, wildlife viewing in Chitwan National Park, and more to see the breathtaking Himalayan highlights that make Nepal legendary.

### ICONIC ATTRACTIONS

From touring the vibrant capital Kathmandu to peaceful hill towns like Nagarkot for Himalayan views, safaris for wildlife encounters, the stunning lake city of Pokhara, and Lumbini's Buddhist history, experience Nepal's most treasured attractions that showcase the diversity and allure of this incredible destination.



#### 11 Days Nepal Highlights Tour

Nepal Highlights Tour Package is a specially crafted tour that will provide you with a complete introduction to Nepal. Explore Nepal's Highlights on this popular tour.

📅 11 Days 🏠 Included 🚗 Private Transport



#### Kathmandu Highlights with Nagarkot Tour

This Kathmandu Highlights Tour is a comprehensive guide to the main city of Kathmandu including its sister cities, Patan and Bhaktapur, and Nagarkot.

📅 4 Days 🏠 Included 🚗 Private Transport



#### Nepal Tour 5 Night 6 Days

This Package is a comprehensive introduction to the main city of Kathmandu including its sister cities, Patan and Bhaktapur, after that, you'll travel to Pokhara, a city known for its beautiful lake and mountain views.

📅 6 Days 🏠 Included 🚗 Private Transport



#### Nepal Highlights Tour With Bardiyia

A Nepal highlights tour with Bardiyia National Park typically includes a visit to Kathmandu, Bandipur, and Lumbini. One of the highlights of the tour is a visit to Bardiyia National Park

📅 14 Days 🏠 Included 🚗 Private Transport



#### Nepal Highlights Tour with Poon Hill & Mardi

Nepal Highlights with Poonhill and Mardi Trek is one of the most adventurous and beautiful mixed trip in Nepal. High in the Himalayan Mountains lies the small Kingdom of Nepal.

📅 16 Days 🏠 Included 🚗 Private Transport



### QUINTESSENTIAL NEPAL

From the bustling capital of Kathmandu and its iconic Durbar Square to the serene mountain views in Nagarkot, thrilling jungle safaris, the idyllic lake city of Pokhara, and the birthplace of Buddha in Lumbini - enjoy an engaging overview of Nepal's cultural and natural icons.





Family Friendly Tours



From thrilling jungle safaris spotting rhinos and tigers to stays in remote mountain villages, cooking classes to learn mouthwatering local dishes, scenic flights over the Great Himalaya Range to interactions with friendly locals, Nepal offers many exciting activities for kids and families tailored to children's interests. Explore with specialized child-friendly hotels, tour guides to captivate and teach young travelers, opportunities to meet locals and try new experiences.



### CULTURAL CONNECTIONS

Foster cross-cultural bonds and understanding by immersing kids in Nepal's living heritage through homestays with welcoming families, language and craft workshops, visiting schools, trying on traditional outfits during colorful festivals - these family tours nurture precious memories and connections.



### YOUNG EXPLORERS

Designed for families, these tours provide interactive activities like Nepali cooking classes, jungle safaris, and village expeditions for children to learn about this captivating culture and landscape. Budding young explorers gain cross-cultural connections and knowledge while making new friends across Nepal.




#### Kathmandu Visit Package

Over three days, you will explore the iconic landmarks, ancient temples, and breathtaking landscapes that make Kathmandu Valley a truly mesmerizing destination.

📅 3 Days 🏠 Included 🚗 Private Transport




#### Nepal Wonders Exploration (Lumbini)

This thoughtfully designed itinerary invites you to embark on an enchanting adventure that takes you from the hallowed birthplace of Lord Buddha in Lumbini to the bustling cities of Kathmandu and Pokhara.

📅 8 Days 🏠 Included 🚗 Private Transport




#### Eastern Nepal & Nepal Highlights Tour

The Eastern Nepal & Nepal Highlights Tour is a 17-day tour that offers a unique and immersive experience of Nepal. This tour is perfect for those who want to explore the diverse cultural and natural beauty of Nepal.

📅 17 Days 🏠 Included 🚗 Private Transport




#### Nepal Highlights With Bardiya and Poonhill

A Nepal highlights including Bardiya National Park typically includes a visit to Poonhill trekking, Pokhara highlights and Kathmandu, the capital city of Nepal, where you can explore its many temples.

📅 16 Days 🏠 Included 🚗 Private Transport




#### Everest Himalayan Flight

The mountain flight starts with Dore Lakpa (6956 m), Phurbi Ghyachu (6637 m), Choba Bhamare (5970 m), Gauri Shankar (7134 m), Melungtse (7181 m), one can see some of the world's tallest peaks. 14 mountains stand above 8000 meters including Everest.

📅 1 Days 🏠 Included 🚗 Private Transport





Embark on safaris through Nepal's thick tropical jungles and high mountain forests, conserved parks sheltering rare wildlife like the elusive Bengal tiger and greater one-horned rhinoceros, the evocative red panda, snow leopards prowling craggy cliffs, languid sloth bears, mischievous monkeys in troops, and over 900 species of birds. Professional naturalist guides lead you to maximize sightings and provide expertise about the habitats you explore.



**WIDE BIODIVERSITY**

Nepal harbors a wide diversity of landscapes from steamy jungles to icy peaks, providing habitat for a superb range of wildlife. Spot endangered Bengal tigers and rhinos roaming the lowlands to elusive snow leopards prowling the highlands, and over 850 species of birds across grasslands, forests and the mighty Himalayas themselves on a wildlife tour showcasing the country's rich biodiversity.

**Bardiya 4 Nights 5 Days Tour**  
 The Bardiya 4 Nights 5 Days Tour is a wonderful opportunity to explore the unspoiled wilderness and natural beauty of Bardiya National Park, located in the western Terai region of Nepal.

📅 5 Days 🏠 Included 🚗 Private Transport

**Chitwan 2 Night 3 Days**  
 Three passes Everest trek is throughout the Everest region. This three passes Everest trek combines three well-known passes, such as Renjo La Pass, Chola Pass, and Kongma La Pass.

📅 3 Days 🏠 Included 🚗 Private Transport

**Nepal Wildlife Tour**  
 The Nepal wildlife tour takes you to explore some of the endangered species of the world such as one-horn Rhinoceros, the exclusive Royal Bengal Tiger, sloth bears, leopards, Gaur, Sambar, and Spotted deer.

📅 6 Days 🏠 Include 🚗 Private Transport



**RARE SIGHTINGS**

Nepal's conserved forests and jungle parks protect exotic wildlife now rare across Asia, offering chance sightings of Bengal tigers on the prowl, the greater one-horned rhinos wallowing in marshlands, red pandas clinging to mossy trunks, and over 850 species of birds spotted among the chirping canopy on thrilling wildlife tours.





Experience Nepal's spectacular scenery and cultural treasures paired with luxury through premium accommodations from heritage hotels to lodges with the highest standards of hospitality, fine dining at gourmet restaurants, personalized service ensuring comfort, private transportation between world-class sites, exclusive activities like helicopter tours over the Himalayas, and fully customized itineraries crafted around your interests by expert local guides.



**Everest Heli Tour with Golf**

In the Everest Heli tour with golf, you get to fly just 20 miles from Mt. Everest and the culture and architecture sightseeing tour in Kathmandu valley.

📅 5 Days 🏠 Included 🚗 Private Transport

**Nepal Deluxe Tour**

Nepal Deluxe tour, imagine a country where the snow-peaked mountains stare at you, a warm jungle where the rhinos and tigers welcome you, a city where the culture is mixed with the charms of the religion.

📅 12 Days 🏠 Included 🚗 Private Transport

**High-end Nepal roundtrip by helicopter**

This roundtrip by helicopter will immerse you in the absolute luxury trip. Enjoy a private dinner at the world's highest hotel at 3880m facing Mount Everest. Go on a jungle safari in the of Nepal to spot the Bengal tiger.

📅 7 Days 🏠 Included 🚗 Private Transport

**Everest Heli Tour**

The Everest Heli Tour is an exciting and delightful trip above the high Himalayas. This package offers you the experience of the close-up flight and a 360-degree view of Mt. Everest and Everest Base Camp.

📅 1 Days 🏠 Included 🚗 Private Transport

**Heli Tour in Nepal**

Heli Tour in Nepal is for those people who have limited time or who can't stroll upward on the difficult Himalayas. Nepal Helicopter trips above the green hills, high Himalayas, and mountains.

📅 1 Days 🏠 Included 🚗 Private Transport



# TREKKING IN NEPAL

Nepal offers world-renowned trekking across four magnificent regions—the Everest Region with trails to the base camp of the planet's highest peak, the Annapurna Region circled by a stunning trekking circuit, the remote and pristine landscapes of the Manaslu Region, and the cultural richness of the Langtang Region bordering Tibet. Discover epic mountain scenery, quaint villages, exotic monasteries, and thrilling adventure on iconic Himalayan treks.

## Regions We Offer



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Everest Region



The Everest Region contains the historic Everest Base Camp trail leading to staggering views of the mammoth mountain, as well as other iconic treks like the Gokyo Lakes route through emerald basin revealing peaks like Cho Oyu and fervent prayer in centuries-old monasteries tucked into these enormous peaks.

### TOP OF THE WORLD

The view from Kalapatthar facing the mammoth Mount Everest is literally the top of the world at 18,192 ft. Trek this legendary region to stand eye-to-eye with the tallest peak on Earth.



#### Everest Base Camp Trek

Everest Base Camp Trek is a majestic walk in the land of the Himalayas. Trekking through the Mount Everest base camp region offers surprising and hidden mountain views.

 14 Days  Included  Private Transport



#### Three Passes Trek

Three passes Everest trek is throughout the Everest region. This three passes Everest trek combines three well-known passes, such as Renjo La Pass, Chola Pass, and Kongma La Pass.

 21 Days  Included  Private Transport



#### Pikey Peak Trek

Pikey Peak is one of the famous view points to see the panoramic view of Mount Everest, Mount Dhaulagiri, and Mount Kanchenjunga. Pikey Peak was a snowy hill where local people go for short hiking trips.

 10 Days  Included  Private Transport



#### Gokyo Lake Trekking

Gokyo Lake Trekking lies in the Everest region. It is the highest freshwater lake in Nepal. The lake gets frozen during winter, so it is also known as a frozen lake.

 13 Days  Included  Private Transport



#### Everest Kala Patthar Trek

Everest Kalapatthar Trek is one of the wonderful destinations for tourists with a full package of amazing surprises, which have the most exotic destinations in the world with Adventure.

 12 Days  Included  Private Transport



#### Mera Peak and Amphu Lapcha Pass

Mera Peak and Amphu Lapcha Pass are considered one of the thrilling trekking of the famous Khumbu region and are dominated by Mt. Everest. Especially, Mountain lovers choose this trekking as an adventure

 26 Days  Included  Private Transport



#### Mt. Everest Panoramic View - Pattale Hill

Pattale Hill Village, (a tiny mountain settlement) 240km east of Kathmandu is one of the best viewpoints to see the excellent view of Mt. Everest 8848m. And many other Himalayan peaks.

 2 Days  Included  Private Transport



#### Everest Hidden Valley with Necha Village

Everest hidden valley with Necha village trekking is one of the most interesting treks for adventure lovers, the trek goes through the lower belt of Everest Himalayas.

 15 Days  Included  Private Transport





Encircling holy Mount Annapurna and other colossal Himalayan summits, the Annapurna Region offers 150 miles of spectacular trekking, from short panoramic trails to Thorong La pass crossing to the famed Annapurna Circuit revealing the sky-piercing peaks, quaint towns like Manang, lush green valleys, and remote settlements clinging to stark cliffs.



### Annapurna Base Camp Trek

The ABC Trek offers a unique opportunity to witness the majestic beauty of the Annapurna mountain range. You will be surrounded by panoramic views of Annapurna I, Machhapuchhre (Fishtail), and Hiunchuli.

 10 Days  Included  Private Transport



### RICH FLORA AND FAUNA

Annapurna Region harbors a wealth of exotic plants and wildlife only found in these Himalayan landscapes, like dancing red pandas hiding in moss-draped rhododendron trees to the elusive snow leopard prowling craggy cliffs above ice-cold valleys that contain over 100 mammal and 500 bird species.



### Mardi Himal Trek

Mardi Himal Trek, a truly captivating adventure that will take your breath away! Located in the heart of the majestic Annapurna region in Nepal, it offers an unforgettable experience for all lovers of nature and exploration.

 11 Days  Included  Private Transport



### Annapurna Circuit Trek via Tilicho Lake

Annapurna Circuit Trek via Tilicho Lake is one of the most preferred destinations for moderate trekkers. Tourists, who enjoy experiencing the mountains, walking on the slopy lands.

 18 Days  Include  Private Transport



### Annapurna Circuit Trek

The Annapurna circuit trek is one such rare place on the planet that possesses such an amazing combination of natural beauty and culture.

 18 Days  Included  Private Transport



### Poon Hill Trek & Mardi Himal Trek

Poonhill and Mardi Trek is one of the most adventurous treks in Nepal. High in the Himalayan Mountains, lies the small Kingdom of Nepal. You will witness the lofty mountains, deep valleys, and exotic wildlife.

 15 Days  Included  Private Transport



### Mohare Danda Trek

Mohare Danda trek takes you to the peaceful beaten path in Annapurna's foothills. Mohare Danda Trek is a newly discovered hiking route in the Annapurna region. It promotes sustainable ecotourism in Nepal.

 12 Days  Included  Private Transport





### Manaslu Region



The remote realms of the Manaslu Region remain relatively untouched with pristine valleys and gorgeous peaks welcoming fewer crowds of international trekkers. The Manaslu Circuit trail combines adventure with cultural immersion into ancient Tibetan villages, golden foothills to icy summits surrounding Manaslu's imposing 8th highest peak in the world at 26,781 ft.



### HIDDEN HAVEN

Masked from the crowds and enclosed by towering icy pinnacles lies the hidden haven of Manaslu, a scarcely trekked Shangri-La valley inhabited by devout Tibetan villagers spun in time where the sacredness of the mountain landscape remains profoundly undiluted in one of Nepal's last secret sanctuaries.



### REMOTE REALM

Trek truly off-the-beaten-path in the remote realm of Manaslu with fewer crowds but outstanding scenery of the world's 8th highest peak, experiencing rich Tibetan culture in ancient villages and monasteries along the gorgeous Budhi Gandaki river valley.



#### Manaslu Circuit Trek

Manaslu Circuit Trek is an isolated trekking trail in Nepal. It wades into real virgin territory where only a few dare to venture. Manaslu, known as "The Spirit Mountain" is believed as the sacred mountain.

16 Days Included Private Transport



#### Manaslu & Tsum Valley Trek

Manaslu & Tsum Valley Trek, also known as the hidden valley, is one of the fascinating and isolated destinations in Nepal to look out for. The valley was restricted until the year 2008.

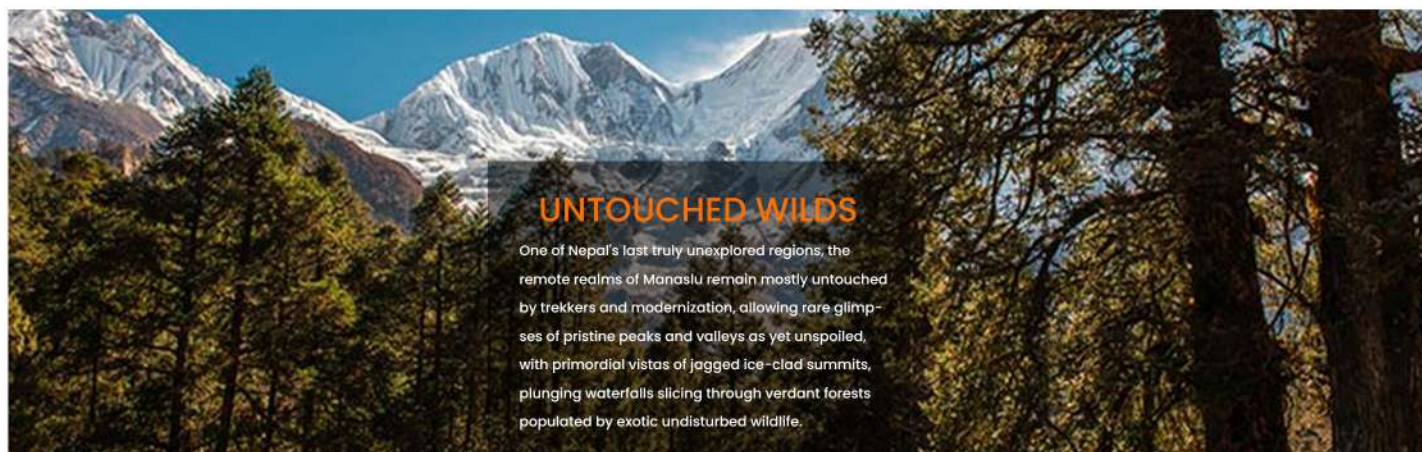
21 Days Include Private Transport



#### Ganesh Himal Trek

Ganesh Himal Trek will take you to the central-eastern region of Nepal, one of the least explored areas which is situated in between the popular trekking regions Langtang to the east and Manaslu to the west.

10 Days Included Private Transport



### UNTOUCHED WILDS

One of Nepal's last truly unexplored regions, the remote realms of Manaslu remain mostly untouched by trekkers and modernization, allowing rare glimpses of pristine peaks and valleys as yet unspoiled, with primordial vistas of jagged ice-clad summits, plunging waterfalls slicing through verdant forests populated by exotic undisturbed wildlife.





# Langtang Region



Flanked by Tibet, the Langtang Region envelopes trekkers in the rich Tibetan-influenced culture found in villages speckling valleys towered over by glorious snow-capped peaks. The region contains Langtang National Park sheltering rare red pandas and dense forests ripe for wildlife exploration.

## BORDER CULTURE

Traverse the ethnically Tibetan villages and Buddhist gompas dotting this region bordering Tibet. Enjoy stunning glacier views while immersed in the Gosainkunda Lake pilgrimage tradition, charming hamlets, and the holy sites of Langtang National Park.



### Langtang Valley Trek

The Langtang Valley, also known as the "valley of glaciers" offers an abundance of wildlife experience and rich cultural and historical importance. The highest elevation of Langtang is 3,800m above sea level.

📅 12 Days 🏠 Included 🚗 Private Transport



### Langtang Valley & Gosainkunda lake trek

Langtang Valley & Gosainkunda Lake trek takes you to Langtang Valley also known as the "valley of glaciers" and to the 108 lakes surrounding the sacred place of Hindus and Buddhist pilgrims, Gosainkunda Lake.

📅 21 Days 🏠 Included 🚗 Private Transport



### Tamang Heritage & Langtang Trek

Langtang Valley and Tamang Heritage Trek offers to explore exclusive Tamang culture and heritage through Langtang Valley. The Langtang Valley offers an abundance of wildlife and rich cultural.

📅 10 Days 🏠 Included 🚗 Private Transport



### Ama Yangri Peak Trek

Ama Yangri peak trek is known as hidden gems of Nepal. Located in the Langtang region of Sindhupalchowk district, it has become one of the popular amazing hiking destinations in the Langtang region.

📅 3 Days 🏠 Included 🚗 Private Transport



### Langtang Valley Trek with Ganja la Pass

Langtang Valley Trek with Ganja La Pass Trekking is an adventure trek in the famous Langtang and Helambu Valley via the Ganja La passes (5,122m). It connects to one of the most challenging passes in Ganja-La.

📅 13 Days 🏠 Included 🚗 Private Transport



### Gosainkunda Lake Trek

The Gosainkunda is a holy site for both Buddhist and Hindu pilgrims. Several legends exist concerning the formation of the lake. Explore the culture, tradition, and lifestyle of local Tamang people.

📅 7 Days 🏠 Included 🚗 Private Transport



# MUSTANG - DOLPO REGION

Bordered by Tibet, Mustang and Dolpo represent some of Nepal's last forbidden kingdoms, where eroded canyons and vast desert plains hide ancient villages, red and white cliffside Buddhist gompas, rare wildlife, age-old customs and stunning Himalayan panoramas. Venture into these profoundly insular realms on a starkly beautiful trek to experience a lost world time left behind as life remains inextricably interwoven with nature and faith.



## FORBIDDEN KINGDOMS

Once the forbidden kingdoms of remote Trans-Himalayan valleys, explore Mustang and Dolpo's ancient secrets from rare Himalayan wolves prowling desolate plains to red-robed monks performing rituals inside whitewashed monasteries clinging to sheer cliffs, where traditional life and culture endure amid arid desert beauty.



### Upper Mustang Trek

The Upper Mustang Trek is a fascinating and remote place in the Mustang region, which used to be off-limits to outsiders. Buddhist kingdom surrounded by huge mountains, like Annapurna and Dhaulagiri.

18 Days Included Private Transport



### Upper Mustang Tour

Mustang Tour is a tour in a remote and semi-independent Tibetan Kingdom. It lies in the northern part of the Annapurna and Dhaulagiri Mountains and is one of the last undisturbed Tibetan culture in the world.

13 Days Included Private Transport



### Upper Mustang Trek via Dolpo

Upper Mustang trek via Dolpo is considered a very panoramic trek in the remote place of western Nepal. It is isolated between the Tibetan plateau and the Dhaulagiri Himalayan range in the trans-Himalayan zone.

33 Days Included Private Transport



### Upper Dolpo Trek

Trekking in Nepal's far-western Upper Dolpo region takes you into one of the most remote areas of the Himalaya.

14 Days Included Private Transport



### Lower Dolpo Trek

Lower Dolpo Trek covers typical hidden destination located at the far west region of Nepal in less permit fee. The Ringmo Village of remote dolpo region.

6 Days Included Private Transport



### Dhorpatan Dolpo Trek

The Dhorpatan Dolpo Trek is a trek in the western region of Nepal that crosses many passes, jungle ravines, and the Himalayan main chain.

12 Days Included Private Transport



### Inner Dolpo Trek

The Inner Dolpo Trek is a trek that goes through the lower and upper Dolpo regions of Nepal. The trek includes natural attractions like Phoksundo Lake and Shey Gumpa.

14 Days Included Private Transport



# PEAK CLIMBING IN NEPAL

With the planet's tallest peaks, Nepal offers the ultimate climbing challenges from scaling sheer ice walls on the formidable Kwangde to navigating perilous crevasses enroute to Everest's summit. Climbing expeditions range from technical mountaineering feats to beginner-friendly forays up smaller Himalayan giants, led by experienced Sherpas and specialist guides to ensure a thrilling, memorable, and safe ascent on the world's most epic mountains.

## EPIC ASCENTS

Nepal offers unmatched epic ascents to satiate your hunger for adrenaline and dizzying heights. Let experienced mountain guides plan your customized expedition to put your skills to the test clambering up sheer icy faces, crossing deep crevasses, pushing your limits to triumphantly summit.



### Mera Peak Climbing

Mera Peak is a mountain in the Mahalangur mountain range, Barun sub-section of the Himalaya and administratively in Nepal's Sagarmatha Zone, Solukhumbu District located at 6,476 meters.

📅 15 Days 🏠 Included 🚗 Private Transport



### Naya Kang Peak Climbing

Naya Kang Peak Climbing easily accessible peak in the Langtang region of Nepal is a nice climbing destination. The peak of Naya Kang which rises to the west of Ganja La at an elevation of 5122 meters.

📅 14 Days 🏠 Included 🚗 Private Transport



### Pisang Peak Climbing

Pisang Peak is located in the Annapurna region and offers good scope for exploration. The western flank of the mountain is guarded by a hanging glacier and offers a considerable challenge.

📅 18 Days 🏠 Included 🚗 Private Transport



### Tharpu Chuli Peak Climbing

Tent Peak (5663), known as Tharpu Chuli lies in the south of the Annapurna Base Camp. We trek in the Annapurna region which has the diverse natural vegetation, animal species, local traditions & culture of Nepal.

📅 17 Days 🏠 Included 🚗 Private Transport



### Island Peak Climbing with Everest Base Camp

Island Peak Climbing with Everest Base Camp is an incredible adventure in the Everest region. In this climbing, you will reach the summit of the Peak and also experience trekking in the Everest region.

📅 18 Days 🏠 Included 🚗 Private Transport



### Island Peak Climbing

Island Peak Climbing is an exciting adventure that takes you to the breathtaking heights of the Himalayas. It's not just any ordinary peak; it's a majestic mountain situated in the heart of the Everest region of Nepal.

📅 5 Days 🏠 Included 🚗 Private Transport



### Chulu East Peak

Chulu East peak lying southeast of Chulu West is quite a smaller peak that was first ascended by a German expedition team in 1955 via the North East Ridge.

📅 22 Days 🏠 Included 🚗 Private Transport



### Lobuche Peak With Everest Base Camp

Lobuche lies close to the Khumbu Glacier and has two main peaks, Lobuche Far East and Lobuche East. At 6,145 meters, Lobuche East is 26 meters higher.

📅 19 Days 🏠 Included 🚗 Private Transport



# FESTIVAL TOURS

Experience Nepal burst into color during vibrant festivals like Durga Puja celebrations of Dashain honoring the goddess' victory, sparkling Diwali lights floating down riversides, Teej's playful folk songs and women-only rituals, crazy Holi paint fights ushering in Spring, Kathmandu's lively chariot processions for Indra Jatra and exotic masked dances conveying ancient myths. Witness the nation unite joyously upholding these living cultural traditions.



**FESTIVE NEPAL**

The most spectacular way to immerse in Nepal's living heritage is witnessing entire cities turn into massive jubilant celebrations during holy Dashain, sparkling Tihar, the women's Teej rituals, crazy Holi paint parties or parading down streets in ceremonial masks for Gai Jatra - join the festivities of these brightly hued festivals!



**Dashain Festival**

Dashain is the longest and the most auspicious festival in the Bikram Sambat annual calendar, celebrated by Nepalese people, along with their diaspora throughout the globe.

5 Days  Included  Private Transport



**The Festival of Lights- Tihar (Dipawali)**

Tihar, also known as Deepawali, is a five-day-long Hindu festival celebrated in Nepal. It is called the festival of lights because diyas (lamps) and decoration lights are lit inside and outside the houses.


5 Days  Included  Private Transport



**Teej Festival**



Teej is a festival celebrated by Nepali women, for the long life of her husband and a long and firm relationship between them until the death of this life and all the lives to come.

5 Days  Included  Private Transport



**Holi- Celebration of Colours**

Holi also called the "Festival of Colors", is an Indian and Nepali spring festival celebrated all across the Indian subcontinent. It signifies the victory of good over evil, the arrival of spring, the end of winter.

1 Days  Excluded  Excluded



**Indra Jatra**

The celebrations consist of two events, Indra Jatra and Kumari Jatra. Indra, the king of heaven, Kumari Jatra is the chariot procession of the living goddess Kumari.

8 Days  Included  Private Transport



**Bisket Jatra**

Bisket Jatra is a nine-day festival that marks the beginning of the new year on the Bikram Sambat calendar. It's celebrated in Bhaktapur and Thimi, Nepal, and is known as the "festival after the death of the serpent".

4 Days  Included  Private Transport



**Gai Jatra**

Mainly Newar community in Kathmandu Valley, celebrates the Gai Jatra festival. This festival, commemorating the deaths throughout the year, typically takes place in the month of Bhadra (August-September).

1 Days  Included  Private Transport



# MORE PACKAGES...



Journey to Nepal's most iconic natural and cultural attractions like the formidable Mount Everest Base Camp and views of the world's highest peak, the majestic mountain scenery and villages along the Annapurna Circuit, the ancient temples and palaces of the Kathmandu Valley that anchor the country's history, wildlife viewing in Chitwan National Park, and more to see the breathtaking Himalayan highlights that make Nepal legendary.

## CULTURAL AWAKENINGS

Beyond trekking, we offer culturally immersive tours like interacting with artisans on Nepal handcraft tours, deepening mind-body awareness on yoga and meditation packages, savoring culinary delights in Kathmandu cooking classes, and meaningful volunteer programs supporting Himalayan communities through teaching, conservation and more.



### Nepal Handicraft Tour

Nepal Handicraft Tour introduces you to Nepalese Handicrafts such as Thangka, Statue, Pashmina, Wooden crafts, handmade paper items, metal crafts, stone crafts, and many more.

11 Days Included Private Transport



### Yoga and cultural hike tour in Kathmandu

This unique tour brings you to the Kapan area, it is the residential area, that gives you a great insight into the local culture and living standards of local Nepalese. You will stay overnight in, Asian Heritage Inn & Bistro.

4 Days Included Private Transport



### Cooking Workshop in Kathmandu

During the Cooking Workshop in Kathmandu package, you will taste many rich flavors of typical local Nepali cooking but attending Nepali cooking courses will be worth a lifetime experience.

1 Day Included Private Transport



### Kanchenjunga Base Camp Trek

Kanchenjunga Base Camp Trek- Get ready to Start on a journey that will take you to the third highest peak in the world and immerse you in the rich culture of the local communities.

26 Days Included Private Transport



### Makalu Base Camp Trek

Makalu Base Camp Trek is a remote and challenging expedition in the Nepalese Himalayas. It's considered one of the most difficult climbs in the world, and it takes most trekkers at least eight days to reach the top.

25 Days Included Private Transport



### Necha Community Volunteer

You will spend two weeks in this 15-bed hospital on a healthcare volunteering program with one resident doctor and several staff members.

20 Days Included Private Transport

## HIMALAYAN HEARTS

Uplift rural villages through teaching English or computer skills to children, conserving habitats with wildlife researchers, or renovating crumbling gompas - voluntourism nurtures Himalayan hearts by sharing your passion, purpose and talents with warm communities midst awesome mountain grandeur.



# ASIAN HERITAGE'S COMMITMENT TO PEOPLE, PLACES, AND THE PLANET

## SUSTAINABILITY POLICY

At Asian Heritage Treks and Travels, Our commitment to sustainable tourism is to promote sustainable tourism practices that minimize the negative impacts of travel on the environment and local communities while maximizing the benefits to our clients, employees, and host communities.



[More Info](#)

At Asian Heritage, we are dedicated to promoting sustainable tourism practices in the breathtaking regions of Nepal, Tibet, and Bhutan. As a travel agency, we understand the importance of preserving the natural and cultural heritage of these destinations for future generations.

## How We Work Towards Sustainable Travel?



**We Believe in  
Responsible Travel**



**We Always  
Preserve Nature**



**Our Own  
Asian Heritage Foundation**



**We are Committed to  
Support Local Communities**

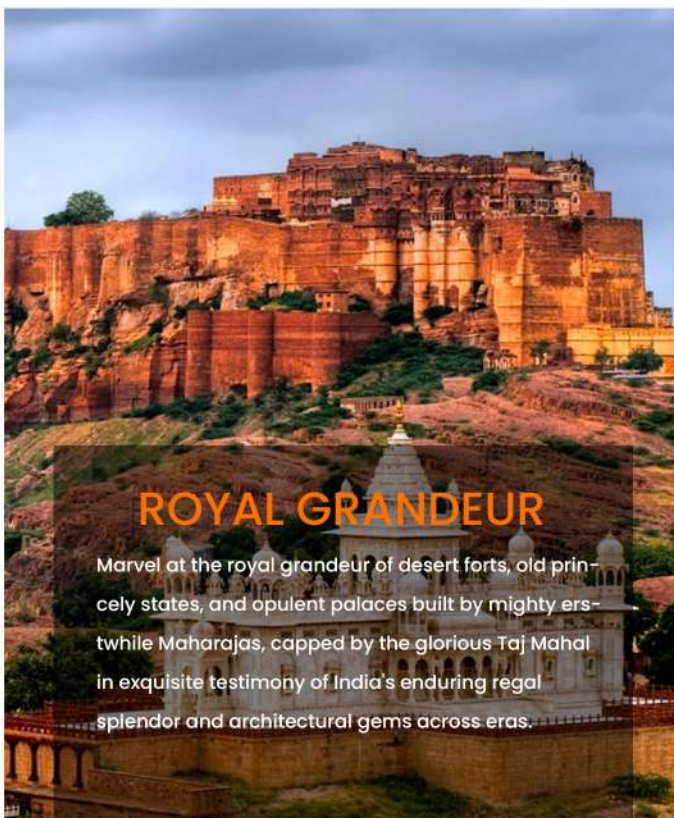


# INDIA

A nation of colorful contrasts, India dazzles visitors with its intricate tapestry of ancient forts and palaces, fragrant spice markets, Hindu temples, riverside ghats, Rajasthani deserts, the sublime Himalayas and pristine beaches. Experience the swirling energy of cities like Delhi and Mumbai, cruise the backwaters of Kerala, glimpse tigers in Ranthambore park, and much more that astonishes on an epic journey across incredible India.

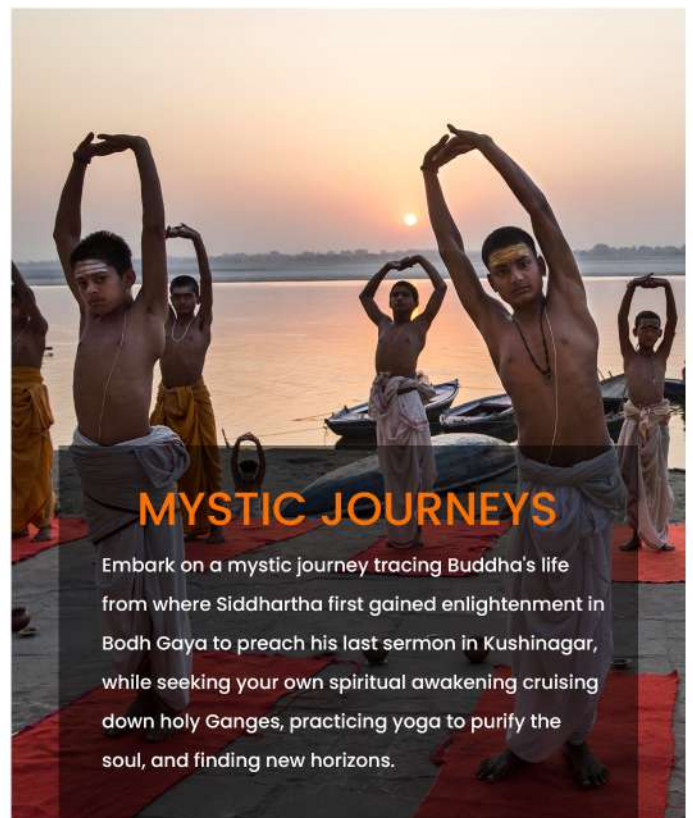
## ENCHANT CULTURE

India's rich depth of captivating culture spans sprawling cosmopolitan cities like Mumbai with Art Deco icon Taj Mahal Palace Hotel to simple fishing villages where age-old customs prevail, with ornate carved Hindu temples, vibrant tribal crafts and textiles diversity, and 29 states each with their unique languages, dance, cuisine.



## ROYAL GRANDEUR

Marvel at the royal grandeur of desert forts, old princely states, and opulent palaces built by mighty erstwhile Maharajas, capped by the glorious Taj Mahal in exquisite testimony of India's enduring regal splendor and architectural gems across eras.



## MYSTIC JOURNEYS

Embark on a mystic journey tracing Buddha's life from where Siddhartha first gained enlightenment in Bodh Gaya to preach his last sermon in Kushinagar, while seeking your own spiritual awakening cruising down holy Ganges, practicing yoga to purify the soul, and finding new horizons.



# BHUTAN

MORE >>

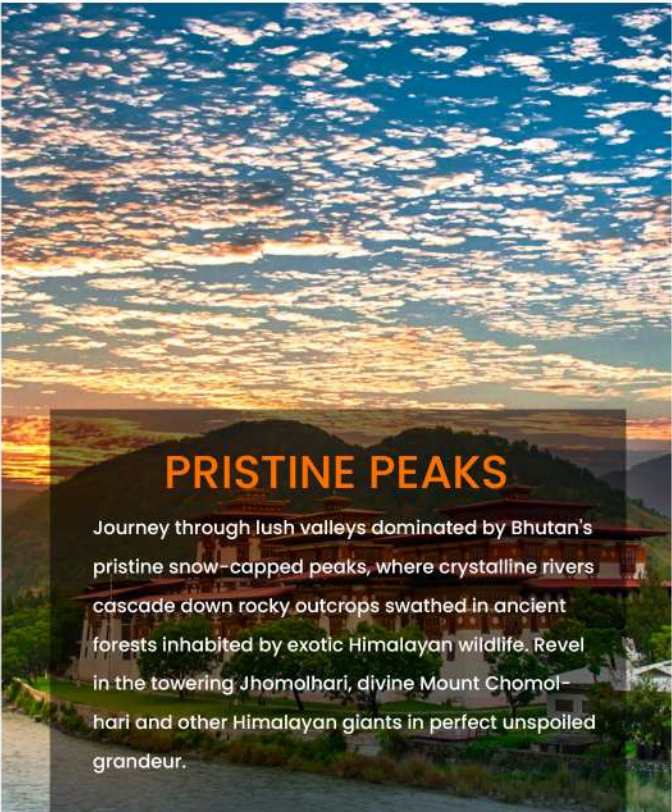


Hidden deep within the eastern Himalayas lies the mystical mountain kingdom of Bhutan, dubbed the “last Shangri-La” for its pristine landscapes dotted with ancient monasteries and timeless villages that remain inextricably tied to traditional Buddhist customs and ways of life. Trek verdant valleys capped by sacred peaks, absorb the spirituality permeating dzongs and temples, and engage with the warm locals in colorful rural enclaves on a journey into this magical land yet untouched by mass tourism.



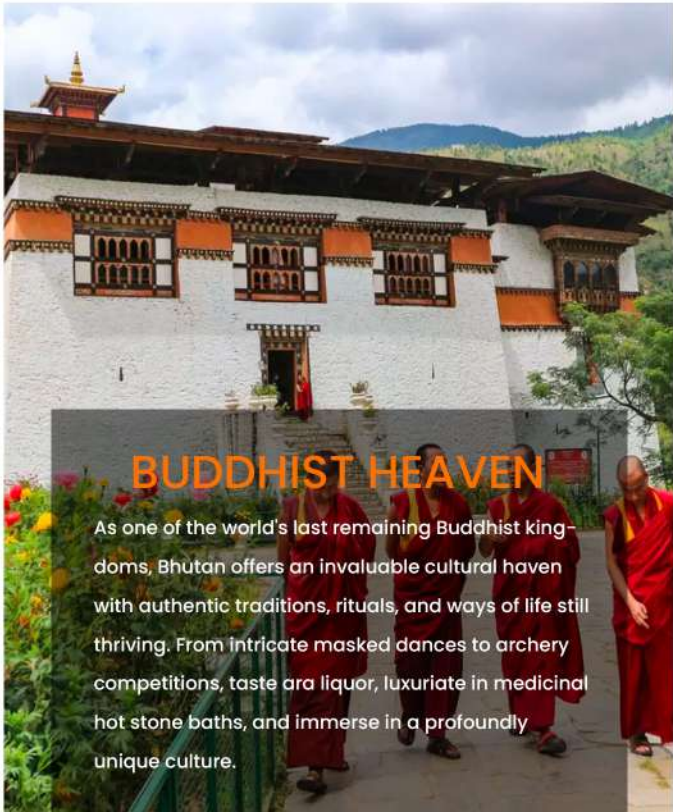
## ANCIENT ALLURE

Bhutan’s ancient dzongs, monasteries, and temples dating back centuries exude an arresting mystical aura interwoven into the very fabric of this land. Embark on a spiritual journey to remote cliffside monasteries and formidable dzong fortresses infused with profound traditional allure.



## PRISTINE PEAKS

Journey through lush valleys dominated by Bhutan’s pristine snow-capped peaks, where crystalline rivers cascade down rocky outcrops swathed in ancient forests inhabited by exotic Himalayan wildlife. Revel in the towering Jhomolhari, divine Mount Chomolhari and other Himalayan giants in perfect unspoiled grandeur.



## BUDDHIST HEAVEN

As one of the world’s last remaining Buddhist kingdoms, Bhutan offers an invaluable cultural haven with authentic traditions, rituals, and ways of life still thriving. From intricate masked dances to archery competitions, taste ara liquor, luxuriate in medicinal hot stone baths, and immerse in a profoundly unique culture.



# TOUR IN BHUTAN

Journey through mystical Bhutan on tours ranging from cultural immersions in ancient monasteries to thrilling treks across its sublime Himalayan valleys and peaks. Visit imposing dzongs dotted with red-robed monks, spend nights in traditional farmhouses discovering Bhutan's warm hospitality, attend vibrant masked dances conveying ancient folk tales, hike to the iconic Tiger's Nest and more on a transformative tour into the heart of this magical mountain kingdom.

## We Offers



Cultural Tours



Highlight Tours



Family Friendly Tours



Wildlife Tours



Deluxe Tours

## Our Tours



### Nepal Bhutan Highlights Tour

This tour package covers major sightseeing destinations from Nepal and Bhutan. The Nepal Bhutan Highlights tour starts with sightseeing in Kathmandu Valley. Then travel to Paro (Nepal to Bhutan).

15 Days Included Private Transport



### Nepal, Tibet and Bhutan Highlights Tour

Nepal Tibet and Bhutan Highlights Tour will discover the lifestyle and living culture of three different countries. A heritage tour in Kathmandu, Sightseeing in Lhasa, and discovering the Paro of Bhutan.

21 Days Included Private Transport



### Royal Bhutan Tour

The Royal Bhutan tour was done by Prince William and Kate Middleton in April 2016. We can let you experience a tour like the Royal family. Bhutan is a mystic & diverse happy kingdom, that's quite isolated from the world.

7 Days Included Private Transport





# TIBET

MORE >>

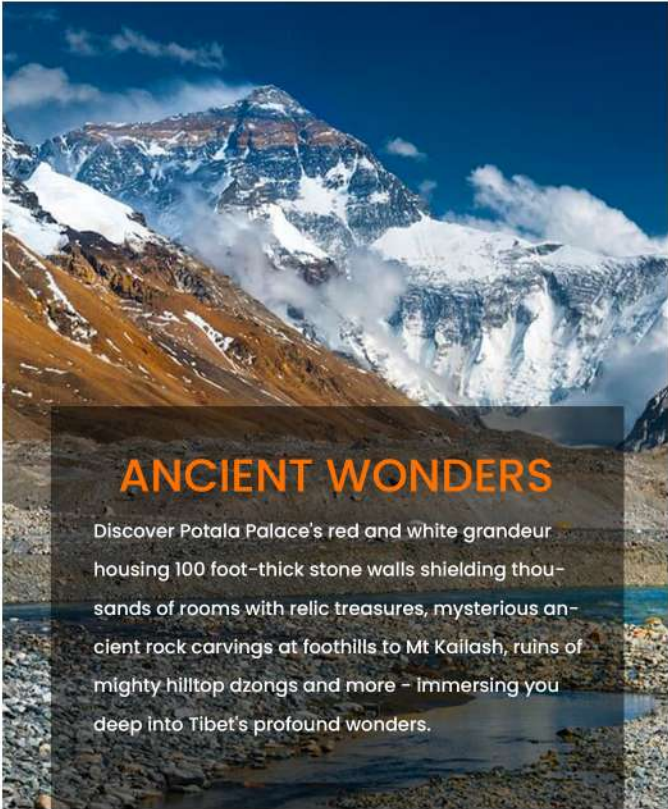


Known as the Roof of the World, Tibet enchants with its towering snow-capped peaks, high-altitude lakes in hues of sapphire blue, centuries-old monasteries and remote hillside villages where spiritual traditions remain interwoven into daily life. Come to spin prayer wheels circling ancient temples, sample steaming yak butter tea with nomadic herders grazing the sweeping grasslands, and unwind on an exhilarating overland trip across the top of the world itself.



## SACRED JOURNEYS

Tibet invites spiritual sacred journeys to remote cliff-side monasteries and temples where defend the eternal flame flickers, to sacred Mt Kailash's crystal blue Lake Manasarovar, to spin mile-long rows of handwritten prayer mantras – all suffused in age-old traditions and profound Buddhist devotion.



## ANCIENT WONDERS

Discover Potala Palace's red and white grandeur housing 100 foot-thick stone walls shielding thousands of rooms with relic treasures, mysterious ancient rock carvings at foothills to Mt Kailash, ruins of mighty hilltop dzongs and more – immersing you deep into Tibet's profound wonders.



## WINDSWEPT PLAINS

Experience the raw untouched beauty of Tibet's vast windswept plains, where wild-maned Kiang horses gallop across grasslands dotted with lone nomad tents and yaks and sheep graze under blue skies that stretch to towering snow-capped peaks kissing the heavens.



# TOUR IN TIBET

Travel overland across the 'Roof of the World' is the journey of a lifetime, driving along the Friendship Highway into Tibet's heart. Here majestic snowy peaks loom, prayer flags flutter over sparkling lakes, and smiling locals in colorful garb welcome you to spin prayer wheels at ancient dzongs and monasteries suffused in spirituality before watching golden sunsets over the wide Tibetan horizon.

## We Offers



Cultural Tours



Highlight Tours



Family Friendly Tours



Wildlife Tours



Deluxe Tours

## Our Tours



### Mt. Kailash Tour

Everest Base Camp Trek is a majestic walk in the land of the Himalayas. Trekking through the Mount Everest base camp region offers surprising and hidden mountain views.

14 Days Included Private Transport



### Nepal, Tibet and Bhutan Highlights Tour

Nepal Tibet and Bhutan Highlights Tour will discover the lifestyle and living culture of three different countries. A heritage tour in Kathmandu, Sightseeing in Lhasa, and discovering the Paro of Bhutan.

21 Days Included Private Transport



### Tibet Everest Base Camp Trek

Tibet Everest Base Camp Trek takes you to visit Everest Base Camp, three large cities of Tibet – Lhasa, Shigatse, and Gyantse, Namtso Lake, Rongbuk Monastery, and Yamdrok-Tso Lake.

17 Days Included Private Transport



### Nepal & Tibet Highlights Tour

Nepal Tibet Highlights Tour Package includes highlights of major destinations from Nepal and Tibet. You will travel from Kathmandu to Lhasa during the trip.

16 Days Included Private Transport



### Everest Basecamp with Gokyo and Tibet Tour

Everest Basecamp with the Gokyo and Tibet Tour, where you will experience the majestic beauty of the Himalayas, awe-inspiring Everest Basecamp and also explore the enchanting Gokyo Lakes.

29 Days Included Private Transport



### Kailash Mansarovar Tour

Kailash Mansarovar tour is one of the most famous pilgrimage tours in the world. This tour is usually done by pilgrims from the Buddhist and Hindu religions.

10 Days Included Private Transport

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Asian Heritage

Treks & Travels



# What our customers say about us?

Feedback/Reviews

I'm Haider Al-Zahid.. Orthopaedic surgeon from BASRA/ IRAQ"Nepal cultural and Historical trip"... It was wonderful experience..it started and ended at Kathmandu International Airport.. (with extra two days .. i.e. total 12 days) .. Devi (at ASIAN HERITAGE OFFICE) organized the whole trip according to my schedule .. adding more interesting sightseeings .. He followed us through out the whole journey.. Rohit (the Guide) and Jeeven (the Driver) were extraordinary persons.. they behave so friendly .. they managed the time in almost perfect way ..their kindness , patience and professionalism was unbelievable.. Thanks is little thing to say .. the journey was full of love ,passion, spiritual things and much more (can't be expressed in simple words) ..

- Haider Alzahid

Great Experience to Everest Base Camp It was my first visit to Nepal and i had always wanted to see Mount Everest from nearest point possible. Asian Heritage did a fine job planning our trip. Tour Operator our guide and porters were also very professional. The trek to base camp was hectic but i got to mark this one off my bucket list. Thank you for making it possible. Much Love.

- Leong M

I loved the diverse heritages. The cultural traditions of Nepal are unique. Nepal undoubtedly has a wealth of cultural and natural heritages. Every single highlight we witnessed had a certain quality that never failed to astound us. Thank you to the company for sending such a lovely guide and considerate driver, as well as to our guide for thoroughly discussing and clarifying the locations.

- Chris J

Never seen such beautiful place in my life I traveled to many areas with my family, and to be honest, we had a terrific time in each of them. All of the employees, guides, and drivers were extremely pleasant and helpful. I especially adored Lumbini, the birthplace of Lord Gautam Buddha. I've never seen such a serene and beautiful area in my life. Thank you for your assistance, Team.

- Neil P

MORE »





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Asian Heritage is Travelife partner







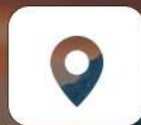
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"We Care"



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