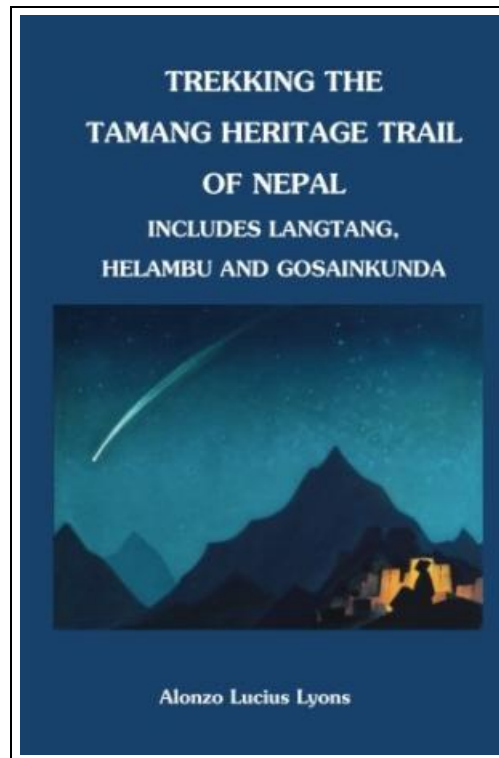


Trekking the Tamang Heritage Trail of Nepal



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(Lavina Torp)

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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 184 pages. Dimensions: 8.5in. x 5.5in. x 0.3in. INCLUDES LANGTANG and HELAMBU The Tamang Heritage Trail lies west of the Langtang Valley. The scenic route passes through mainly Tamang villages in the mid-hills that receive considerably fewer tourists than the traditional, adjoining Langtang trek. Himalayan panoramas and village vistas are sensational and home stay enables a deeper cultural experience than can be had on more established routes. The Tamang ethnic group comprises 6 percent of the total population of Nepal, and Tamang are the predominant inhabitants of Rasuwaa District where this route and the Langtang Valley lie. Tamang have a distinct language and manner of dress, ornamentation and craftsmanship, and many homes have ornately carved wooden windows and porch fronts. This book provides the essentials for entering the heart of Tamang country. Also includes Langtang, Helambu, and Gosainkunda, popular trekking destinations north of Kathmandu Valley. --Comprehensive and easy to use -- Route descriptions include the classic trails, alternate paths and exclusive new routes with detailed maps Side trips not found in other guidebooks Practical information and country background Complete trekking reference Cover painting by Nicholas Roerich This item ships from La Vergne, TN. Paperback.

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