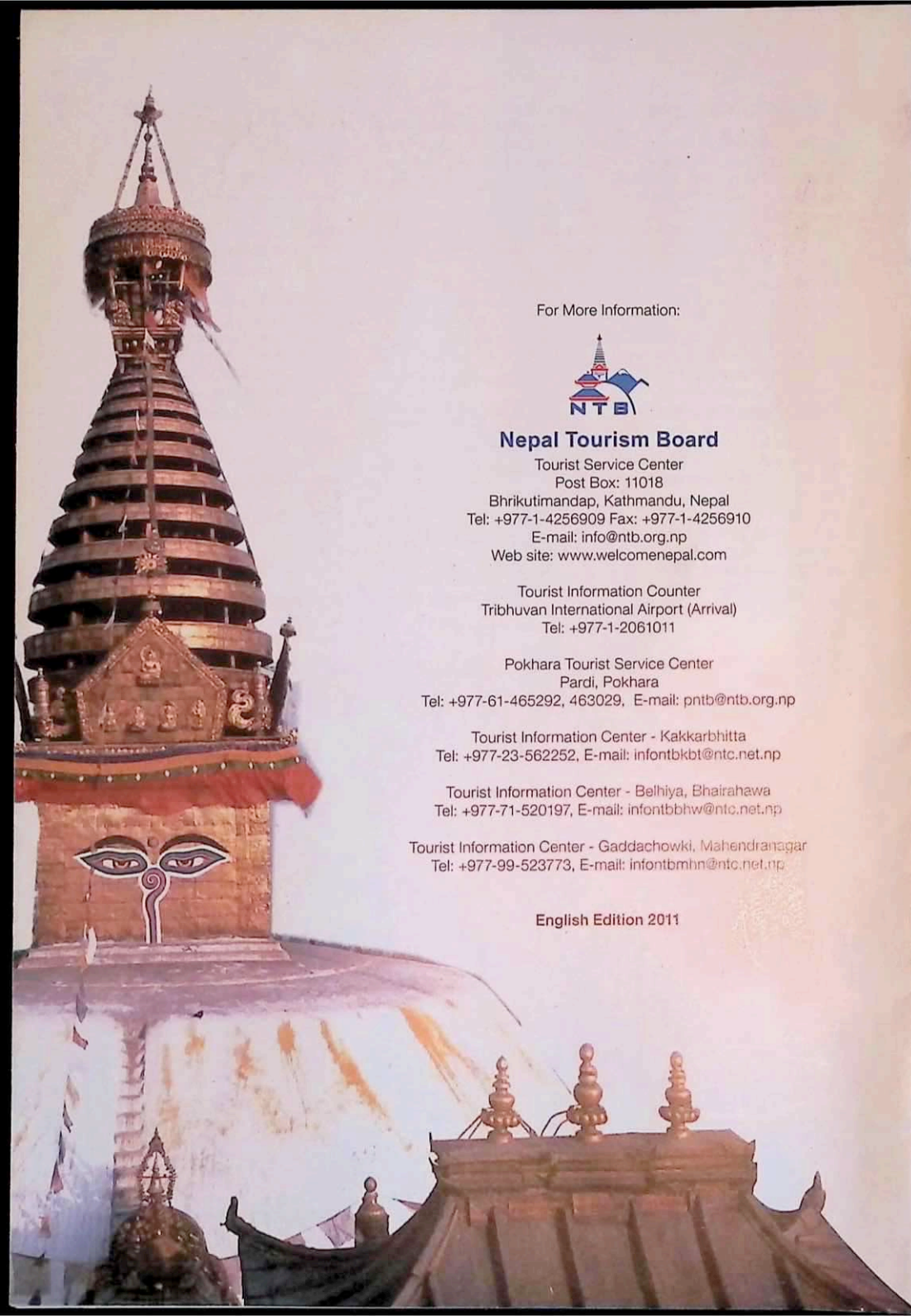




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Bhrikutimandap, Kathmandu, Nepal
Tel: +977-1-4256909 Fax: +977-1-4256910
E-mail: info@ntb.org.np
Web site: www.welcomenepal.com

Tourist Information Counter
Tribhuvan International Airport (Arrival)
Tel: +977-1-2061011

Pokhara Tourist Service Center
Pardi, Pokhara
Tel: +977-61-465292, 463029, E-mail: pntb@ntb.org.np

Tourist Information Center - Kakkarbhitta
Tel: +977-23-562252, E-mail: infontbkbkt@ntc.net.np

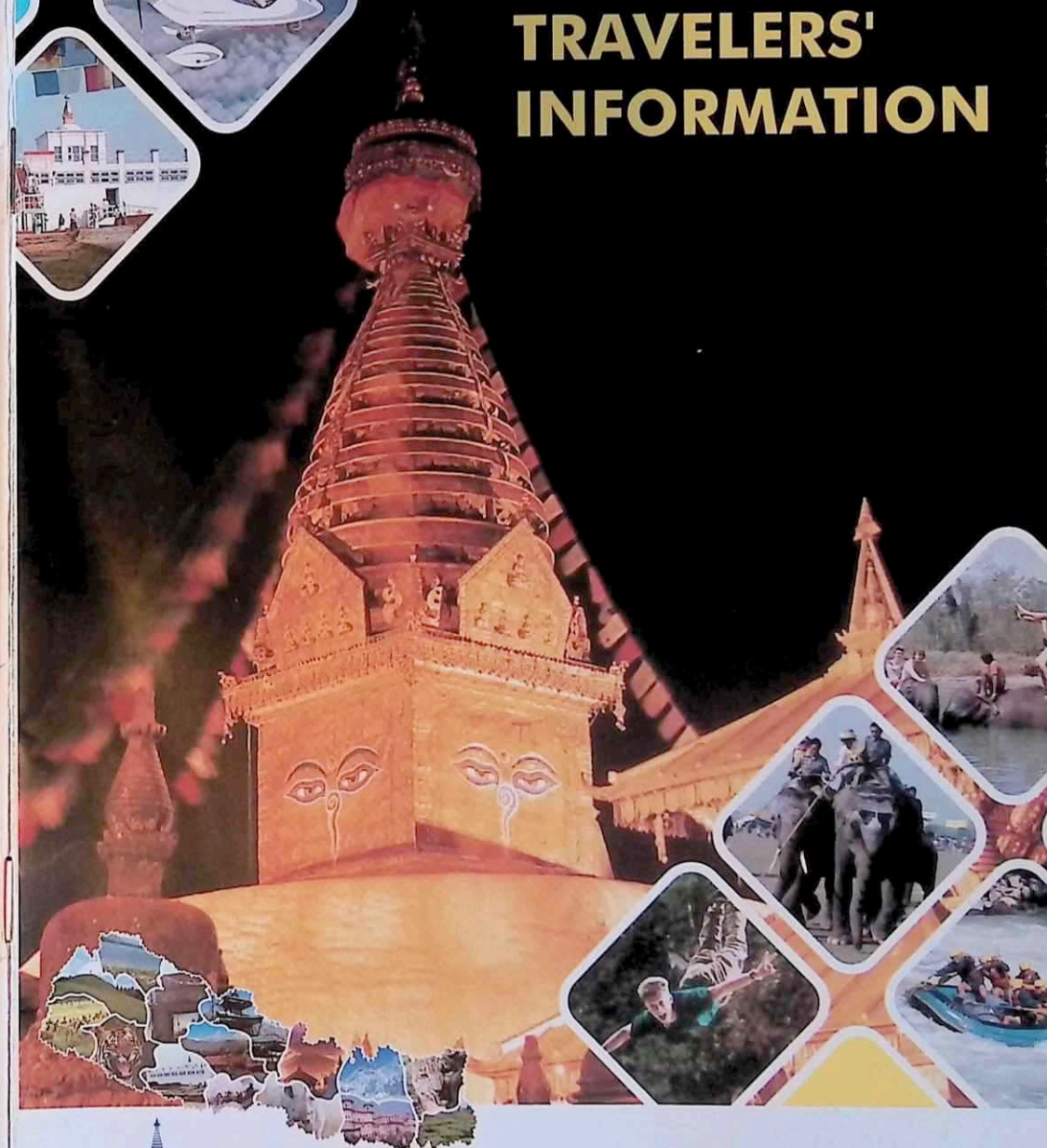
Tourist Information Center - Belhiya, Bhairahawa
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TRAVELERS' INFORMATION



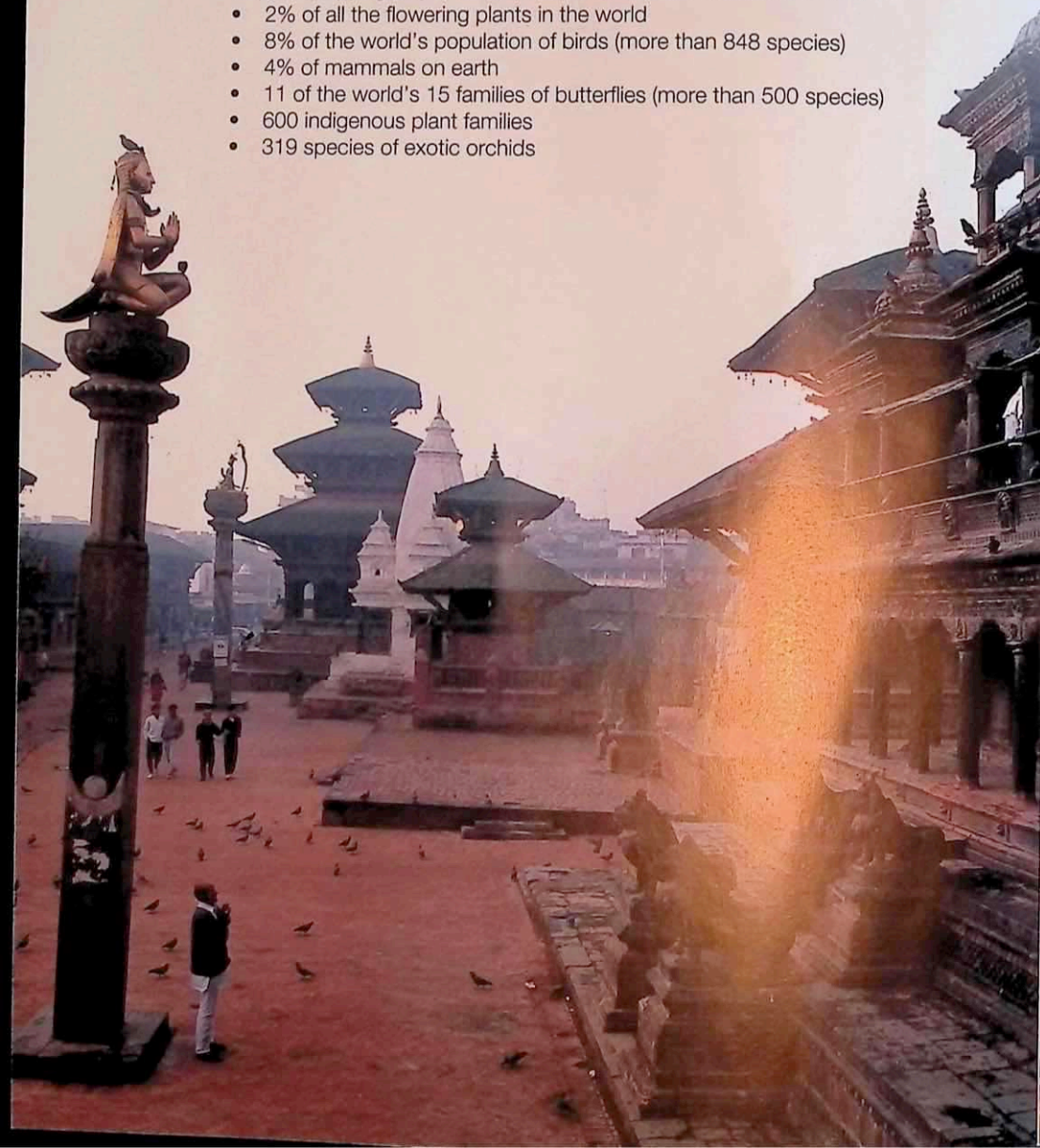
www.welcomenepal.com

NATURALLY NEPAL
ONCE IS NOT ENOUGH

Nepal is one of the richest countries in the world in terms of biodiversity due to its unique geographical position and altitudinal variation. The elevation of the country ranges from 60 m above sea level to the highest point on earth, Mt. Everest at 8,848 m, all within a distance of 150 km resulting into climatic conditions from sub-tropical to Arctic.

Nepal occupying only 0.1% of the total landmass of the earth is home to:

- 2% of all the flowering plants in the world
- 8% of the world's population of birds (more than 848 species)
- 4% of mammals on earth
- 11 of the world's 15 families of butterflies (more than 500 species)
- 600 indigenous plant families
- 319 species of exotic orchids



Area	: 147,181 sq. km
Location	: Situated between China in the north and India in the south, east and west
Capital	: Kathmandu
Population	: 28.58 million
People	: Nepal has more than 101 ethnic groups and 92 spoken languages.
Language	: Nepali is the national language; travel-trade people understand and speak English as well.
Religion	: Nepal is a secular state with a pre-dominance of Hindu and Buddhist population.
Currency	: Nepali Rupee
Political System	: Federal Democratic Republic
Climate	: Nepal has four major seasons (1) Winter: December-February, (2) Spring: March-May, (3) Summer: June-August, (4) Autumn: September-November. Monsoons are from June till mid September. Nepal can be visited the whole year round.

Place	Summer (May, June, July)			Winter (Dec, Jan, Feb)		
	Max (°C)	Min (°C)	Rain (mm)	Max (°C)	Min (°C)	Rain (mm)
Kathmandu	28.1	19.5	312.9	19.3	3.0	15.4
Pokhara	29.7	21.3	829.7	20.3	7.7	26.3
Chitwan	33.0	25.3	404.0	24.1	8.3	13.8

What to Wear : Light weight clothing is recommended from May through October. Warm garments are required in October-March. An umbrella or a raincoat is a must for the rainy season.



ENTRY PROCEDURES

a. Tourist Visa

Visa Facility	Duration	Fee
Multiple entry	15 days	US\$ 25 or equivalent convertible currency
Multiple entry	30 days	US\$ 40 or equivalent convertible currency
Multiple entry	90 days	US\$ 100 or equivalent convertible currency

b. Gratis (Free) Visa

- Gratis visa for 30 days is available only for nationals of South Asian countries like Bangladesh, Bhutan, Maldives, Pakistan and Sri Lanka. However, Indian nationals do not require visa to enter into Nepal.

However, nationals of the following countries will not get visa on arrival at the immigration entry points of Nepal:- Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, Afghanistan.

(For further information, please, contact Department of Immigration, Kalikasthan, Kathmandu, Tel: 00977-1-4429659, Web: www.immi.gov.np)

FOR INDIAN NATIONALS:

Indian National Traveling to Nepal must possess any one of the following documents-

1. Passport
2. Driving license with photo
3. Photo Identity card issued by a Government Agency
4. Ration Card with Photo
5. Election Commission Card with Photo
6. Identity Card issued by Embassy of India in Kathmandu
7. Identity Card with Photo issued by Sub- Divisional Magistrate or any other officials above his rank

ACCESS TO NEPAL



BY AIR: Nepal Airlines is the national flag carrier of Nepal with flights to/from Delhi, Kuala Lumpur, Dubai, Bangkok, Doha and Hong Kong. Other international airlines operating from/ to Kathmandu are Air Arabia (Sharjah), Air China (Lhasa, Chengdu), ArkeFly (Amsterdam), Bahrain Air (Bahrain), Biman Bangladesh (Dhaka), Buddha Air (Paro, Lucknow), China Eastern Airlines (Kunming), China Southern Airlines (Guangzhou), Dragon Air (Hong Kong), Druk Air (Delhi, Paro), Etihad Airways (Abu Dhabi), Flydubai (Dubai), GMG Airlines (Dhaka), Gulf Air (Bahrain), Indian Airlines (Delhi, Kolkata, Varanasi), Indigo Airlines (Delhi), Jet Airways (Delhi, Mumbai), Jet Lite (Delhi),

Kingfisher Airlines (Delhi), Korean Air (Seoul), Pakistan International Airlines (Karachi, Islamabad), Qatar Airways (Doha), Silk Air (Singapore), Spicejet (Delhi), Thai Airways (Bangkok) and United Airways (Dhaka).

BY LAND: All visitors coming to Nepal by land must enter only through one of these entry points (1) Kakarbhitta (2) Birgunj (3) Belhiya, Bhairahawa (4) Nepalgunj (5) Dhangadi and (6) Mahendranagar in the Nepal-India border and (7) Kodari in the Nepal-China border. The overland tourists entering the country with their vehicles must possess an international carnet or complete customs formalities.

Route	Approx. Distance (border towns to major cities)	Nearest Railway Station in India
Siliguri-Kakarvitta-KTM	620 kms	New Jalpaiguri (NJP)
Jogbani-Biratnagar-KTM	550 kms	Jogbani
Raxaul-Birgunj-KTM	280 kms	Raxaul (RXL)
Sunauli-Bhairahawa-KTM	280 kms	Gorakhpur (GKP)
Rupaideya-Jamuna (Nepalgunj)-KTM	520 kms	Rupaideya/ Nanpara
Gauriphanta-Mohana (Dhangadi)-KTM	630 kms	Gauriphanta/ Paliya
Banbasa-Gaddachauki (Mahendranagar)-KTM	715 kms	Banbasa/ Tanakpur
Sunauli-Bhairahawa-Palpa-Pokhara	185 kms	Gorakhpur (GKP)
Sunauli-Bhairahawa- Chitwan	145 kms	Gorakhpur (GKP)
Sunauli-Bhairahawa-Lumbini	26 kms	Gorakhpur (GKP)





FOREIGN EXCHANGE

Foreign currencies must be exchanged only through the banks or authorized foreign exchange dealers. The receipts from such transaction are to be obtained and retained. Visitors can exchange money at the foreign exchange counter at the airport upon arrival also. Indian currency Rs. 500/- and Rs. 1,000/- notes are not allowed to be brought into Nepal, will not be exchanged and will not be accepted for transaction of any kind.

CUSTOMS FORMALITIES



All baggage must be declared and cleared through the customs on arrival at the entry. Personal effects are permitted free entry. A tourist may bring in dutiable goods, such as

tobacco and liquors, within the prescribed quantity free of duty. Carrying narcotics, arms and ammunition are strictly prohibited (Tel: 4470110/ 4472266). Visitors can export souvenirs to their respective countries. The export of antiques, however, requires special permission from the Department of Archaeology, National Archive Building, Ram Shah Path, Kathmandu (Tel.: 4250686/7).

DOMESTIC AIRLINES



Nepal Airlines has an extensive network of air services to major parts of the country. Besides Nepal Airlines, other domestic airlines (there are more than 18 in operation) provide regular and charter services to popular domestic destinations. Many domestic airlines operate early morning, one-hour mountain flights round the year.

GETTING AROUND

Metered taxis are easily recognizable by the taxi sign and black number plates and can be hailed off the street. Micro buses and battery-run EV tempos cheaper than taxis are also available. No tip is expected. There are regular bus services within the three cities of the Kathmandu valley operating from old bus terminal Ratna Park. Similarly, scheduled bus services for outside the valley operate from the Gongabu Bus

Terminal. It is also possible to hire mountain or motor bikes at nominal rates.

FACILITIES

Nepal has every category of accommodation facility, ranging from international standard star hotels and resorts to budget lodges. To ensure safety and quality service, it is advisable to use the services of Government registered hotels, lodges, travel agencies, licensed tour guides and hire only authorized trekking guides or porters.

WORLD HERITAGE SITES

There are four UNESCO World Heritage Sites in Nepal. Two are in cultural category and two are in natural category. World Cultural Heritage Sites of Nepal are: Lumbini, the birth place of Lord Buddha, and seven monuments of Kathmandu valley within a radius of 20 km (together counted as one Heritage Site). The World Natural Heritage Sites are Chitwan and Sagarmatha National Parks. Kathmandu valley World Heritage Site comprises of three historical palaces – Kathmandu, Patan and Bhaktapur Durbar Squares; two Buddhist stupas – Swayambhunath and Baudhanath; and two Hindu temples – Pashupatinath and Changu Narayan. Nepal offers incomparable scope to connoisseurs of art and culture to see and study different aspects of fine arts in its paintings, sculpture, wood carving and architecture.

NEPAL'S UNIQUE TREASURES

Mt. Everest – Highest Peak on Earth
Kumari – The Living Goddess
Lumbini- Birthplace of Lord Buddha

OUTDOOR ATTRACTIONS & ACTIVITIES

Few destinations in the world can match Nepal in the variety of world-class experience - be it mountaineering, trekking, mountain biking, nature tours, culture tours, pilgrim tours, white-water-rafting, canyoning (cascading), kayaking, canoeing, mountain flights, pony trekking, jungle safaris, bird watching, fishing/ angling, paragliding, ultra-light aircraft ride, bungy jumping; we have it all. Special interest tours like orchid tours, culture trek, honey hunting, village tours, fossil hunting, meditation courses, Shamanism-Panimism tour, cave tours, snow leopard and blue sheep trek and other kinds of tours are carried out for selected groups throughout the year. For organizing your tours, please contact: Nepal Association of Travel and Tour Agents (Tel: 4418661, 4419409, Web site: www.natta.org.np) or Nepal Association of Tour Operators (Tel: 4418999, Web site: www.nepaltouroperators.org).



TREKKING

Nepal is the ultimate destination for the trekking enthusiast – offering a myriad of possibilities from the short and easy to the demanding challenges of the snowy peaks. Easy, moderate or rigorous – there is something for every one. Nepal has aptly been called "A Trekkers' Paradise" as her terrain – mountains, hills and the Terai – offer some of the most spectacular trekking routes in the world. The immense contrasts in altitudes and climates found here support an equally spectacular mix of lifestyles, vegetation and wildlife. Trekking in Nepal is as much a cultural experience as a Himalayan adventure. In the shadows and foothills of the icy pinnacles of the Himalayas, one passes picturesque charming villages inhabited by diverse ethnic groups. Treks vary from expeditions, high altitude treks to simple easy paced walks. For more information about trekking; please contact Trekking Agencies' Association of Nepal (Tel: 4427473, 4440920, Web site: www.taana.org.np).

MOUNTAINEERING

With eight of the highest peaks in the world, including Mt. Everest, it is hardly surprising that Nepal has been the stage for some of the most outstanding achievements in the world of mountaineering. The dauntless icy peaks have since decades challenged the bodies and spirits of the daring ones. All inquiries and arrangements for expeditions have to be made well in advance at the Ministry of Tourism & Civil Aviation,

Mountaineering Section, Bhrikutimandap (Tel: 4256231/2, Fax: 4227281, Web site: www.tourism.gov.np) where the guidelines have been laid down.

RAFTING/KAYAKING/CANYONING

Few rafting rivers in the world can match the thundering course of the rivers of Nepal originating from the snow meltdown of the Himalayan terrain. The rivers gush through the twisted canyons, winding through calm valleys where small settlements are perched on the banks, taming out only as they spill out into the Indian plains to merge with the Ganges. A river-trip is one of the best ways to explore the typical cross-section of the country's natural as well as the ethno-cultural heritage with massive doses of adrenaline buzz on our world-class white-water thrills. An extreme sport popular in Europe, canyoning is now available in Nepal. It involves abseiling, jumping, sliding, climbing along waterfalls and steep cliffs to deep pools, giving the canyoneer the freedom to explore beautiful under-water landscape.

VILLAGE TOURS

Village tours allow visitors to experience a stay in a typical Nepali village. This gives visitors an opportunity to observe the rich Nepali cultural tradition from the closest quarter and intermingle with the locals. Besides, any expenses made at that level

directly contribute to the welfare of the local community, hence giving the visitor a sense of satisfaction. Village tours are conducted in Sirubari, Briddim, Ghalegaun, Ilam and other places.

TREKKERS' INFORMATION MANAGEMENT SYSTEM (TIMS)

Where & how to obtain TIMS Card?

Tourists of all nationalities including Indians, who are interested to visit general trekking areas of Nepal, are required to receive TIMS Card through one of the following offices:

- Kathmandu (NTB office, TAAN office and Government registered trekking companies)
- Pokhara (NTB office, TAAN office and Government registered trekking companies)

Opening hours

- TIMS counter at Government registered trekking companies will remain open 12 hours a day all the seven days a week round the year.
- TIMS counter at TAAN / NTB offices will follow Government working hours/ days.
- To obtain a TIMS Card you need a copy of your passport and visa and two passport-size photographs.

For more information, please contact: Trekking Agencies' Association of Nepal (Tel: 4443003, 4440920, Web site: www.timsnepal.com).

OTHER ACTIVITIES

For those who cannot withstand the rigorousness of mountain climbing there are mountain flights which fly around Mt. Everest and other summits providing a close-up view of the top of the world. For others, Pokhara, the lake city of Nepal provides endless opportunities for fishing, swimming, canoeing and boating along Phewa Lake.

Air sport options like paragliding and flying in ultralight airplanes to see the spectacular views are also available in Pokhara.

JUNGLE SAFARI

Chiwan national Park, Bardia National Park, Shuklaphanta Wildlife Reserve and Koshi Tappu Wildlife Reserve offer exciting safari holidays. Jungle activities here include venturing into deep jungle on elephant back or four-wheel drive to view wild animals in their natural habitat, canoe rides along the jungle rivers, nature walks, bird watching and village tour excursions.

A RICH NATURAL HERITAGE

Thanks to Nepal's extensive and effective parks and reserves system, the country has managed to preserve more endangered species of flora and fauna than any other area in Asia. Now, the protected areas in Nepal include ten national parks, three wildlife reserves, one hunting reserve and six conservation areas and eleven buffer zones covering an area of 34,186.62 sq. km that is 23.23% of the total area of the country.



UNESCO NATURAL WORLD HERITAGE SITES

1. Chitwan National Park (932 sq. km)
2. Sagarmatha National Park (1,148 sq. km)

OTHER NATIONAL PARKS

1. Banke National Park (550 sq. km)
2. Bardiya National Park (968 sq. km)
3. Khaptad National Park (225 sq. km)
4. Langtang National Park (1,710 sq. km)
5. Makalu-Barun National Park (1,500 sq. km)
6. Rara National Park (106 sq. km)
7. Shey-Phoksundo National Park (3,555 sq. km)
8. Shivapuri Nagarjun National Park (159 sq. km)

WILDLIFE RESERVES

1. Koshi Tappu Wildlife Reserve (175 sq. km)
2. Parsa Wildlife Reserve (499 sq. km)
3. Shuklaphanta Wildlife Reserve (305 sq. km)

CONSERVATION AREAS

1. Annapurna Conservation Area (7,629 sq. km)
2. Api Nampa Conservation Area (1,903 sq. km)
3. Blackbuck Conservation Area (15.95 sq. km)
4. Gaurishankar Conservation Area (2,179 sq. km)
5. Kanchenjunga Conservation Area (2,035 sq. km)
6. Manaslu Conservation Area (1,663 sq. km)

HUNTING RESERVE

1. Dhorpatan (1,325 sq. km)

For more information, please contact the
Department of National Parks and Wildlife Conservation
(Tel: 4220850, 4220912, Fax: 4227675)
Web site: www.dnpwc.gov.np

POPULAR DESTINATIONS

- Kathmandu is popular for its UNESCO World Heritage Sites, historical monuments, festivals and cultural splendors.
- Pokhara is famous for its close-up mountain views, pristine nature, sparkling lakes, limestone caves, deep gorges and waterfalls.
- Chitwan is popular for jungle safari and Terai-life experiences.

On a clear day, the hill resorts of Dhulikhel (30 km from Kathmandu), Nagarkot (28 km from Kathmandu) and Daman (80 km southwest of Kathmandu) afford magnificent views of Himalayan range. These hill stations are very popular for nature lovers and honeymooners.



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