



## Facts for the Visitors

### Entering/Leaving

#### Traveling by Air

You can fly directly to Kathmandu from London, Paris, Frankfurt, Vienna, Amsterdam, Doha, Dubai, Dhaka, Karachi, Munich, Abu Dhabi, Bahrain, Paro, Lhasa, Singapore, Kuala Lumpur, Bangalore, New Delhi, Mumbai, Patna, Calcutta and Varanasi. Charter flights can also be arranged for large movements. All flights feature business class and amenities of international standards. Many a time, the Captain offers a guided sightseeing of the Himalaya for no extra charge!

Royal Nepal Airlines, Thai Airways, Qatar Airways, Indian Airlines, Pakistan International Airlines, Biman Bangladesh, Gulf Air, Indian Airlines, Air Sahara, Jet Airways, Austrian Air, Martinair, Air China, Druk Air fly to Nepal regularly.

Airfares fluctuate with the changes in exchange rates and are to be paid in foreign currency by foreign nationals. Only Nepalese and Indian nationals are permitted to pay in rupees for air passage between Nepal and India. Departure flight tickets should be reconfirmed three days in advance to avoid inconveniences by possible flight cancellation or changes in the flight schedule. Overweight luggage charges are levied in foreign exchange.

#### Traveling by Road

All visitors entering Nepal by land must use no other entry points other than (1) Kakarbhitta (2) Birgunj (3) Belhiya, Bhairahawa (4) Nepalgunj (5) Dhangadi and (6) Mahendra Nagar in the Nepal-India border and (7) Kodari in the Nepal-China border. The overland tourists entering the Kingdom with their vehicles must possess an international carnet.

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## Visa

### Visa Regulations

1. The single entry tourist visa can be obtained from the entry points of Nepal or from the Royal Nepalese diplomatic missions abroad by paying US\$ 30 or equivalent convertible foreign currency for 60 days.
2. Multiple entry facility can be obtained paying additional US\$ 50 or equivalent convertible foreign currency. The facility will be valid for a visa year (Jan-Dec) of the visa period is valid.
3. The visitors who wish to stay for more than 60 days in Nepal can extend their tourist visa by paying the equivalent of US\$ 30 in the Nepalese currency for 30 days from the Department of Immigration.
4. Business visa with multiple entry facility for the period of one year and five years can be obtained from the Department of Immigration on the recommendation of Ministry of Industry by paying the equivalent of US\$ 100 and US\$ 250 respectively in the Nepalese currency for the foreign investors.

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## Customs/Airport Tax

### Customs and Airports

#### Customs

All baggage must be declared and cleared through the customs on arrival at the port of entry. Passengers arriving at Tribhuvan International Airport (TIA) without any dutiable goods can proceed through the Green Channel for quick clearance without a baggage check. If you are carrying dutiable articles, you have to pass through the Red Channel for detailed customs clearance.

#### Import

Apart from used personal belongings, visitors are allowed to bring to Nepal free of duty cigarette (200) or cigars (50), distilled liquor (one 1.15 liter bottle), and film (15 rolls). You can also bring in the following articles free of duty on condition that you take them out with you when you leave: binoculars, movie or video camera, still camera, laptop computer, and portable music system.

#### Export

It is illegal to export objects over 100 years old (sacred images, paintings, manuscripts) that are valued for culture and religious reasons. Visitors are advised not to purchase such items as they are Nepal's cultural heritage and belong here. The Department of Archaeology (tel: 4213701, 4213702) at Ramshah Path near Singha Durbar has to certify all metal statues, sacred paintings and similar objects before they are allowed to be sent or carried out of the country. Handicraft dealers and travel agents are able to assist you in this process. For more information on customs matters, contact the Chief Customs Administrator, TIA Customs Office; tel: 4470110, 4472266.

#### Airport Tax

As per the decision of His Majesty's Government of Nepal dated 2001/02/19, Civil Aviation Authority of Nepal has announced a hike in the airport taxes at the Tribhuvan International Airport (TIA) and other domestic airports, with immediate effect. The revised airport taxes are as follows:

1 International Sector	TIA
a) SAARC Regions	Rs. 770/-
b) Other Countries	Rs. 1100/-
2 Internal (Domestic) Sector	
a. Rs 165/- for all sectors	
b. The new Airport Tax is equally applicable to Nepalese as well as non-Nepalese citizens flying from Nepal.	

Note: In addition, VAT will be imposed on above mentioned Airport Taxes.

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## Trekking Permit

A foreigner intending to trek in any part of the Kingdom of Nepal shall have to obtain a trekking permit from the Department of Immigration, Bhrikuti Mandap, and permits are issued for trekking in any part of the country except in areas restricted for the foreigners by the government regulation.

Trekking permit is not essential for the general trekking areas such as the Everest, the Annapurna and the Langtang.

Trekking permit should be obtained for the following places :

1. Lower Dolpa and Kanchenjunga -  
Equivalent to US\$ 10 per person per week for the first four weeks and US\$ 20 per week thereafter;
2. Manaslu -  
US\$ 90 per person per week for trekking during Sept-Nov and US\$ 75 per week during December-August.
3. Humla -  
US\$ 90 for the first seven days and US\$ 15 per day thereafter;
4. Upper Mustang and Upper Dolpa -  
US\$ 700 per person for the first ten days and US\$ 70 per person per day thereafter.

Note: Trekking to Dolpa, Kanchenjunga, Makalu and Upper Mustang can be undertaken through registered trekking agencies only. For trekking through National Park Areas, an entrance fee of Rs. 650 is levied. Likewise, an entrance fee of Rs. 1000 is levied for trekking at the Annapurna Conservation Area by the ACAP.

Trekking permits are obtained from the Department of Immigration, New Baneshwor and permits are issued for trekking in any part of the country except in areas restricted for the foreigners by government regulation.

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## Foreign Currency and Credit Cards

Payment in hotels, travel agencies, and airlines are made in foreign exchange. Credit cards like American Express, Master and Visa are widely accepted at major hotels, shops, and restaurants. Remember to keep your Foreign Exchange Encashment Receipt while making foreign exchange payments or transferring foreign currency into Nepalese rupees. The receipts may be needed to change left-over Nepalese Rupees into hard currency before leaving the country. However, only 10 percent of the total amount may be converted by the bank. ATM is widely in use in Kathmandu.

Major banks, hotels, and the exchange counters at Tribhuvan Airport provide services for exchanging foreign currency.

Exchange rates are published in English dailies such as The Rising Nepal, The Kathmandu Post and The Himalayan Times. Nepalese Rupees are found in denominations of 1000, 500, 100, 50, 20, 10, 5, 2 and 1. Coins are found in denominations of 10, 25 and 50 paisa. One rupee equals 100 paisa.

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## Getting Around

### City buses

There are many buses, minibuses and microbuses available at Ratnapark (old Bus Park) which depart to different destinations in the valley. Safa tempo run by battery is available in Kathmandu for commuters.

### Metered Taxi

Consult Kathmandu Valley map to find out the direction of your destination. Hail a taxi, which is easily recognisable by its taxi sign on top and black license plate. As a rough guide, a trip inside the city will cost anywhere between Rs. 20/- to 200/- (depending on the distance). No tip is expected.

A metered taxi from the airport to downtown will cost about Rs. 200 to Rs. 400. Private taxis may charge slightly higher than the ordinary taxis.

There is also an arrangement of Night Taxi service operated by the major hotels. The fare is slightly higher than the metered taxi. One can rent a private car through a travel agent or a car rental company.

### Hired Mountain Bike / Ordinary Bicycle

Mountain bikes and ordinary bicycles are cheap and the best form of transportation for economy tourists. One can hire them at Thamel, Rani Pokhari and Jhochhen.

### Long Distance Bus Service

Long distance day or night bus services are available from Kathmandu to all cities of Nepal. A new bus park has been constructed at Gongabu on the Ring Road near Balaju from where buses depart for the different destinations. Six seater Sumo Tata van, 12 seater van and air-conditioned mini bus also available for long distance travel.

### Domestic air service

Royal Nepal Airlines (RA) has an extensive network of air services in the interior of Nepal. It has scheduled connection flights from Kathmandu to Taplejung, Bhadrapur, Rajbiraj, Bhojpur, Phaplu, Lukla, Lamidanda, Tunmlingtar, Rumjatar, Biratnagar Simara, Janakpur, Ramechhap, Bharatpur, Meghauli, Pokhara, Jomsom, Manang, Baglung, Bhairahawa, Nepalgunj Chaurjahari, Surkhet, Dang, Dolpa, Jumla, Bajura, Baitadi, Dipayal, Darchula, Mahendranagar, Dhangadi, Tikapur and Sanfebagar.

Besides RA, other domestic airlines such as Buddha Air, Cosmic Air, Gorkha Airlines, Sita Air, Skyline Airlines and Yeti Airways provide regular and charter services to popular domestic destinations.

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## Climate

Nepal has a typical monsoonal two- season a year. There is a dry season from October to May and there is the wet season, the monsoon, from June to September. September -November, the start of the dry season, is in many ways the best time of the year in Nepal. When monsoon just ends, the countryside is green and lush. Nepal is at its most beautiful and during this season there are plenty of colorful festivals to enjoy.

**Temperature Chart**  
(in Celsius)

Months	Kathmandu		Pokhara		Chitwan	
	Max	Min	Max	Min	Max	Min
January	19	2	20	8	24	7
February	20	4	21	8	26	8
March	25	8	27	11	33	12
April	30	11	30	16	35	18
May	30	16	30	19	35	20
June	30	20	30	20	35	23
July	20	21	30	21	33	24
August	29	20	30	21	33	24
September	27	19	29	20	32	22
October	23	15	27	18	31	18
November	23	4	23	11	29	12
December	20	2	20	8	24	8

**Rainfall Chart**  
( in mm. )

Months	Kathmandu	Pokhara	Chitwan
January	25	15	10
February	25	15	10
March	75	30	10
April	50	50	15
May	100	300	200
June	225	575	300
July	375	800	500
August	360	700	450
September	175	575	400
October	50	220	100
November	10	20	5
December	10	5	5

**Climate Chart**

**Kathmandu**

	Chances of dry day	Hours of Sunshine
January	95%	5:54
February	91%	5:39
March	93%	7.37
April	85%	9.3

<b>May</b>	74%	5.43
<b>June</b>	54%	4.54
<b>July</b>	33%	2.37
<b>August</b>	37%	2.23
<b>September</b>	62%	3.18
<b>October</b>	88%	5.12
<b>November</b>	98%	5.12
<b>December</b>	99%	5.06

## **Pokhara**

	<b>Chances of dry day</b>	<b>Hours of Sunshine</b>
<b>January</b>	94%	5:49
<b>February</b>	94%	6:23
<b>March</b>	89%	7.19
<b>April</b>	80%	8.59
<b>May</b>	53%	5.17
<b>June</b>	5%	4.02
<b>July</b>	3%	2.04
<b>August</b>	3%	1.34
<b>September</b>	7%	1.44
<b>October</b>	64%	4.3
<b>November</b>	96%	4.51
<b>December</b>	99%	5.12

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## **Health Guide**

### **Insurance**

A travel insurance policy that covers theft, loss and medical treatment is recommended. Make sure the insurance also covers the activities that you will be undertaking during your stay in Nepal such as trekking or river rafting.

### **Immunisation**

Nepal does not require any particular immunisation for your visit. Vaccinations for Cholera, Meningitis, Tetanus & Diphtheria, Typhoid and Gamma Globulin should be considered for your trip. Please consult your physician and get a complete check -up before your departure.

### **Medical Kit**

A simple but adequate medical kit can be most useful without taking much space in your baggage. The following is recommended as tried and true list of items.

- Aspirin or Panadol - for pain or fever.
- Antihistamine - useful as a decongestant for colds, allergies, to ease the itch from insect bites and stings or to help prevent motion sickness.

- Antibiotics - useful if you are travelling well off the beaten track but they must be prescribed.
- Kaolin preparation (Pepto-Bismol), Imodium or Lomotil - for stomach upsets.
- Rehydration mixture - for treatment of severe diarrhoea.
- Antiseptic, mercurochrome and antibiotic powder or similar 'dry' spray - for cuts and grazes.
- Calamine lotion - to ease irritation from bites or stings.
- Bandages and Band-Aids - for minor injuries.
- Scissors, tweezers and a thermometer
- Insect repellent, sun block, suntan lotion, chopsticks and water-purification tablets.
- Throat lozenges (Strepsils).
- Moleskin.
- Sulamyd 10% eye drops.
- Acetaminophen (Paracetamol).
- Antacid tablets.

### **General Knowledge**

To make yourself an expert on health aspects of Nepal would not only be difficult but also troublesome. However, one should have some knowledge on Altitude Sickness (AMS), Diarrhoea, Giardia, Dysentery, Cholera, Hepatitis Rabies, Typhoid, Tetanus, Meningitis Diphtheria, Malaria and HIV/AIDS Common sense can often save lives.

### **Prevention, the Best Medicine**

Care in what you eat and drink is the most important health rule. The number one rule is don't consume the water including ice. Reputable brands of bottled Water or soft drinks are generally fine. Take care with fruit juice, particularly if water may have been added.

Milk should be treated with care, as it is often un-pasteurised. Boiled milk is fine if it is kept hygienically and yoghurt is usually good. Tea or coffee should also be OK since the water would have been boiled. Salads and fruit should be washed with purified water or peeled where possible. Ice cream is usually OK if it is a reputable brand name. But beware of ice cream that has melted and been refrozen. Thoroughly cooked food is the safest but not if it has been left to cool. Stomach upsets are the most likely travel health problem but the majority of these upsets will be relatively minor. Wash your hands frequently, as it's quite easy to contaminate your own food. You should clean your teeth with purified water rather than straight from the tap. Avoid climatic extremes: keep out of the sun when it is hot, dress warmly when it is cold. Avoid potential diseases by dressing sensibly. You can get worm infections through bare feet. Try to avoid insect bites by covering bare skin when insects are around, by screening windows or by using, insect repellents,

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## **Time/Business Hours**

Nepal is five hours 45 minutes ahead of GMT.

### **Business Hours Within the Valley**

Government offices are open from 9 am to 5 p.m. from Monday through Friday. Banks are open from Sunday through Friday from 10 am to 3.30 pm. open until 12 pm only on Friday. Most Business offices are open from 10 am to 5 p.m. Sunday through Friday. Embassies and international organizations are open from 9 am to 5 pm Monday through Friday. Most shops open after 10 am and close at about 8 pm and are usually closed on Saturdays.

### **Business Hours Outside The Valley**

Government offices outside Kathmandu valley open from 10 am to 5 p.m. from Sunday through Thursday. On Fridays they remain open until 3 pm. Banks are open from Sunday through Thursday from 10 am to 3 pm. On Fridays, banks

remain open until 12 pm only. Business offices are open from 10 am to 5 pm Sunday through Friday. Embassies and international organizations are open from 9 am to 5 pm Monday through Friday. Most shops open after 10 am and close at about 8 pm and are usually closed on Saturdays.

### **Holidays**

Nepal observes numerous holidays, at the least a couple in a month. So please check the holiday calendar. Government offices observe all the national holidays and banks observe most of them. Businesses observe major holidays only.

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## **Communication Services**

The General Post Office (tel: 4227499, 4211760) is located near Dharahara Tower and is open from 9 am to 5 pm from Sunday to Friday. Stamps, aerograms and postcards may be purchased from 7 am to 7 pm at the counters. Services like registration and insurance of mail and small packages, and exchange of IRCs are also available.

Parcels can be sent and received through the Foreign Post Office next door. It is open from Sunday through Friday from 9 am to 5 pm.

The Nepal Telecommunication Corporation Office located at Tripureswor provides ISD, STD, telex, fax, and telegraph services. Private communication centers and hotels also provide ISD, STD, and fax services.

The STD code for Nepal is 977. Inquiries can be made at 197.

### **Newspapers and Magazines:**

The major newspapers in Kathmandu are: The Rising Nepal (Daily) - English, The Kathmandu Post (Daily)- English, Gorkhapatra (Daily)- Nepali, Kantipur (Daily) - Nepali. Besides a number of other local and international newspapers and magazines - are also available in the book stalls.

### **Radio:**

Radio Nepal broadcasts different programs in both short wave and medium wave transmissions through three session in a day from 6:00 A.M. to 11 P.M. There are two FM Radio Stations that broadcast twenty four hours programme. There is 11 FM Station which air programmes both in Nepali and English and also broadcast news in English. FM Stations can be tuned between 90 to 106 MHZ. State run Radio Nepal broadcasts English news bulletins daily between 8 A.M. and 8 P.M.

### **Television:**

Nepal television transmits from 7:00 A.M. to 9 A.M. and 6:00 P.M. to 10:30 P.M. On Saturday special entertaining programs are transmitted from 12 noon to 5 P.M. Private TV stations like Kantipur TV, Channel Nepal and Image Metro TV also air programmes and news in English throughout the day.

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## **Electricity**

Major towns in Nepal have electricity and the voltage available is 220-volts and 50 cycles. Load shedding is sometime experienced in Nepal. However, most of the major hotels have installed their own generators.