

# nepal

at a glance...



Lifetime  
Experiences!

[www.welcomenepal.com](http://www.welcomenepal.com)





**NEPAL  
YOU KNOW**



# Europeans & Americans perception on Nepal

- Adventure destination (Mt. Everest)
- Land of Hills and Mountains
- Land of Gurkhas ( many stories of bravery during World War II)
- Vivid culture & festival
- Smiling & happy people





**PASHUPATINATH** – A holy shrine of Hindus





CULTURAL  
RICHNESS

**CELEBRATIONS** throughout the year





PILGRIMAGE

JANAKPUR

LUMBINI

PASHUPATINATH

MUKTINATH

PATHIBHARA

SWARGADWARI

MANAKAMANA







# JANAKI Temple- Mughal Architech

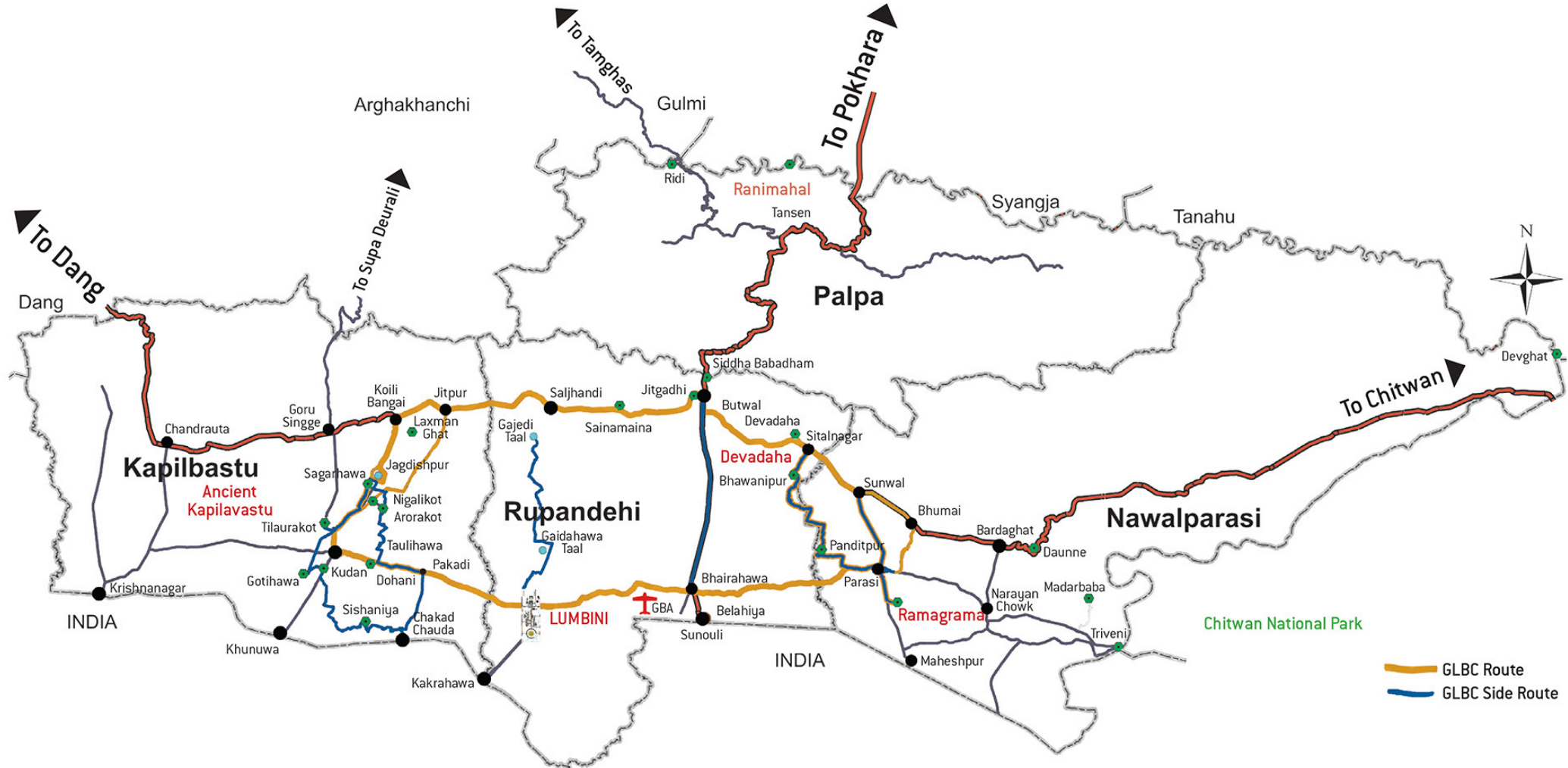




**LUMBINI** – Mayadevi Temple ( Birth place of Buddha)



# GREATER LUMBINI BUDDHIST CIRCUIT







**SWARGADWARI:** Gateway to Heaven





Receive the blessing  
of KUMARI,

World's  
Only Living Goddess

*Lifetime  
Experiences!*



# nepal



INDIA

CHINA

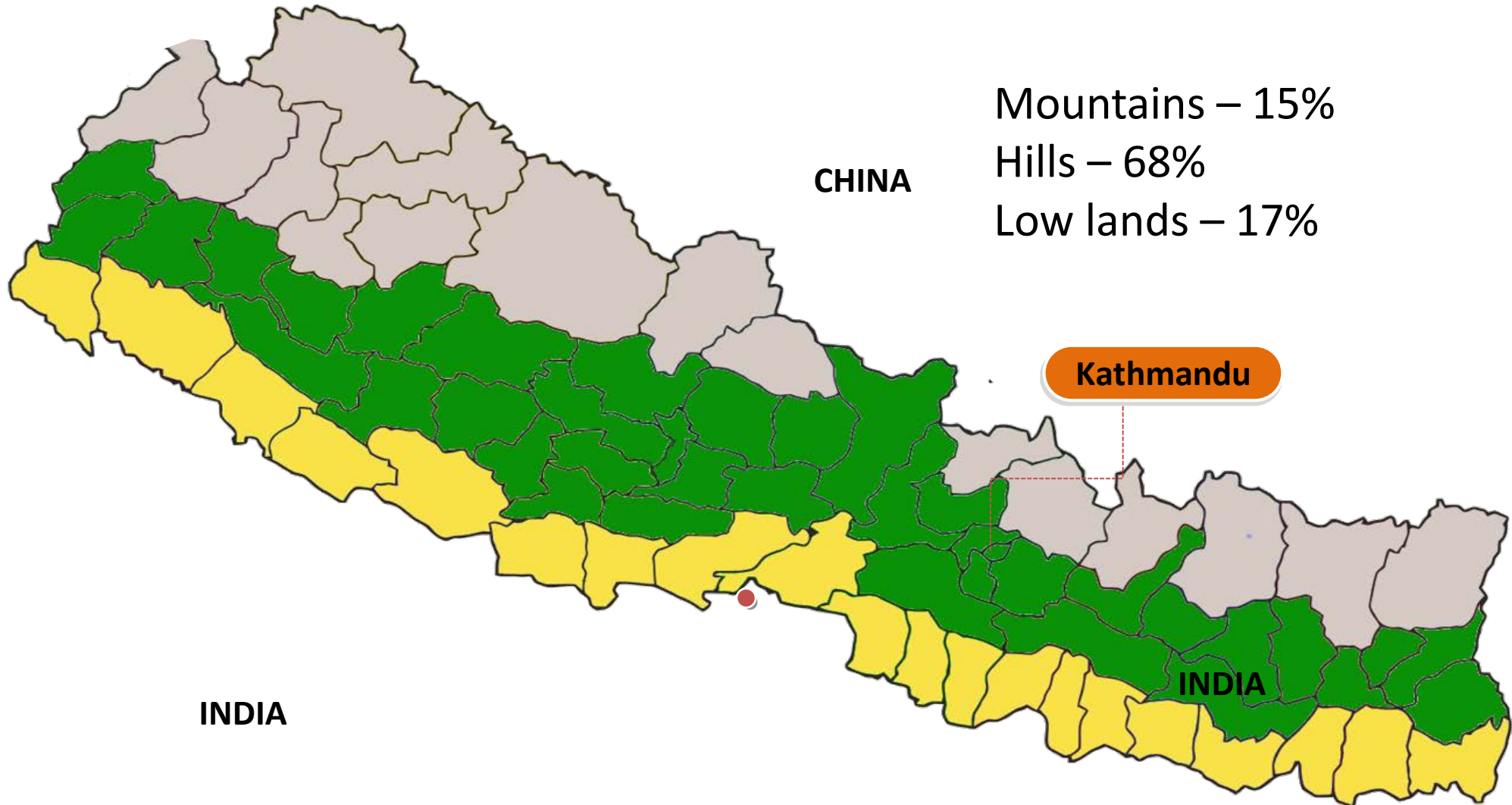
Mountains – 15%

Hills – 68%

Low lands – 17%

Kathmandu

INDIA







Living Cultural  
Museum



Elevation 60m to 8848.86m  
The Highest point on the  
Earth, Mt. Everest

*Lifetime*  
**Top Experiences!**

Inhabited by 125 ethnic  
communities  
Speaking 123 different  
languages/dialects



Destination of Nature,  
Culture and Adventure  
activities





**RICH in  
FLORA AND FAUNA**

**844**

Species of  
the world's birds



**635**

species of but





# 319

species of exotic o



# 5,160

species of the w  
flowering plants





# Mt. Everest

and 8 other 8,000+  
meter tall peaks

(Deepest Gorge  
Kaligandaki)



# Tilicho

World's Highest altitude  
clean water lake (4913m)







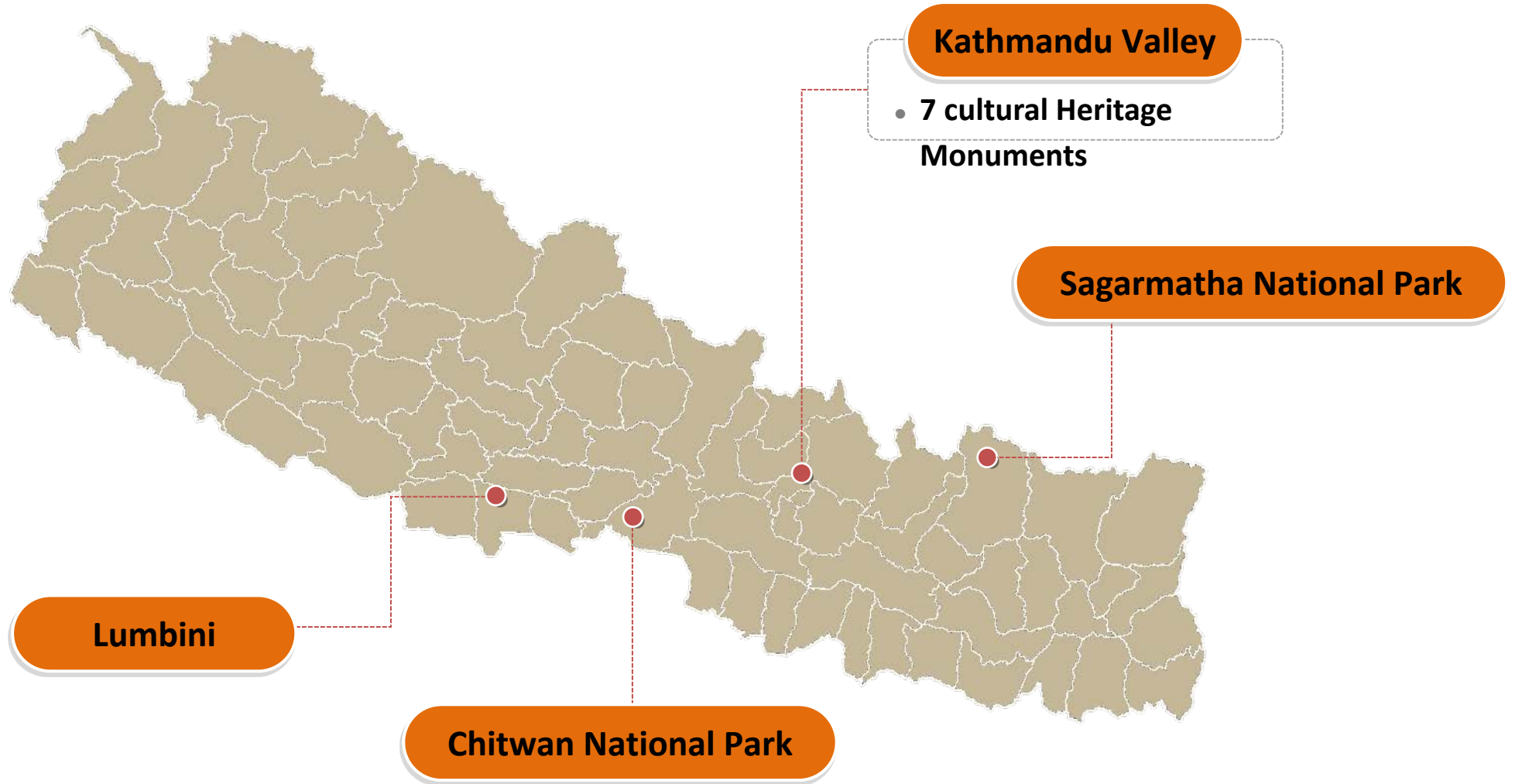
# NEPAL

## Cultural Harmony



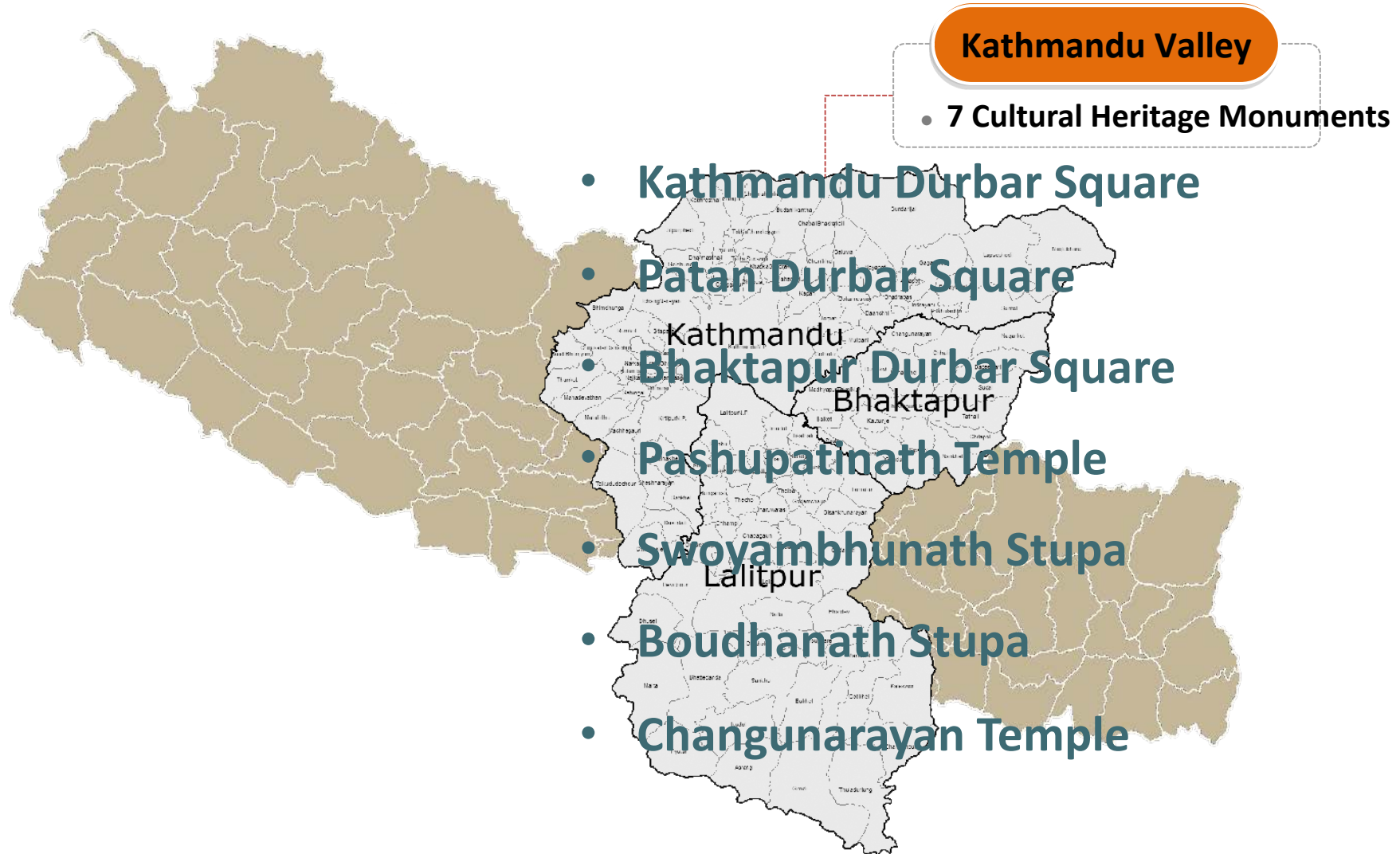


# UNESCO WORLD HERITAGE SITES





# UNESCO WORLD HERITAGE SITES





**Kathmandu**  
Durbar Square

**Patan**  
Durbar Square

**Bhaktapur**  
Durbar Square

**Pashupatinath**  
Temple



**Swayambhunath**  
Temple

**Boudhanath**  
Stupa

7

## Cultural Heritage Monuments In the KATHMANDU VALLEY

**Changunarayan**  
Temple





**LUMBINI**

BIRTH PLACE  
OF  
LORD BUDDHA





**CHITWAN NATIONAL PARK**

HOME TO  
MANY  
ENDANGERED  
ANIMALS





# **SAGARMATHA NATIONAL PARK**

INCLUDES  
WORLD'S HIGHEST  
PEAK,  
MT. EVEREST





CULTURAL  
RICHNESS

**CELEBRATIONS** throughout the year





AS MANY DAYS  
AS  
FESTIVALS





# TRADITIONAL CUISINES





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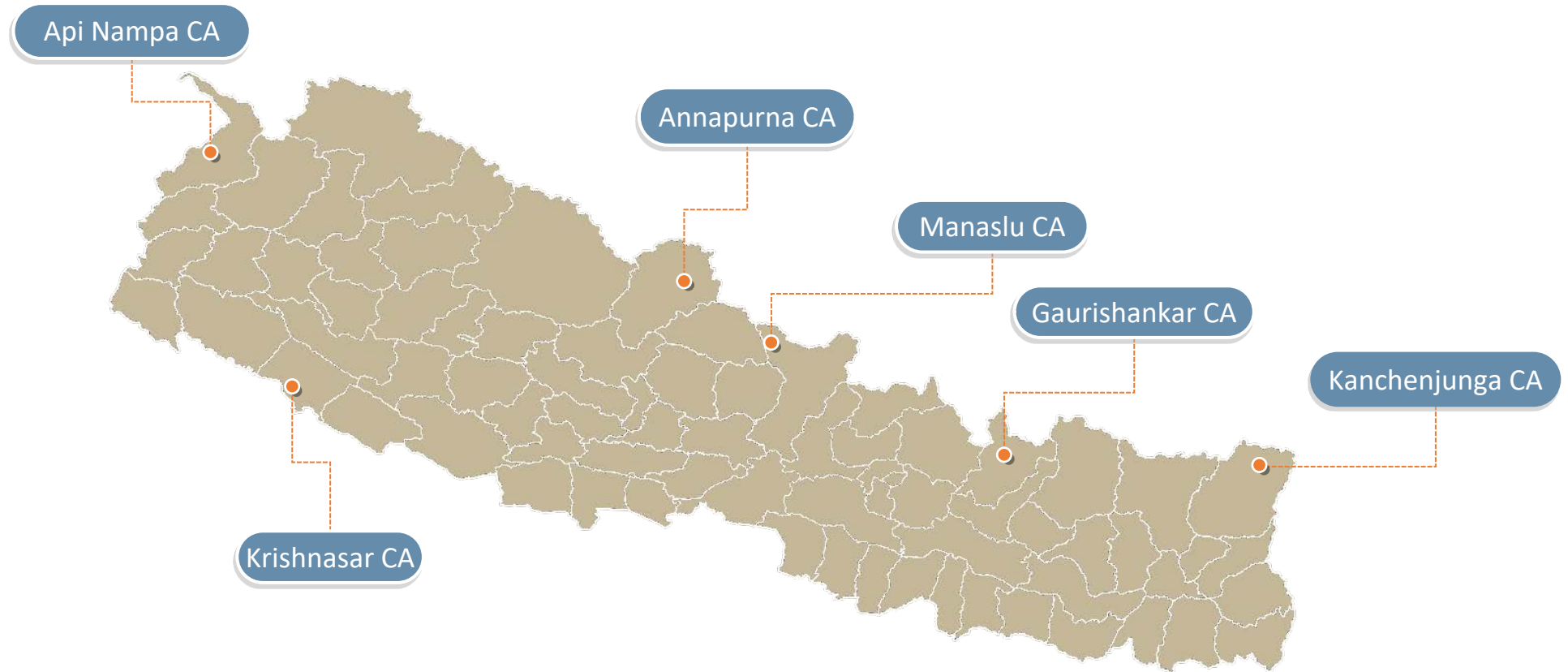




12

NATIONAL  
PARKS





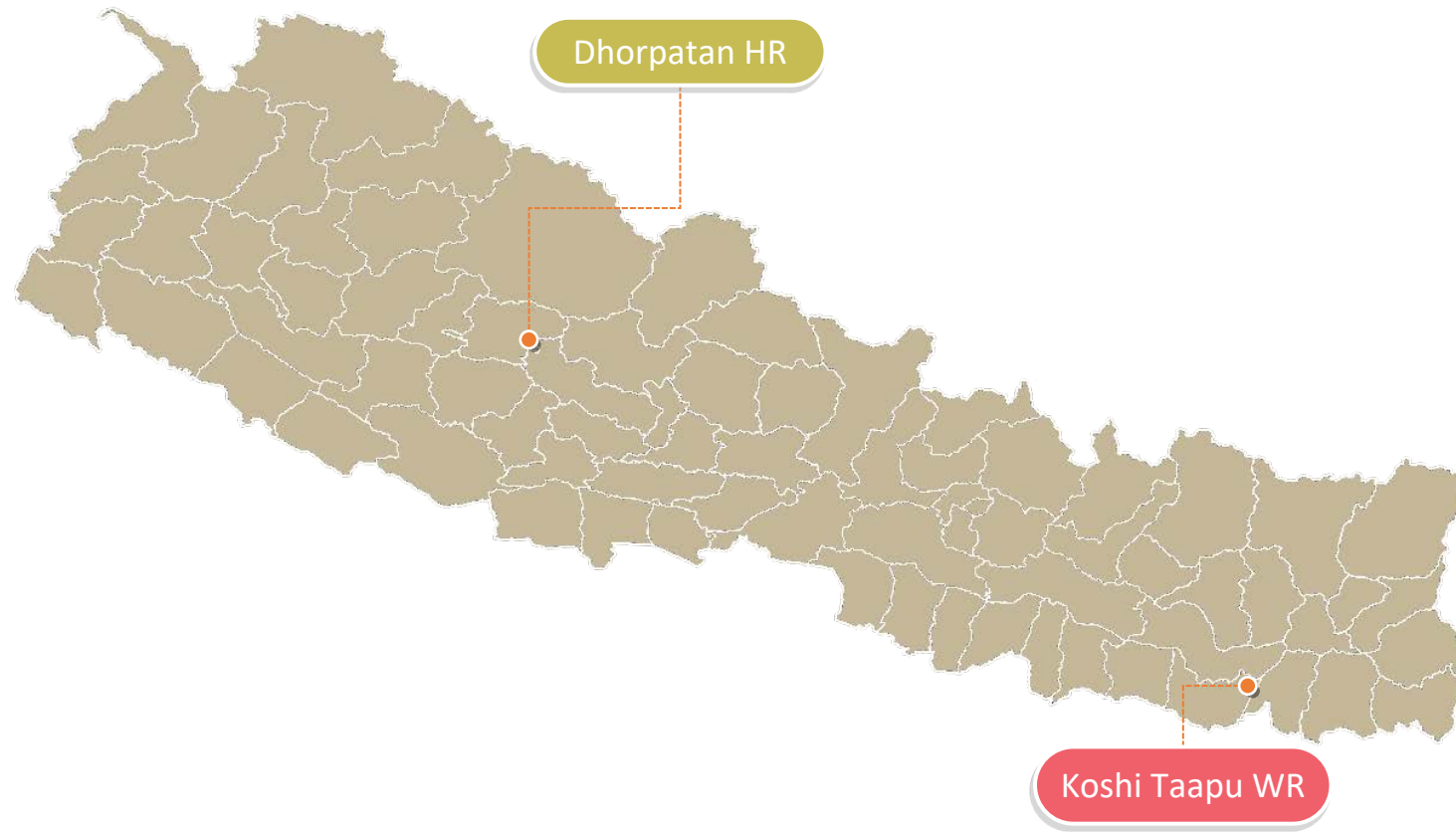
12

NATIONAL  
PARKS

6

CONSERVATION  
AREAS





12

NATIONAL  
PARKS

6

CONSERVATION  
AREAS

1

WILDLIFE  
RESERVE

1

HUNTING  
RESERVE





**23.39% of the Country's Total Land**





**WILDLIFE**





# ROYAL BENGAL TIGER

AN ENDANGERED SPECIES





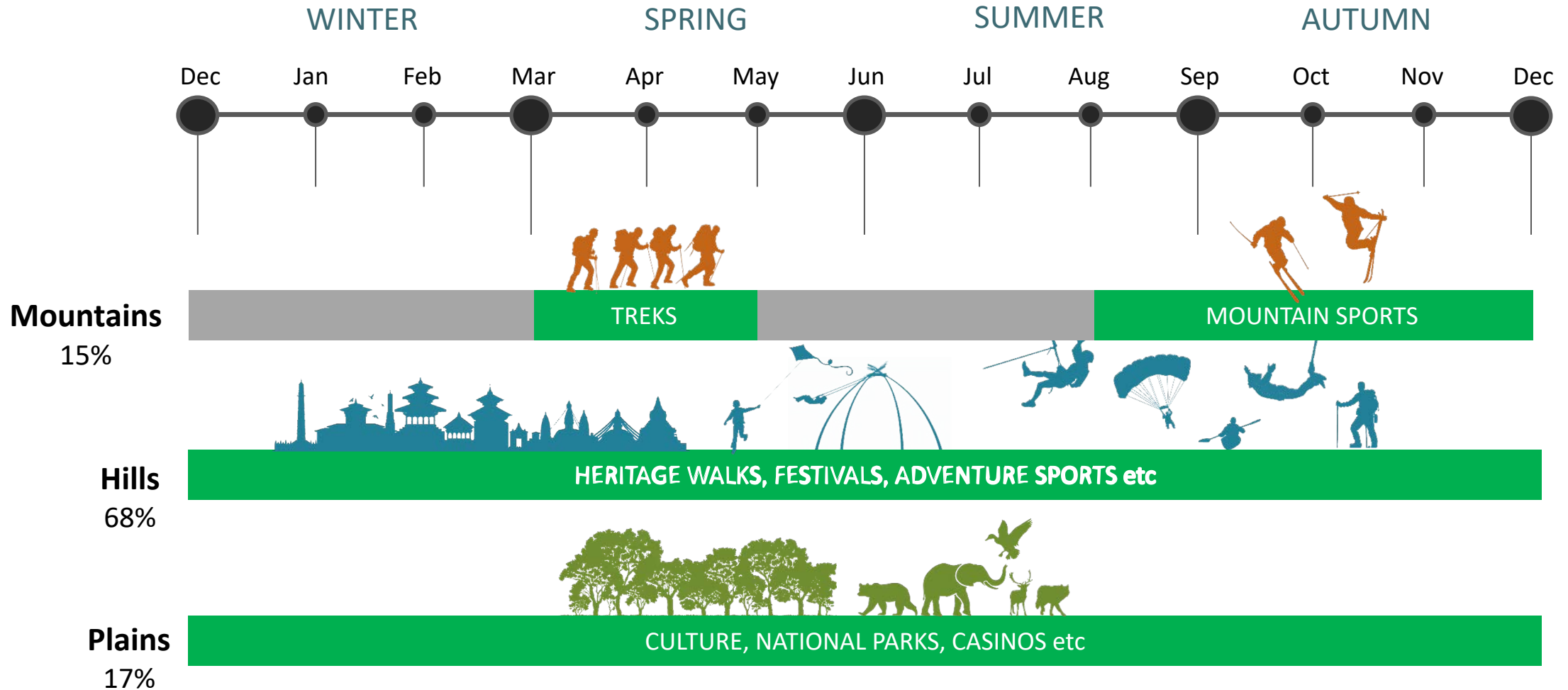


# One Horned Rhino

An Endangered Species



# FOUR SEASONS in nepal







BREATHTAKING  
VIEWS OF  
THE  
MOUNTAINS



# Major Activities



## Activities (Adventure to Leisure)

**Land** : Mountaineering, Trekking, Mountain Biking, Mountain Marathon, Rock climbing, Jungle walk, Jungle safari, Cultural treks, Rural treks, Eco-treks, Heritage walk, Heritage cycling

**Water** : Rafting, Kayaking, Canyoning and Abseiling, Boating, Canoeing, Fishing, Wild swimming

**Air** : Bungee Jumping, Ultra light aircraft, Paragliding, Mountain Flight, Heli trek, Sky diving, Zip flyer, Cable cars

## Cultural and Religious Activities

- City Tours / Village walks
- Heritage Sites, Museums and Monasteries
- Buddhist and Hindu sites
- Festival and Events
- People with different customs, costumes and ways of living
- Cuisines: vary from culture to culture and climate to climate





PRISTINE  
LAKES



HEAVEN  
ON  
EARTH IS NOT A  
CLICHÉ







MAKE YOUR WAY UP TO THE HIMALAYAS

TREKKING





## Some of the **WORLD RENOWNED TREKS**

---

Great Himalayan Trail (150 days)

Annapurna Circuit (15-20 days)

Everest Base Camp (11-14 days)

Langtang Valley Trek (8-12 days)

Gosaikunda Trek (5-7days)







MOUNTAIN SPORTS



AERIAL SPORTS



MARATHON



# Mid hill Trail

12 day trekking trail offers cultural settlements of the Kirati people. Easy trekking trail where children to older people can trek.





# INCLUSIVE TOURISM

## TRAILBLAZER IN ACCESSIBLE TREKKING







*Adventurer's*  
**PARADISE**







# BUNGEE JUMP

FEEL THE GRAVITY



# BEYOND MARKETS TO NICHE SEGMENTS

MICE

HONEYMOONERS

GOLF

FAMILIES

CULTURE LOVERS

SOFT ADVENTURE

SPORTS

SPA & WELLNESS HOLIDAYS

MEDITATION, LIFESTYLE

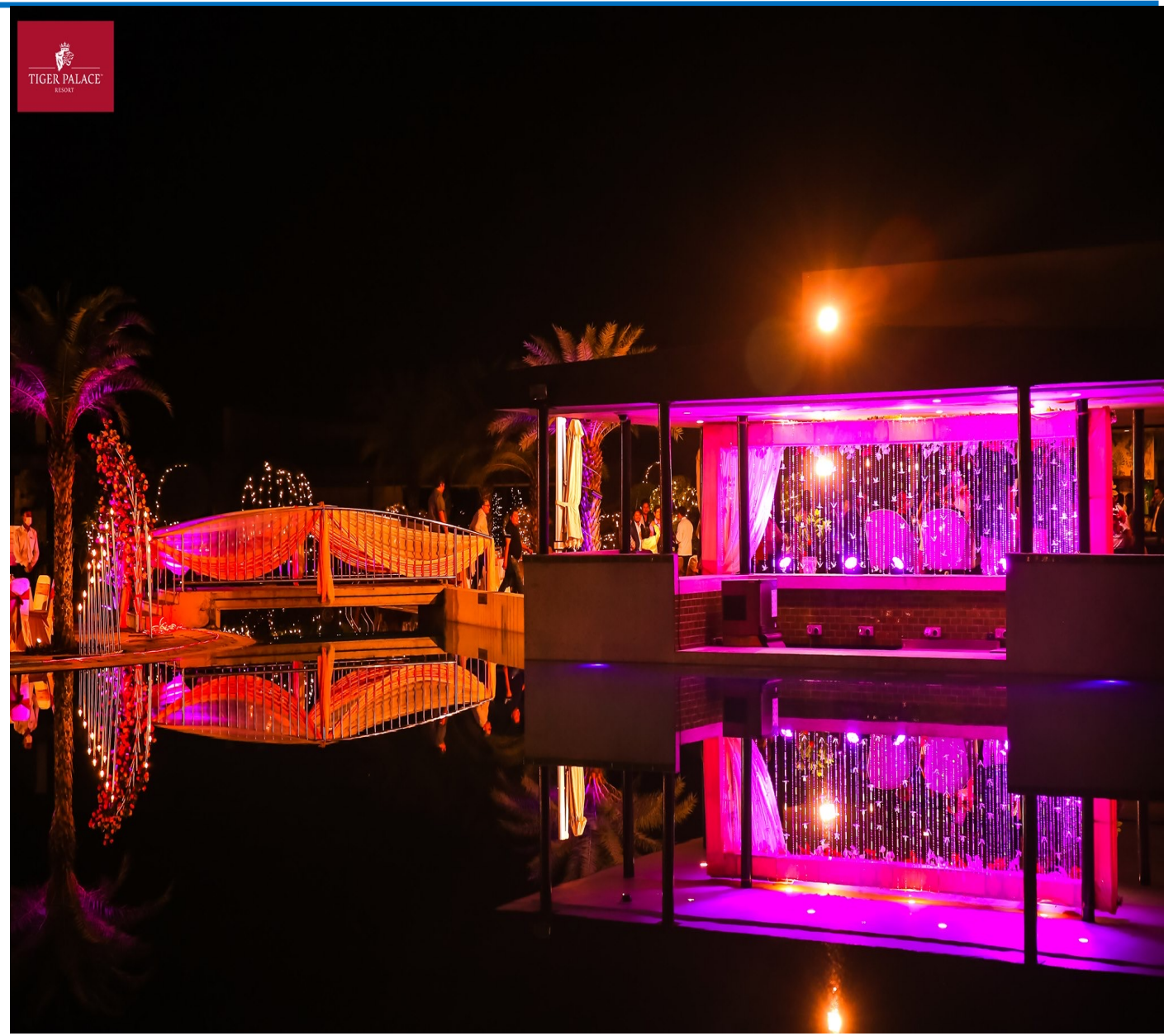
FLIM CREWS/ FILMS LOCATIONS

WEDDINGS





# DESTINATION WEDDINGS





# Shopping Nepali Handicrafts





# CLUBBING







# NIGHT LIFE in NEPAL



# CLUBS





# Nepal: A Film Destination



One of the naturally pristine and exotic film destinations



Hollywood, Bollywood, Tollywood, Chinese, Bangladeshi and other regional movies shot here



Nepal Regarded the sixth best film destination





## IN THE WOODS

- 6,755 yard par 72 course
- The only bent grass greens on an 18 hole course in South and South East Asia.
- Play in the company of shy spotted deer, barking deer, and exuberant monkeys





# WORLD CLASS ACCOMMODATION



**INTERNATIONAL  
LUXURY  
BRANDS**





# International Chain Hotels In Nepal

- Crown Plaza
  - Hyatt
  - Radisson
  - Marriott
  - Marriott Fairfield
  - Sheraton
  - Hilton
  - Aloft
  - Dusit Thani
  - Shangri-La
  - Heritage Hotels
  - Luxury Resorts
  - Domestic Luxury Chains
  - Exotic Resorts
  - Boutique hotels
  - Pavilions
- 



















































Stimulating  
taste buds....

A vibrant and diverse Indian thali meal is presented on a large, circular brass plate. The plate is filled with numerous small bowls containing a variety of dishes, including rice, lentils, vegetables, curries, and chutneys. The food is arranged in a circular pattern around the center of the plate, which also holds two flatbread rotis. The background shows a dark wooden surface, suggesting a rustic or traditional setting.







14 Casinos

9 Mini Casinos



CASINOS





# CASINOS





# HEALTH CARE FOR TOURISTS



International Quality  
Medical Facilities



Well equipped  
Health Care Units and  
Emergency Rescue Posts  
at major trekking and  
mountaineering sites



Traditional  
Ayurvedic Hospitals and  
Healing centers



# Awakening Spiritual Nepal

A Life Time Experience.....








# THE UNEXPLORED nepal

Mid Hills (800 -2000m)





# ILAM

Vantage Point for Sunrise  
and Lush Tea Gardens





# Tinjure Milke Jaljale

Famous for Rhododendron  
Blossoms





# ***RANI MAHAL***

**(Queen's Palace)**

Symbol of love







# Water activity and Camping at Sandy area





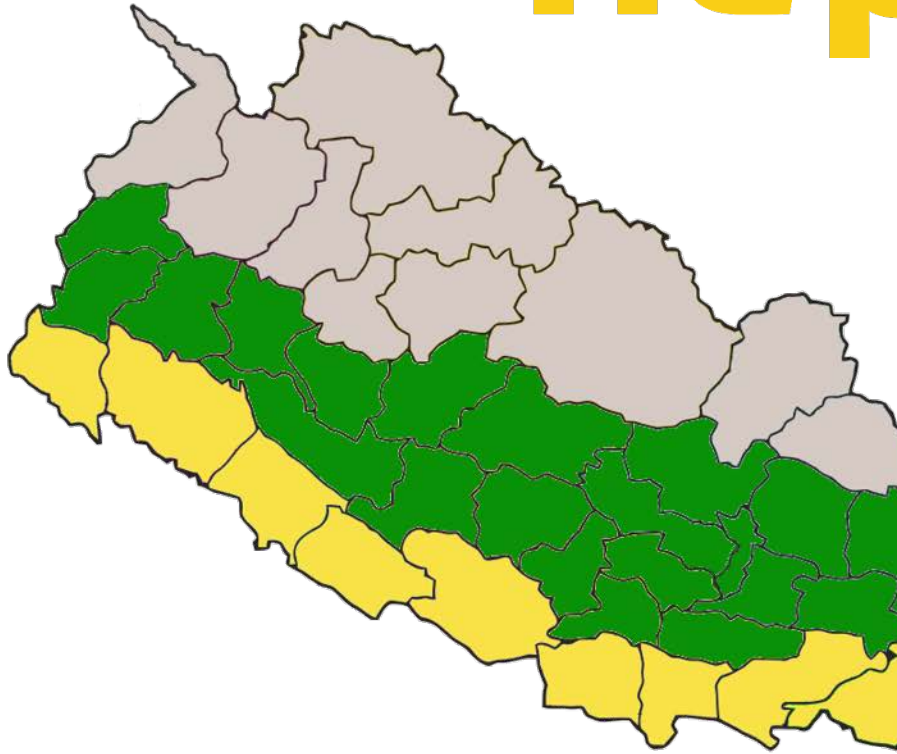
# KHAPTAD

Center for Meditation  
and Medicinal Herbs

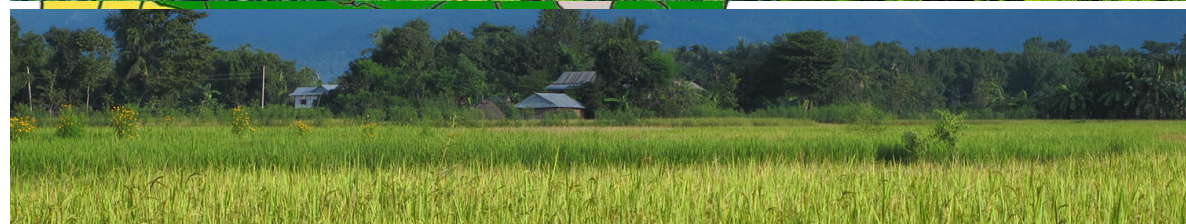




# nepal



## Diversity in short landscape





  
**nepal**

is for

**EVERYONE**

**EVERY AGE**

**ALL SEASONS**





**MAJESTIC MOUNTAINS**  
in the north



**We have...**  
RIVER BEACHES



**THRIVING JUNGLES**  
in the south



You won't miss  
**SUN, SAND AND SEA**



A satellite map of the Indo-Gangetic Plain region in South Asia. A red outline highlights the main part of the plain. A white, fog-like overlay covers a significant portion of the plain, particularly in the northern and western areas. The surrounding regions are shown in natural colors, with green for vegetation and brown/tan for arid or semi-arid land. The text "Widespread winter fog blanketing the Indo-Gangetic Plain" is written in bold black font, tilted to follow the orientation of the fog-covered area.

**Widespread winter fog blanketing the  
Indo-Gangetic Plain**



# Sunny Mid Hills from Dawn to Dusk



Mid Hills



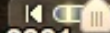
# Fresh Water Beach







11/5/2002



2001



2018

nepal



Rani Mahal

Lifetime  
Experiences!

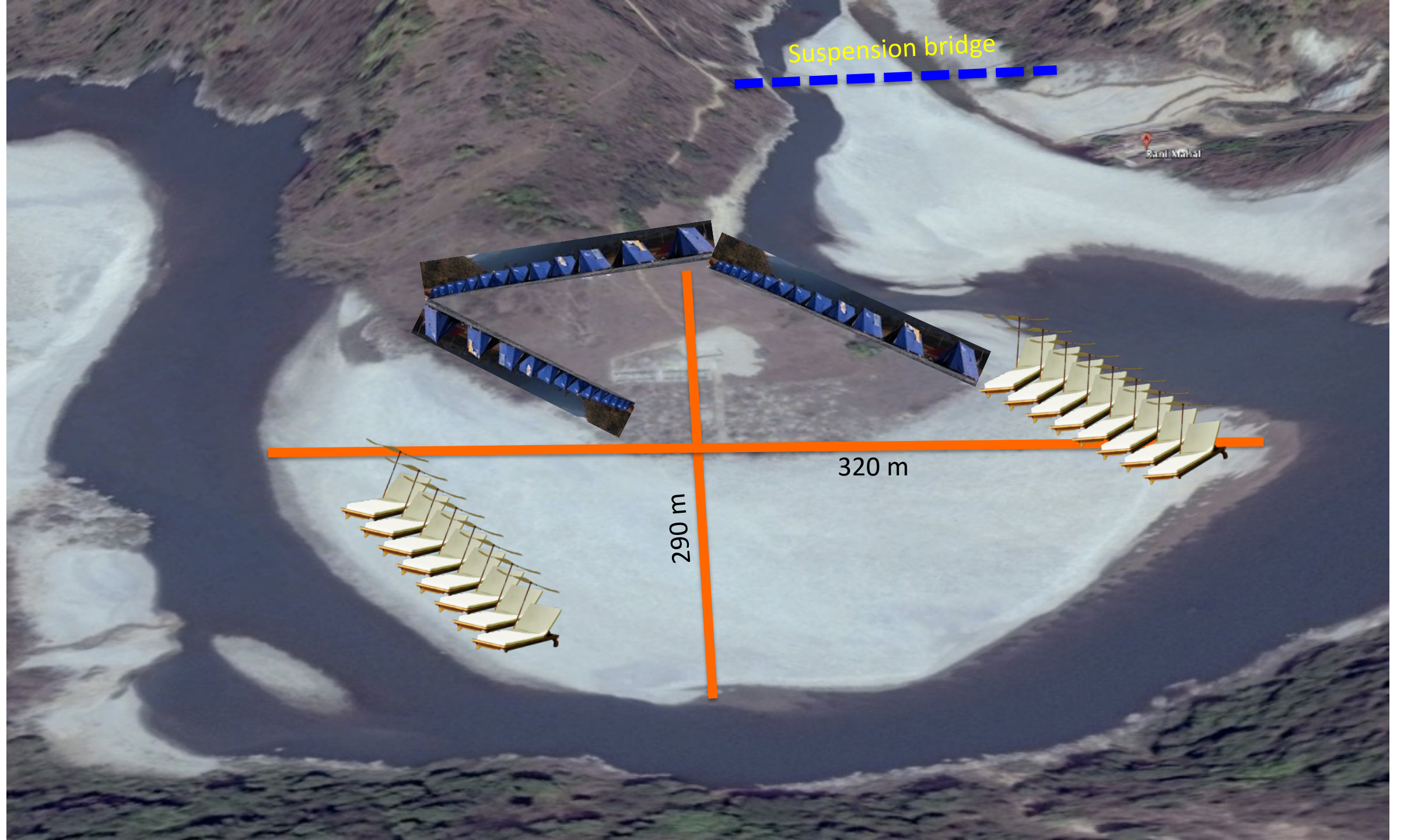


Suspension bridge

Rand Matal

320 m

290 m





# Things to do...



Experience Local Homestays



Enjoy  
Sunrise and Sunset



# Things to do...



Participate in  
local cultural activities



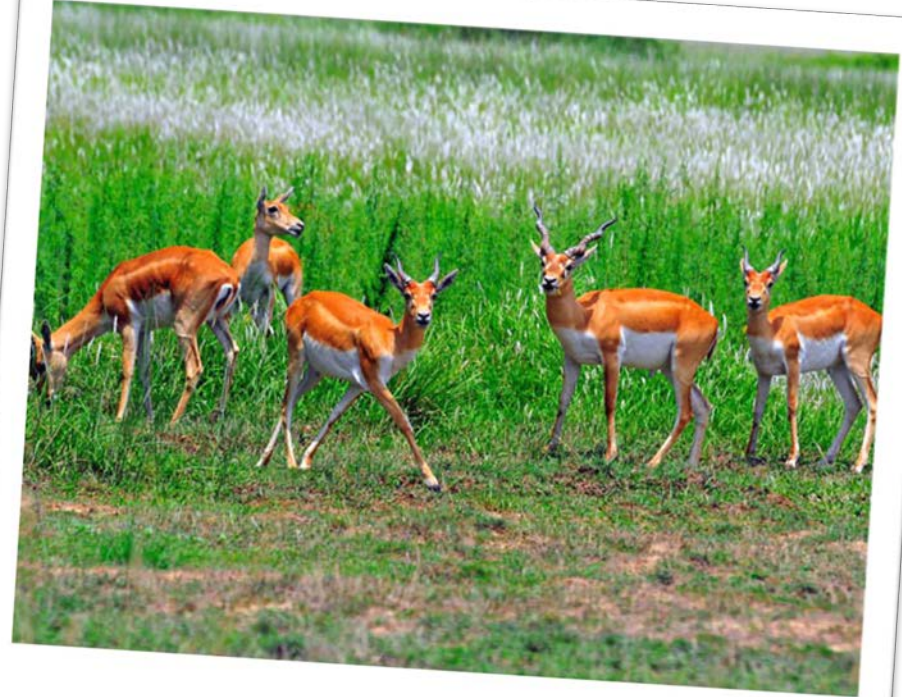
Relish local cuisines



# Things to do...



Walk into the Jungle



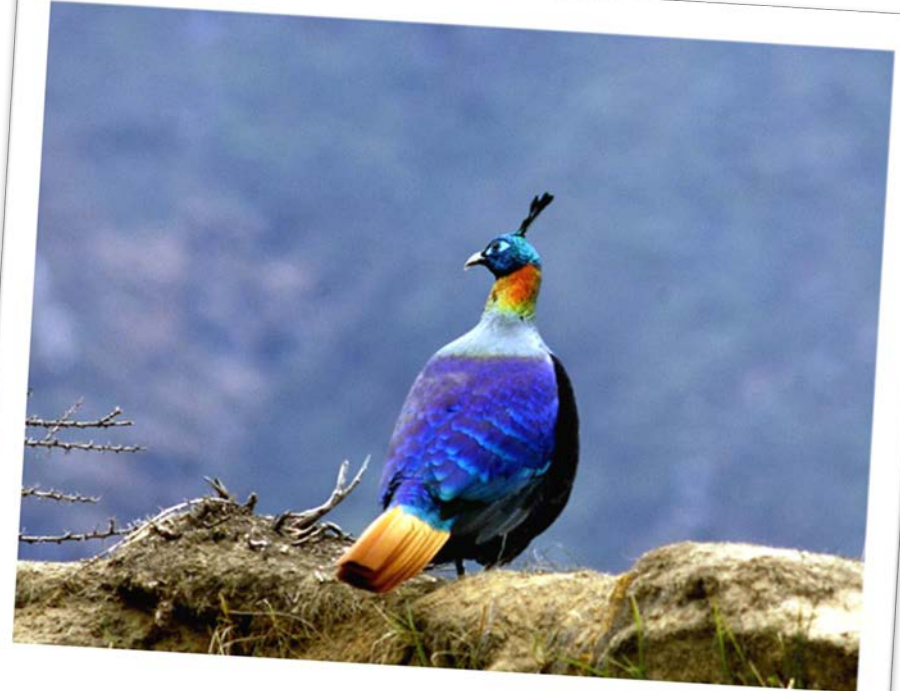
Spot antelopes in the wild



# Things to do...



Rejoice the company at Riverside



Watch colorful birds



# Things to do...



Experience Mehendi on your hands



# DIVERSITY IN SHORT LANDSCAPE







**MAJESTIC MOUNTAINS**  
in the north



**We have...**  
RIVER BEACHES

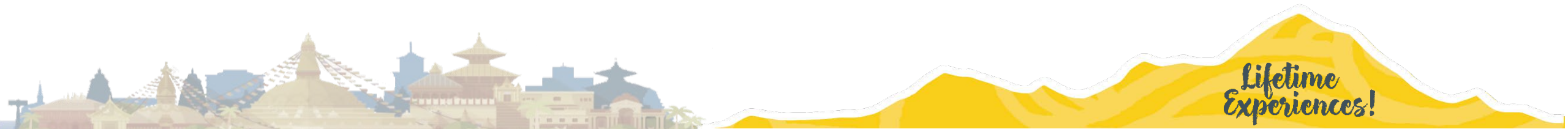


**THRIVING JUNGLES**  
in the south



# Present Situation in Nepal

- Tourism the hardest hit sector by COVID 19 pandemic
- All sectors and activities gradually opening with optimum caution and preparedness
- Operational Guidelines - Health Protocol for Tourism Sector issued by the Government of Nepal, strictly followed in tourism activities
- Utmost priority on health care & health security with COVID 19 safety protocol at all tourism products and services





# Safety Protocol and Quarantine

 nepal

**Operational Guideline**  
with Health Protocol  
for Tourism Sector



- All travellers should fill up International Traveller online form on the online portal.
- Submitting a negative RT-PCR test report should have been conducted within 72 hrs prior to undertaking the journey.



# FOR VISITORS



**Printed CCMC form filled Confirmation (Barcode) available at [ccmc.gov.np](http://ccmc.gov.np)**



## PCR Report

COVID 19 PCR Report (Negative) of 72 hours prior to departure time is required



Passengers with complete Covid-19 vaccination certificate are subjected to 10 days home quarantine



## Hotel booking

Furnish the proof of booking in government listed hotel for 07 days quarantine



## In quarantine period

Has to get COVID-19 PCR test on 7<sup>th</sup> and 11<sup>th</sup> day of arrival



**Every visitor has to abide by the quarantine rules**





# FLIGHTS TO NEPAL





## DIRECT FLIGHT CONNECTIVITY





# Arrival from Europe

(Europe & Russia)	2015	2016	2017	2018	2019	2020 Projection) (VNY
Germany	12,216	23,812	29,918	36,833	36,641	43,500
France	10,885	20,863	26,140	31,653	30,646	39,000
Russia	4,895	4,998	9,970	10,410	10,372	17,286
Netherlands	4,324	11,453	13,393	14,906	15,032	20,090
Spain	4,307	12,255	15,953	20,210	19,057	23,930
Italy	3,972	9,911	11,840	15,318	15,676	17,760
Rest of Europe			38,568	45,022	53,449	67,494



# Arrival from United Kingdom

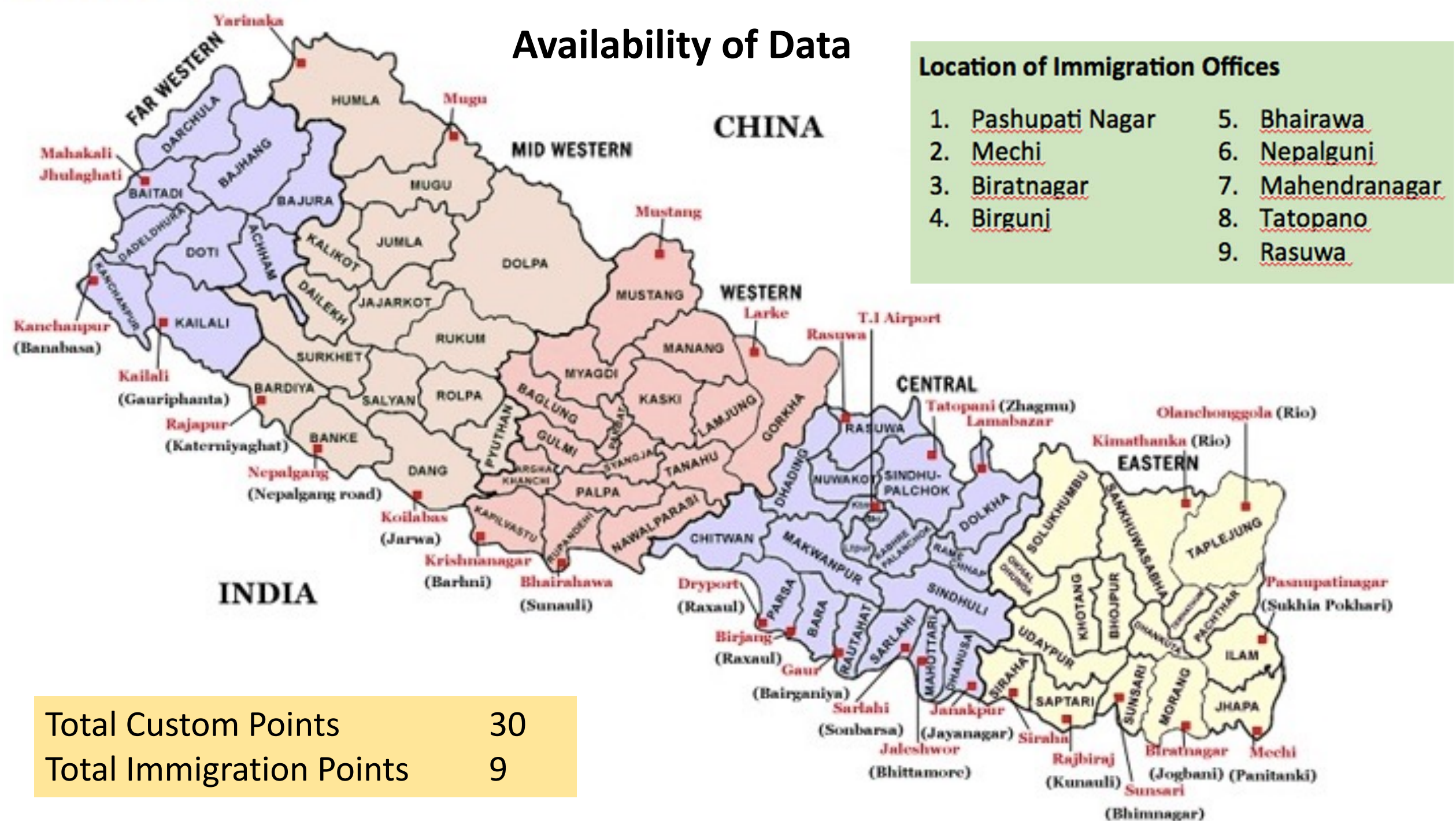
Year	Arrivals Figure
2014	36,759
2015	29,730
2016	46,295
2017	51,058
2018	63,466
2019	61,144
2020	100,000 ( Targeted Arrivals)



# Availability of Data

## Location of Immigration Offices

1. Pashupati Nagar
2. Mechi
3. Biratnagar
4. Birguni
5. Bhairawa
6. Nepalguni
7. Mahendranagar
8. Tatopano
9. Rasuwa







# NTB presence in Social Media



<https://www.facebook.com/nepaltourismboard>



<https://www.facebook.com/Nepaltourismboard.trade>



<https://www.instagram.com/nepaltourism/>



Nepaltourismboard



<https://www.tiktok.com/@nepaltourismboard?lang=en>



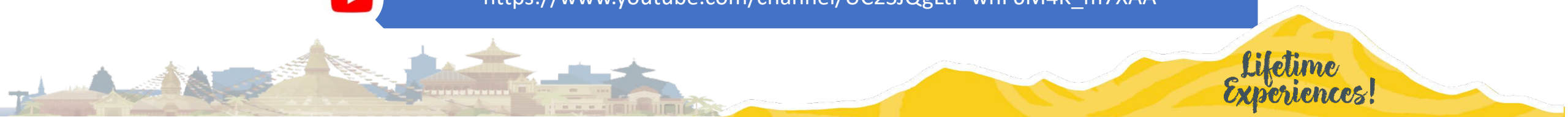
<https://twitter.com/nepaltourismb>



<https://www.linkedin.com/in/nepal-tourism-board-086380179/>



[https://www.youtube.com/channel/UC2SJQgLtP-whF6M4K\\_m7XAA](https://www.youtube.com/channel/UC2SJQgLtP-whF6M4K_m7XAA)







# NTB Websites

nepal



[www.welcomenepal.com](http://www.welcomenepal.com)



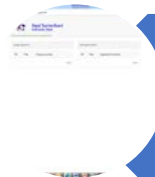
<https://photonepal.travel>



<https://ja.welcomenepal.com/>



[trade.welcomenepal.com](http://trade.welcomenepal.com)



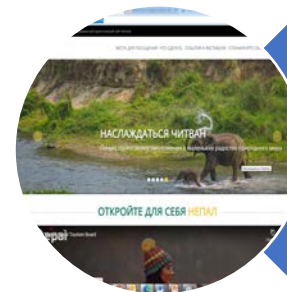
[Tenders.welcomenepal.com](http://Tenders.welcomenepal.com)



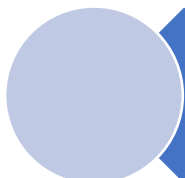
[nepalnow.org](http://nepalnow.org)



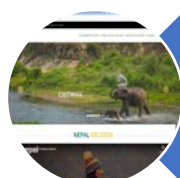
<https://es.welcomenepal.com/>



<https://ru.welcomenepal.com/>



<https://www.greathimalayatrails.com/>



<https://de.welcomenepal.com/>



<https://expriencenepal.welcomenepal.com/>



<https://fr.welcomenepal.com/>



<https://www.welcomenepal.cn/>



A woman with her hair in a ponytail is sitting in a meditative pose on a large rock. She is wearing a light-colored tank top and dark pants. Her hands are pressed together in front of her chest. The background features a calm lake, snow-capped mountains, and a clear sky. The sun is low on the horizon, creating a soft glow. The text 'nepal awaits...' is overlaid on the image. 'nepal' is in a bold, yellow, lowercase sans-serif font, and 'awaits...' is in a white, lowercase sans-serif font. A red dot is positioned above the 'p' in 'nepal'.

**nepal** awaits...







nepal

**Thank You!!!**



*Lifetime  
Experiences!*