

# nepal

## TRAVELERS' INFORMATION



NEPAL TOURISM BOARD

[www.ntb.gov.np](http://www.ntb.gov.np)

Nepal is one of the richest countries in the world in terms of bio-diversity due to its unique geographical position and latitudinal variation. The elevation of the country ranges from 60 m above sea level to the highest point on earth, Mt. Everest at 8,848.86 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 889 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

## Nepal at a Glance

<b>Area</b>	: 147,516 sq km
<b>Location</b>	: Situated between China in the north and India in the south, east and west
<b>Capital</b>	: Kathmandu
<b>Population</b>	: 29.19 M (2021 Census)
<b>People</b>	: More than 125 ethnic groups and 123 spoken languages
<b>Language</b>	: Nepali is the national language; travel-trade people understand and speak English as well
<b>Religion</b>	: Secular state with pre-dominance of Hindu and Buddhist population
<b>Currency</b>	: Nepali Rupee - NPR
<b>Political System</b>	: Federal Democratic Republic
<b>Climate</b>	: 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.
<b>What to Wear</b>	: Light weight clothing is recommended from May through October. Warm garments are required from October-March. Umbrella or raincoat will be helpful for rainy season.



## VISA (ENTRY PROCEDURES)

1. All tourists/ travelers of foreign nationality (apart from India\*) must obtain Tourist Visa to enter Nepal for tourism purpose. On Arrival Tourist Visa\*\* may be obtained from Department of Immigration (DOI) at Tribhuvan International Airport (TIA) and Entry Points of Nepal. Tourist Visa may also be obtained from Diplomatic Mission of Nepal in respective country or nearest one, prior to arrival. Essentials for Tourist Visa are:

- Valid passport and passport size photo with light background
- Visa fees in US Dollars or convertible foreign currency; international credit cards are also accepted
- One may be able to fill Online Visa Application before arriving in Nepal through the link <http://online.nepalimmigration.gov.np/tourist-visa>

### 2. Tourist Visa

Visa Facility	Duration	Fee
Multiple entry	15 days	US\$ 30 or equivalent convertible currency
Multiple entry	30 days	US\$ 50 or equivalent convertible currency
Multiple entry	90 days	US\$ 125 or equivalent convertible currency

### 3. Visa Extension

- Can be done by the Department of Immigration in Kathmandu or Pokhara
- Tourist Visa extension for minimum 15 days with USD 45 and USD 3 per day for additional days
- In case of delay for visa extension up to 150 days, additional charge of USD 5 per day as late fees

### 4. Gratis Visa (Free Visa in case of categories of visa applicants below)

- Children below 10 years except US citizens
- Up to 30 days for SAARC citizens (except Afghanistan) visiting Nepal for the first time in a given visa year
- Afghan citizen are eligible for Gratis Visa on Arrival only upon the recommendation of DOI
- Non Residential Nepalese (NRN) card holder (issued by MoFA / Nepal's Diplomatic Missions abroad)
- Chinese nationals

### 5. No Provision of On Arrival Tourist Visa for Following\*\*

As per Nepal Government policy, nationals of following countries are requested to acquire visa to Nepal prior to arrival from the nearest Diplomatic Missions of Nepal: Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, Afghanistan, Syria. The same applies to refugees from abroad with travel documents.

### 6. For Travelers of Indian Nationality\*

Travelers of Indian Nationality do not need visa to enter Nepal. Please carry any one of the following documents as valid identity to enter/exit Nepal.

- Valid national passport
- Election card issued by Election Commission of India
- Pan card, driving license, ration card with photo and age confirmation for elderly people above 65 years
- Identity card issued by principal of school for children below 18 years

### Points to remember for Indian Nationals

- Aadhaar (UID) card is not an acceptable travel document
- Certificate of Registration issued by the Embassy of India in Kathmandu, is not an acceptable travel
- Emergency certificate and identity certificate issued by Embassy of India in Kathmandu, is valid for single journey for traveling back to India

For further information, please, contact Department of Immigration, Kalikasthan, Kathmandu,

Tel: 00977-1-4433934 / 4429660 / 4438862 / 4438868

E-mail : [mail@nepalimmigration.gov.np](mailto:mail@nepalimmigration.gov.np), [dj@nepalimmigration.gov.np](mailto:dj@nepalimmigration.gov.np)

Web site: [www.nepalimmigration.gov.np](http://www.nepalimmigration.gov.np)



# ACCESS TO NEPAL



**BY AIR**

Nepal Airlines is the national flag carrier of Nepal with flights to/from Delhi, Mumbai, Bangalore, Kuala Lumpur, Dubai, Bangkok, Tokyo, Doha and Hong Kong. Nepal is also connected to different parts of the world through top international airlines. For information on the latest international airlines operating from to Kathmandu, please log on to [www.ntb.gov.np/planyourtrip/flights](http://www.ntb.gov.np/planyourtrip/flights)

**BY LAND**

All visitors coming to Nepal by land can enter through any of these entry points on the India - Nepal border: (1)

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)
Rupaidiya-Jamuna (Nepalgunj)-KTM	520 kms	Rupaidiyav/ 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)

## DOMESTIC AIRLINES

Nepal Airlines has an extensive network of air services to major parts of the country. Besides domestic airlines from private sector provide regular and charter services to popular domestic destinations. Many domestic airlines operate early morning, one-hour mountain flights round the year.

## FOREIGN EXCHANGE

Foreign currencies must be exchanged only through banks or authorized foreign exchange dealers. The receipt from such transaction are to be obtained and retained. Visitors can exchange money at foreign exchange counter at the airport upon arrival.

## CUSTOMS FORMALITIES

All baggage must be declared and cleared through 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 is strictly prohibited (Tel: 01-4470382). 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.: 01-4250686/ 4250687/ 4250688).

## LOCAL TRANSPORTATION

Public vehicles like taxi, bus, microbus, three wheelers, are easily available for local transportation within Kathmandu Valley. Online apps are also available for taxi and two wheeler services. Sajha Bus service is available on main routes within the three cities. Similarly, scheduled bus service for outside the valley operate from the Gongabu Bus Terminal. It is also possible to hire mountain or motor bikes at nominal rates. No tip is expected.



## TRAVEL & TOUR FACILITIES

Nepal has every category of facility, ranging from international standard to budget services. To ensure safety and quality, it is advisable use Government registered and authorized service providers.

For organizing your tours:  
Nepal Association of Travel and Tour Agents (NATTA) <http://www.natta.org.np>,  
Nepal Association of Tour Operators (NATO) <http://www.nepaltouroperators.org.np>,  
Society of Travel & Tour Operators Nepal (SOTTO-Nepal) <http://www.sottonepal.org>

## ACCOMMODATION

Accommodation options range from 5-star international chain hotels and resorts to comfortable lodges in Kathmandu and all major tourist destinations. Hotels offer specialty restaurants, conference facilities, exclusive health clubs and business centers. You also have the option of homestay where you can stay in local houses with the local people and enjoy traditional food and experiences.

For further information:  
Hotel Association of Nepal (HAN) <http://www.hotelassociationnepal.org.np>







## CULTURE

### NEPAL'S UNIQUE TREASURES

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

### 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

*Kathmandu Valley*

(that includes Durbar Squares of Kathmandu, Patan, Bhaktapur; Buddhist stupas Swayambhunath, Baudhanath; Hindu temples Pashupatinath and Changu Narayan )  
*Lumbini - Birthplace of the Buddha*

#### World Natural Heritage Sites of Nepal

*Chitwan National Park*  
*Sagarmatha National Park*

In addition, there are many towns and settlements in and around Kathmandu Valley that are fine examples of Nepal's rich history and heritage. Kirtipur, Bungamati, Khokana, Thecho, Panauti, Lubhu, Handigaun, are few of the small towns that tourists can visit to experience authentic culture of ancient Kathmandu Valley.

### EVENTS / FESTIVALS

One of the interesting ways of understanding the beauty and richness of Nepali culture is through its festivals. Participating in the local festivities gives visitors an insight into the life of the Nepali people and makes their stay in Nepal more colorful. Everything festival in Nepal begins with as a religious function and moves with a spontaneous spirit into a pleasant social event. Festivals in Nepal involve cultural dances, songs and performances, making them interesting and entertaining.



### VILLAGE TOURS

Village tours allow visitors to experience first hand the typical Nepali life. This gives visitors an opportunity to observe the rich Nepali cultural tradition from the closest quarters and intermingle with the locals. Besides, any expense made at that level directly contribute to the welfare of the local community. Village tours and community homestays are conducted in Kathmandu Valley and its outskirts, Sirubari, Briddim, Ghalegaun, Ilam, Panauti, Bardiya, Chitwan, and other places.

## WELLNESS

Discover your way to peace, wellness and awareness through a journey in the lap of Nepal's Himalaya considered sacred, mysterious and home of the gods. Whether you visit Nepal for nature, adventure or culture, the experience is hearty, wholesome and even life changing. From yoga to meditation, from ancient healing practices to trendy spas, from luxurious jungle getaways amidst nature to seeking yourself in the high mountains, from ritualistic practices to blissful journeys to deeply revered sites, Nepal experience provides abundance of opportunities to seek a balance of the body, mind and soul.

### FOLK MUSIC & DANCE

The indigenous cultures of Nepal are owners of rich traditional folk music and dances. Traditional dances are performed during religious and cultural events and include intricate foot and arm movements. Visitors often enjoy dancing with locals during special events and programs organized for their visit. Some popular Nepali dances are: Lakhey, Bhairab, Kartik dances of Kathmandu Valley; Maruni, Chyabrun, Dhaan, Dishka Hurra, Sakela dances of East Nepal; Deuda, Mayur, Ghatu, Sorathi dances of West Nepal; Jhijhiya, Jatjatin, Baalan and Lathi dances of Terai.



## MUSEUMS

Visit to local museum is ideal to study details of nature, history and culture of the place. There are more than 50 museums in Nepal. Kathmandu Valley itself is home to several museums, that offer deep insight in the life and legacy of Nepali people. Lumbini Museum in the Birthplace of the Buddha, is dedicated to the life of Buddha and his journey toward enlightenment. International Mountain Museum in Pokhara has documented momentous feats in the history of mountaineering in the Himalaya. Tharu Museum in Chitwan is an amazing collection of Tharu culture and lifestyle.

### SHOPPING

Shopping for handicrafts and souvenirs is a delight in Nepal. The fine craftsmanship and supreme quality of Nepal's handicrafts are prized items as souvenirs. Popular buys are hand-made carpets, jewelry, Pashmina shawls, knitwear, embroidery, Thangka and Paubha paintings, wood carvings, metal works and sculptures, ceramics and pottery, rice paper products, tea and spices etc. Thamel, Lazimpat, Durbar Squares, Asan, New Road and local bazaars, are ideal for shopping.





## ADVENTURE ACTIVITIES

### 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. We have 8 out of 14 mountains above 8,000 m and they are Everest, Kanchenjunga, Lhotse, Makalu, Dhaulagiri, Manaslu, Annapurna and Cho-Oyo. Nepal has opened 414 peaks for mountaineering activities by adding 104 peaks in 2014. The dauntless icy peaks have since decades challenged the bodies and spirits of the daring ones. *All inquiries and arrangements for expeditions and permits 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](http://www.tourism.gov.np)) where the guidelines have been laid down.*

### TREKKING

Nepal is aptly called "Trekking Paradise" as the terrain – mountains, hills and Terai – offer some of the most spectacular trekking routes in the world. We offer hundreds of trekking options from short and easy to demanding challenges of snowy peaks. Easy, moderate or rigorous – there is something for every one. The immense contrasts in geography and climates support an equally varied mix of lifestyle, vegetation and wildlife. Trekking in Nepal is as much a cultural experience as a Himalayan adventure. Treks vary from expeditions, high altitude treks to simple easy paced walks. One in every five visitor to Nepal is a trekker. *For more information about trekking; please contact: Trekking Agencies' Association of Nepal (TAAN) Tel: 4427473, 4440920, Web site: [www.taan.org.np](http://www.taan.org.np)*



### TREKKERS' INFORMATION MANAGEMENT SYSTEM (TIMS)

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:

- NTB / TAAN offices in Kathmandu or Pokhara
- Government registered trekking companies

To obtain TIMS Card you need: valid passport, visa, insurance details, two passport-size photographs.

#### Payment must be done as follows:

NPR 2,000 for FIT from non-SAARC countries  
 NPR 600 for FIT from SAARC countries  
 NPR 1,000 for Group Trekkers from non-SAARC countries  
 NPR 300 for Group Trekkers from SAARC countries

TIMS Card is applicable to trekkers only. It is non transferable, non endorsable, non refundable and valid only for one entry for prescribed area and duration. TIMS Counter at NTB offices are open Sunday to Friday from 10 am to 5 pm. For online registration and current updates please visit : [www.tims.ntb.gov.np](http://www.tims.ntb.gov.np)

### RAFTING/ KAYAKING/ CANYONING

Nepal is a favorite destination for water sport enthusiasts who travel the world looking for the best rivers. A river-trip through rafting and kayaking is definitely one of the best ways to explore the typical cross-section of the country's natural as well as cultural heritage. Rivers gush through forests, alpine meadows, deep gorges, canyons and calm valleys and settlements. Upper rivers like Bhotekoshi, Marsyangdi, Tamor, Seti, Arun, Trishuli are popular for white-water rafting whereas those flowing through Terai Karnali, Narayani, Koshi, Mahakali (lower) are known for flat-water rafting. Nepal's rivers and waterfalls also offer canyoning activities which involve abseiling, jumping, sliding, climbing along waterfalls and steep cliffs to deep pools, giving the canyoneer the freedom to explore under-water landscape.

### MOUNTAIN BIKING

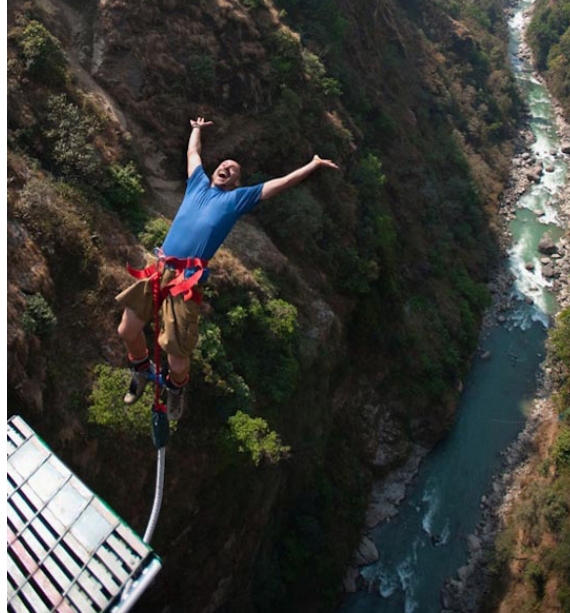
Nepal's diverse terrain makes it one of the best for mountain biking. Bike through the country and discover villages and small towns in the midst of rural serenity. Time permitting, it is even possible to explore the entire length and breadth of the country on a mountain bike. Bikes can be hired in Kathmandu and Pokhara.

### PARAGLIDING

Paragliding is a very popular activity among tourists, and is the simplest, safest and least expensive way of discovering the joys of flying alone. It offers aerial views of the magnificent Himalaya in the backdrop as you soar over mountains, lakes, forests and villages. Pokhara is one of the most popular paragliding destinations in Nepal. From here, one can take in stunning views of two of the world's Eight Thousanders, namely Dhaulagiri and Annapurna.







## ZIPLINING

Nepal is host to some of the most extreme ziplines in the world. Zipline options are available in Pokhara, Parbat, Dhulikhel, Makwanpur, Nuwakot and other parts of the country. It is fast becoming one of the fastest growing adventure activities in Nepal.

## BUNGEE JUMPING

Bungee jumping is a popular adventure activity in Nepal. The activity involves jumping from a high place while secured by a safe and protective band. Bungee jumping is offered in Kodari, Pokhara and Kushma.

## MOUNTAIN FLIGHTS

Mountain flights offer easier and up close experience of the Himalaya. Peaks seen during the 1-hour flight from Kathmandu are Gosaithan or Shisha Pangma, Dorje Lhakpa, Phurbi Chyachu, Choba Bhamare, Gaurishanker, Melungtse, Chugimago, Numbur, Karyolung, Cho-Oyu, Gyachungang, Pumori, Nuptse and, of course, Everest. Mountain flights are offered by several airlines in the morning from the domestic airport in Kathmandu. The option of flying in ultralight aircraft with trained pilot is also available in Pokhara.

## NATIONAL PARKS

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. Protected areas in Nepal include 12 national parks, 1 wildlife reserve, 1 hunting reserve, 6 conservation areas and 13 buffer zones covering 23.39 % of the total land area which contribute to in-situ conservation of eco systems and biodiversity across the country. *For further information: Department of National Parks and Wildlife Conservation (DNPWC) [www.dnpwc.gov.np](http://www.dnpwc.gov.np)*

## BIRD WATCHING

Nepal's varied elevations support more than 850 species of birds, or about 10 percent of the world's total species. Migratory birds are seen in winters. More than 450 species of birds have been spotted in Chitwan National Park, while the Koshi Tappu Wetlands have been designated Asia's finest bird watching site. In addition to the jungles of protected areas, the outskirts of Kathmandu Valley and Pokhara, Jagdishpur in Kapilvastu, Ghodaghodi in Kailali, Mai and Tamur valleys in the east, Dang Valley in the west, are also good locations to sight exotic birds. As bird watching becomes immensely popular, specialized bird-watching tours are offered in the different national parks and wildlife reserves.



## Province Tourism Highlights

Provinces	Tourism Activities	Tourism Products
Province 1	Mountaineering & Trekking	Mt. Everest, Mt. Makalu, Mt. Barun, Mt. Kanchenjunga
	Sightseeing of Tea Garden	Illam
	Religious Sites	Haleshi Mahadev, Pathibhara Devi Temple
	Sightseeing of Scenic Hills, Sunrise & Sunset	Bhedetar, Shree Antu
	Jungle Safari	Koshi Tappu Wildlife Reserve
Madhesh	Religious Sites	Janakpurdharm, Gadhi Mai, Jaleshwar Mahadev, Sacred Ponds, Dhanusadham, Chinnamasta Temple
	Jungle Safari	Parsa Wildlife Reserve
	Culture & Art	Mithila Painting, Chhath
	Culture & Historical Site	Sahlesh Botanical Garden, Simraungadh
	Trade & Commerce	Birgunj
Bagmati	Natural Sightseeing	Baba Taal, Bharat Taal
	Cultural, Historical, Archaeological & Natural Site	Kathmandu Valley, Nuwakot Durbar, Dolakha, Sindhuli Gadhi, Langtang Area, Chitwan
	Jungle Safari & Natural Sightseeing	Chitwan National Park
	Natural Sightseeing & Scenic View of Mountains	Daman, Jiri, Dhulikhel, Nagarkot
	Rafting & Bungee Jumping	Trishuli & Bhotekoshi
	Scenic Destination & Trekking	Helambu, Gosaikunda, Langtang, Gaurishankar
	Religious Site	Dolakha Bhimsen, Kalinchowk Bhagawati
Gandaki	Trekking	Ruby Valley, Langtang, Kathmandu Valley Outskirts
	Natural Sightseeing	Pokhara, Annapurna Region
	Religious Sites	Manakamana, Muktinath, Shaswat Dham
	Trekking	Annapurna Region
	Village & Cultural tourism	Amaltari Homestay, Sirubari Homestay, Ghalegaun
Lumbini	Bunjee Jumping & Swing	Kushma in Parbat
	Historical & Religious Site	Lumbini, Swargadwari, Kapilvastu
	Jungle Safari	Bardiya, Banke
	Trade & Commerce	Nepalgunj, Butwal
Karnali	Historical Site	Palpa, Rani Mahal
	Natural Sightseeing	Rara, Shey Phoksundo
	Trekking	Dolpo, Rara
	White Water Rafting	Karnali River
Far West	Historical & Heritage Tour	Sinja Valley in Jumla
	Natural Sightseeing	Khaptad, Shuklaphanta
	Religious Natural & Pilgrimage Tour	Badamalika, Ugratara, Shaileshwori, Ghatal, Tripurasundari, Baidyanath
	Natural Sightseeing & Bird Watching	Api Nampa Conservation Area, Saipal, Ghodaghodi
	Lake River Tour	Jhimli, Betkot, Ramaroshan, Karnali, Ghodaghodi
	Archeological Site	Patal Bhumeswori, Baitadi, Amar Singh Fort in Dadeldhura, Ajamer Kot in Dadeldhura



For More Information:



## Nepal Tourism Board

Tourist Service Center

Post Box: 11018

Bhrikutimandap, Kathmandu, Nepal

Tel: +977-1-4256909

E-mail: [info@ntb.org.np](mailto:info@ntb.org.np)

Web site: <http://www.ntb.gov.np>

Pokhara Tourist Service Center

Pardi, Pokhara

Tel: +977-61-465292, 463029, E-mail: [gandaki@ntb.org.np](mailto:gandaki@ntb.org.np)

Tourist Information Center - Kakkarbhitta

Tel: +977-23-562252, E-mail: [infontbkt@yahoo.com](mailto:infontbkt@yahoo.com)

Tourist Information Center - Belhiya, Bhairahawa

Tel: +977-71-520197, E-mail: [infontbbhw@ntc.net.np](mailto:infontbbhw@ntc.net.np)

Tourist Information Center - Gaddachowki, Mahendranagar

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*Lifetime  
Experiences!*