



# NEPAL

## TRAVEL

### G U I D E

### Volume : 01

Escape to Nepal and discover a world of enchantment. Immerse yourself in the spiritual bliss of ancient temples and witness the astonishing beauties of the Himalayas, serene lakes and lush forests. Nepal's natural wonders will leave you captivated. Experience warm hospitality, indulge in delicious cuisines, and create unforgettable memories.

Welcome to Nepal, a paradise for visitors seeking temples and natural splendor.

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# ALL ABOUT NEPAL

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# WELCOME TO NEPAL

Namaste, Adventurous Travelers!

Welcome to the majestic land of Nepal, where past meets the present, and the beauty of nature will leave you spellbound. As you embark on this journey to Nepal, you are about to witness a country that holds an extraordinary blend of cultural heritage, breath-taking landscapes, and warm-hearted people.



From the soaring peaks of the Himalayas including the stunning Mount Everest, to the lush green valleys and serene lakes, Nepal is a paradise for nature lovers and adventurers alike. Whether you're a trekking enthusiast seeking the thrill of a lifetime, or a spiritual soul seeking the tranquility to be found nowhere else in the world, you will find many things on offer for you, here in Nepal.

Prepare to be enchanted by the vibrant traditions and customs of Nepal. Many colorful festivals, such as Dashain and Tihar, will immerse you in the rich tapestry of our local culture, and the warm hospitality of the Nepalese people will make you feel right at home. As you wander through the ancient streets of Kathmandu Valley, marvel at the intricate architecture of temples and stupas, which stand as a testament to the nation's history and spiritual significance.

During your travel, you will encounter smiles that speak a thousand words, and moments that will stay etched in your heart forever. Embrace the simplicity of life and the joy that resonates from within the communities you encounter.

While you traverse this land of wonders, do remember to respect the delicate ecosystem and the cultural heritage. Be a responsible traveler, leaving nothing but footprints and taking back cherished memories. In Nepal, time slows down, and the connection to nature and humanity deepens. You will undoubtedly return with stories to share and a newfound appreciation for the world we inhabit. So, dear travelers, as you embark on this remarkable expedition, let the allure of Nepal fill your spirit with wonder and adventure. Open your hearts and minds to embrace the extraordinary, for in Nepal, the extraordinary is found in every corner. May your journey be unforgettable, and may you find the magic that Nepal offers to every soul that seeks its beauty.

Namaste and Safe Travels!



# FUN FACTS

Nepal is a land of wonders, boasting a myriad of unique features and intriguing fun facts. From the majestic Himalayas to its rich cultural heritage, Nepal offers an unforgettable experience to its visitors. Let's explore some of the most fascinating aspects that make Nepal special.

**1. Mount Everest:** Nepal is home to Mount Everest, the highest peak in the world, standing tall at 8,848 meters (29,029 feet). Climbers and adventurers from around the globe flock to Nepal to conquer this mighty mountain.

**2. Birthplace of Buddha:** Lumbini, located in the southern plains of Nepal, is the birthplace of Siddhartha Gautama, who later became known as Buddha, the founder of Buddhism. Lumbini is an important pilgrimage site for Buddhists and holds historical and religious significance.

**3. Living Goddess - Kumari:** A young pre-pubescent girl chosen through an ancient selection process is worshipped as a living embodiment of the Hindu goddess Taleju. The world's only living deity, the Royal Kumari of Nepal, resides in the Kumari Ghar (Kumari's House) at the heart of Kathmandu city, and plays vital ceremonial roles in numerous religious festivals.

**4. 8 of the World's 14 Highest Peaks:** Nepal is not only home to Mount Everest but also to seven other peaks among the world's 14 highest mountains. These include Kanchenjunga, Lhotse, Makalu, Cho Oyu, Dhaulagiri, Manaslu, and Annapurna. Trekkers and mountaineers have a plethora of options to explore the breathtaking Himalayan landscapes.



**5. Gurkha Warriors:** The Gurkhas, renowned for their bravery and loyalty, are soldiers recruited from Nepal to serve in the British and Indian armies. These fierce warriors have a remarkable history and have earned respect in various military campaigns including WW1 and WW2.

**6. One of the World's Deepest Gorges:** The Kali Gandaki Gorge, located between the Annapurna and Dhaulagiri mountain ranges, is one of the world's deepest gorges. The stunning natural landscape is a result of the Kali Gandaki carving through the rocks for millions of years.

**7. Rhododendron Paradise:** Nepal is home to various species of rhododendron – its national flower. During spring, the hills and forests burst into a riot of colors with blooming rhododendron flowers, creating a picturesque panorama.



# ADVENTURE

Nepal is a paradise for adventure seekers, offering a wide range of thrilling activities in its diverse landscape. Whether you are a thrill-seeker or simply want to experience the stunning natural beauty, Nepal has something to offer for everyone.

**Paragliding:** Location: Pokhara.

Paragliding in Nepal allows you to soar through the skies and witness breathtaking views of the Himalayas and picturesque landscapes. Pokhara is a popular destination for paragliding. You'll fly with experienced pilots and enjoy unobstructed views of the Annapurna and Machhapuchhre mountains, as well as Phewa Lake and the Pokhara Valley.



**Bungee Jumping:** Location: Bhote-Koshi near the Nepal-Tibet border and Kushma in the Gandaki province.

Experience the ultimate adrenaline rush with bungee jumping in Nepal. The Last Resort offers one of the world's highest bungee jumps, with a 160-meter drop from a suspension bridge over the Bhote Koshi River. Kushma Bungee Jumping is the third highest in the world with an exciting 228-meter leap from a suspension bridge over the Kaligandaki River. Both locations offer stunning natural surroundings, adding to the thrill of the experience.

**Rafting and Kayaking:** Locations: Various rivers in Nepal, including the Trishuli, Seti, Bhote Koshi, and Kali Gandaki.

Nepal's rivers offer fantastic opportunities for white-water rafting and kayaking. The Trishuli, Seti, Bhote Koshi, and Kali Gandaki rivers provide thrilling rapids and beautiful scenery for water sports enthusiasts. You can choose from a range of rafting packages that cater to different skill levels and trip durations.

**Zipline:** Location: Pokhara.

Pokhara offers an exhilarating ziplining experience, allowing you to zoom through the air with the Annapurna and Machhapuchhre mountains as your backdrop. The ride offers an adrenaline-pumping journey along steel cables high above the river and lush landscapes. The Pokhara Zipline is one of the longest and steepest ziplines in the world, providing an unforgettable adventure.





# ADVENTURE

**Jungle Safaris:** Locations: Various National Parks and Conservation Areas.

Jungle safaris in Nepal offer thrilling opportunities to explore the dense jungles and encounter wildlife up close. National Parks at Chitwan, Bardiya, Shivapuri, and many more are home to diverse flora and fauna, including one-horned rhinos, Bengal tigers, elephants, and a variety of bird species. Safaris can be enjoyed on elephant back, in 4x4 vehicles, in canoes or on foot with experienced guides.



**Hot Air Ballooning in Nepal:** Location: Pokhara.

Hot air ballooning in Pokhara offers a unique and serene adventure, providing a bird's-eye view of the stunning landscapes and mountain ranges. The experience takes place in the early morning as the sun rises, creating a magical atmosphere.

As you ascend into the sky in a spacious basket of the hot air balloon, you'll witness breathtaking views of the Annapurna and Dhaulagiri mountain ranges, the lush Pokhara Valley, and the glistening Phewa Lake. The tranquility of the flight allows you to soak in the beauty of the surrounding natural wonders.

**Ultralight Flight:** Location: Pokhara.

Ultralight flights in Pokhara provide an opportunity to experience the thrill of flying low over the picturesque landscapes of the Annapurna region. From the open cockpit of an ultralight aircraft, you can enjoy unobstructed views of the majestic mountains and serene valleys. The flight is a perfect way to capture stunning aerial views of Nepal's natural beauty.

Each of these adventure activities offered in various locations of Nepal provides a unique and thrilling experience, allowing you to immerse yourself in the stunning natural beauty and diverse landscapes of the country. Whether you're soaring through the skies, conquering wild rivers, exploring the jungle, or flying over the mountains, Nepal offers an array of adrenaline-pumping adventures for every adventure enthusiast.





# ACCOMMODATIONS

Nepal offers a wide range of accommodations to cater to the needs of various travelers. From budget options for backpackers to luxurious hotels for those seeking indulgence, Nepal has something to offer for everyone.

**Hotels:** In major cities and tourist hubs like Kathmandu, Pokhara, Chitwan, and Lumbini, you'll find a wide variety of hotels ranging from budget to luxury options. Budget hotels offer simple and comfortable rooms with essential amenities, making them ideal for cost-conscious travelers. Mid-range hotels provide additional facilities such as Wi-Fi, restaurants, and sometimes a gym or swimming pool. Luxury hotels in Nepal are of the international standard and offer luxurious rooms, fine dining, spa and recreation services, and other top-notch amenities. Many luxury hotels also boast stunning views of the surrounding mountains or cityscapes.



**Resorts:** Resorts in Nepal are usually located in picturesque and tranquil settings, such as lakesides, riverbanks, or hill stations. They offer a more secluded and serene experience, making them perfect for relaxation and rejuvenation. Resorts often come with extensive gardens, recreational facilities, and sometimes spa and wellness centers. They cater to luxury travelers seeking a premium and exclusive stay amidst natural beauty.



**Teahouses or Guesthouses:** Teahouses, also known as guesthouses, are commonly found along popular trekking routes in Nepal. They are basic accommodations that cater to trekkers and hikers. Teahouses typically offer simple rooms with basic amenities such as beds, blankets, and communal bathrooms. While they may lack luxurious facilities, teahouses provide a cozy and authentic experience, allowing travellers to connect with fellow trekkers and experience the warm hospitality of the locals.

**Eco-lodges:** Eco-lodges are environmentally responsible accommodations often located in conservation areas and national parks. These lodges prioritize sustainability and aim to minimize their environmental impact. Eco-lodges offer a comfortable stay while allowing travelers to experience the beauty of nature responsibly.



# ACCOMMODATIONS

**Boutique Accommodations:** Boutique hotels and lodges are smaller, stylish, and often independently owned accommodations. They are designed with unique architecture and decor, providing a more intimate and personalized experience. Boutique accommodations offer a blend of modern comforts and local charm, catering to travelers looking for a more distinctive and boutique feel.



**Mountain Lodges:** Mountain lodges are similar to teahouses but may be found in more remote and less frequented trekking regions. They offer basic facilities, and some may provide a bit more comfort than traditional teahouses. Staying in mountain lodges allows trekkers to be closer to nature and away from the crowds.

**Tented Camps:** During certain trekking routes and wildlife safaris, temporary tented camps may be set up for travelers. These camps provide a unique camping experience amidst stunning natural surroundings. Tented camps usually include comfortable tents, meals, and campfire gatherings, making them an excellent choice for nature lovers and adventure seekers.



**Monastery Stays:** In some areas, particularly in regions like Mustang and Tengboche, travellers have the opportunity to stay in monasteries. This accommodation option provides a chance to experience the monastic lifestyle, participate in spiritual practices, and gain insights into Buddhist traditions.

It's important to note that accommodation options and standards can vary significantly depending on the location and remoteness of the area. Before traveling to Nepal, it's recommended to research and book accommodations in advance, especially during peak tourist seasons, to ensure a comfortable and enjoyable stay.



# CULTURE

The cultural theme of Nepal revolves around its incredible diversity and unity within it. Nepal's culture is an amalgamation of various ethnic groups, languages, religions, and traditions, creating a vibrant and colorful tapestry of customs, festivals, music, and art.



## > UNITY IN DIVERSITY

Nepal is a melting pot of 142 different ethnic groups, each with its own unique culture and identity. Despite these diverse backgrounds, there is a strong sense of national unity and pride among the Nepalese people. They celebrate each other's festivals, participate in various cultural activities, and respect one another's traditions, contributing to a harmonious coexistence.



## > RELIGIOUS HARMONY

Nepal is a multi-religious country, where Hinduism and Buddhism are the dominant religions. Other religions, such as Islam, Christianity and various indigenous belief systems, are also practiced. The cultural theme of religious harmony is evident in the coexistence of different religious monuments, places of worship, and festivals celebrated by people of various faiths.



## > NATURE AND SPIRITUALITY

The natural beauty of Nepal's landscapes, from the soaring mountains to the lush valleys and plains, has a profound influence on its culture. The people have a close connection to nature and believe in the spiritual significance of various elements of the environment, which is reflected in their rituals and practices.



## > TRADITIONAL ART & CRAFTS


Nepal's culture is deeply rooted in traditional arts and crafts. The intricate wood carvings seen on temples, the beautiful Thangka paintings depicting religious themes, and the handwoven textiles are a testament to the country's artistic heritage. Art and craft are valued and passed down through generations, contributing to the preservation of Nepal's rich cultural legacy.

## > WARM HOSPITALITY

Hospitality is an integral part of the Nepalese culture. The people of Nepal are known for their warm and welcoming nature, making visitors feel at home. Hospitality is often expressed through offering food and refreshments to guests and strangers alike, reflecting the values of kindness and generosity. "Atithi Devo Bhava", a popular belief in Nepal, translates to "Guests are Gods".



# CULINARY



Nepalese cuisine is a delightful blend of flavours influenced by its geography, climate, and cultural diversity. The country's cuisine offers a wide range of dishes, from hearty staples to delicious snacks and sweets.

## > DAL-BHAT

Dal Bhat is the staple dish of Nepal and is widely consumed throughout the country. It consists of steamed rice (bhat) served with lentil soup (dal) and various side dishes, including vegetables, pickles, and curries. It is a wholesome and filling meal enjoyed by Nepalese households on a daily basis.



## > DHIDO

Dhido is a traditional Nepali dish made from buckwheat, corn or millet flour. It is a thick, sticky porridge-like dish usually served with vegetables, lentils, or meat dishes.



## > NEWARI CUISINE

Newari cuisine, native to the Newar community in the Kathmandu Valley, is renowned for its rich and diverse flavors. It includes dishes like "Yomari" (a sweet rice flour dumpling filled with jaggery and sesame seeds), "Chatamari" (Nepalese pizza), "Bara" (lentil patties), and "Wo" (a spicy lentil doughnut). Newari dishes are often an essential part of cultural celebrations and festivals.



## > SEL ROTI

Sel Roti is a traditional Nepali rice-based donut or ring-shaped bread made during festive occasions like Dashain and Tihar. It is crispy on the outside and soft on the inside, with a slightly sweet flavor.



## > MO:MO

Momo is arguably one of the most famous and loved snacks in Nepal. These dumplings come with various fillings, such as meat (buff, chicken, or pork) or vegetables. Momo is typically served with a spicy tomato-based sauce and can be steamed, fried, or cooked in a soup.

## > THUKPA

Thukpa is a traditional Sherpa stew made with noodles, vegetables, and sometimes meat. It is a hearty and warming dish, often consumed by trekkers in the mountainous regions.



# INSIGHTS

Nepal, a land of enchantment, beckons with a unique identity shaped by its awe-inspiring landscapes, cultural diversity, and enduring spirituality. Cradled by the mightiest peaks of the Himalayas, including the majestic Mount Everest, Nepal's natural beauty astounds at every turn. From the verdant hills and terraced fields that come alive with seasonal colors to the rugged terrain and glistening glaciers, the country's topography is a masterpiece of nature's artistry. Rivers flow with grace, carving their paths through deep valleys, while ancient forests teem with exotic wildlife. Nepal's identity as a paradise for adventurers and nature lovers is reinforced by its numerous trekking trails, wildlife reserves, and opportunities for adrenaline-pumping activities like white-water rafting and paragliding.

Beyond its breathtaking landscapes, Nepal's identity is deeply rooted in its rich cultural heritage. The country's history is intricately interwoven with tales of kings and kingdoms, and its ancient cities are living testaments to the craftsmanship of its people. The Kathmandu Valley, with its Durbar Squares and historical monuments, stands as a UNESCO World Heritage Site, narrating stories of dynasties long past. Religion plays a pivotal role in Nepal's identity, with Hinduism and Buddhism coexisting harmoniously, manifesting in the vibrant temples, stupas, and monasteries scattered across the nation. Festivals like Dashain, Tihar, and Holi ignite the streets with fervor, celebrating life, traditions, and unity. The warm hospitality of the Nepalese people leaves an indelible mark on the hearts of visitors, as they are embraced into a close-knit community that cherishes its cultural roots.

Nepal's identity transcends geographical boundaries, encompassing the resilience and unity of its people in the face of challenges. Despite being a small country, Nepal's significance is far-reaching, symbolizing a spirit that rises above adversity. The nation has faced natural disasters, political transitions, and social transformations, yet its people have demonstrated an unyielding determination to rebuild and prosper. The power of togetherness is evident in the aftermath of calamities, as communities unite to rebuild homes and lives. Nepal's identity as a land of hope and solidarity shines through in its path to progress and development. As travelers and explorers venture into Nepal's captivating realm, they become part of a larger narrative that celebrates the essence of life and humanity.





# WILDLIFE TOUR

Chitwan National Park, a UNESCO World Heritage Site in Nepal's Terai region, spans approximately 952.63 square kilometers and is renowned for its diverse biodiversity and stunning landscapes. Established in 1973, the park boasts a wide array of flora and fauna, including the one-horned rhinoceros, Bengal tiger, Asian elephant, and gharial crocodile. Wildlife safaris via elephant rides, jeep tours, walking excursions, and canoe rides provide unparalleled opportunities to observe animals in their natural habitat. Birdwatchers can delight in spotting over 500 bird species. Additionally, visitors can immerse themselves in the rich Tharu culture. Chitwan's conservation efforts have contributed to the preservation of endangered species. Accessible from major cities like Kathmandu and Pokhara, the park's best time to visit is during the dry season (October to March). As a protected area, responsible tourism practices are encouraged to maintain the park's natural splendor and ecological balance, offering a remarkable experience connecting travelers with nature and wildlife while exploring Nepal's cultural heritage.



## **Day 1: Arrive Kathmandu**

Arrival at Kathmandu airport. Upon arrival, meet, assist and transfer to the hotel. Rest of the day at leisure. Overnight at Kathmandu Hotel.

## **Day 2: Kathmandu Sightseeing**

Kathmandu, the capital city of Nepal, is rich in culture, history, and ancient architecture. There are numerous sightseeing spots worth visiting to immerse yourself in the city's heritage. We will visit Syambhunath Stupa, Pashupatinath Temple, The Durbar Squares and Thamel Market.

## **Day 3: Kathmandu to Chitwan Drive/Flight**

Morning drive or opt out for flight for the transfer to Chitwan. Reaching upon Chitwan, check in and you can proceed to visit the Elephant Breeding centre, the Chitwan Museum for the knowledge of wildlife and engage in the Tharu Cultural show by the local community

## **Day 4: Chitwan Safari Day**

This day is full of wildlife exploration, you can choose from Jeep safari, Elephant Back ride, Jungle walk or Canoe safari or try all of them in a Single day. One horned Rhinos, deer's, gharials are easily spotted and if you are lucky then you can have the view of majestic Bengal Tigers in the National Park.

## **Day 5: Chitwan to Kathmandu Flight/Drive**

This day you can go for bird watching in the morning and take a flight or drive back to Kathmandu or add other cities like Pokhara, Lumbini or Bandipur for Extending your stays in Nepal



# TREKKING

## **Annapurna Conservation Area Project**

Area: Over 7,600 square kilometers

Location: Predominantly in Gandaki Pradesh (Province No. 4) and parts of Province No. 5. Includes districts like Manang, Mustang, Kaski, Myagdi, and Lamjung.

Climate: From subtropical to alpine, offering diverse weather conditions based on altitude and season.

Attractions: Rich biodiversity, stunning landscapes, cultural diversity, trekking routes (e.g., Annapurna Circuit, Annapurna Base Camp), and mountain vistas.

Accommodations: A range of accommodations available, from basic lodges to more luxurious options, in towns and villages along trekking routes.

Best Places: Annapurna Base Camp, Ghorepani Poon Hill, Manang, Mustang, Jomsom, and Tilicho Lake.

Best Season to Visit: Autumn (September to November) and Spring (March to May) for clear skies, pleasant weather, and optimal trekking conditions.

### **Day 1: Arrive Kathmandu**

### **Day 2: Kathmandu Sightseeing**

We will visit Syambhunath Stupa, Pashupatinath Temple, The Durbar Squares and Thamel Market.

### **Day 3: Kathmandu to Pokhara Drive/Flight**

Kathmandu to Pokhara drive will take around 8 hrs and 25 minutes of flight time from Kathmandu. You get to explore out the city if you arrive early and prepare for the trek the next day.

### **Day 4: Drive to Siwai and Hike to Bamboo via Chomrong (2300 M)**

### **Day 5: Bamboo to Deurali Hike (3200 M)**

### **Day 6: Deurali to Annapurna Base camp (4130 M)**

### **Day 7: Explore Annapurna Base camp and Hike back to Dovan**

### **Day 8: Hike back to Jhinu Dada and enjoy Natural Hot spring**

### **Day 9: Hike back to Siwai and drive to Pokhara**

### **Day 10: Pokhara to Kathmandu Drive/Flight**

This is the best possible itinerary to reach Annapurna Base camp. You can choose other destinations in Annapurna Region like Poon hill Trek, Ghandruk Trek, Lo manthang exploration, Tilicho Lake Trek and many other regions depending upon your preference, for shorter treks.





# NEPAL CITY TOUR

**The Kathmandu, Pokhara, and Lumbini tour** offers a captivating journey through Nepal's cultural and natural wonders. Begin in Kathmandu, exploring UNESCO World Heritage Sites like Swayambhunath, Boudhanath, and Pashupatinath. Head to Pokhara for serene lakes, mountain views, and a visit to the World Peace Pagoda. Lumbini awaits, with its sacred Maya Devi Temple and monastic zones. This tour combines spiritual encounters, rich history, and breathtaking landscapes, making it a truly memorable experience.

## **Day 1: Arrive Kathmandu**

## **Day 2: Kathmandu Sightseeing**

We will visit Syambhunath Stupa, Pashupatinath Temple, The Durbar Squares, Boudhnath and Thamel Market.

## **Day 3: Kathmandu to Pokhara Drive/Flight**

Kathmandu to Pokhara drive will take around 8 hrs and 25 minutes of flight time from Kathmandu. You get to explore out the city if you arrive early, you can enjoy the boating in Majestic Fewa lake.

## **Day 4: Explore Pokhara**

Early morning drive to Sarangkot for Sunrise view, back to hotel for Breakfast and visit Peace Pagoda, Mountain Museum and enrol in one of the adventure activities in Pokhara

## **Day 5: Pokhara to Lumbini Drive/Flight**

This day after the breakfast we will drive towards the land of Buddha, Lumbini the city full of Peace and Harmony where the Light of Asia was Born. Evening sightseeing to Peace Stupa.

## **Day 6: Lumbini Exploration**

Begin your journey at the Maya Devi Temple, Explore the Lumbini Monastic Zone, filled with intricately designed monasteries and temples representing diverse Buddhist communities. visit to the sacred Puskarni pond. As the day winds down, enjoy the peaceful surroundings and witness a serene sunset, leaving you with a profound spiritual experience.

## **Day 7: Lumbini to Kathmandu Drive/Flight**

On Day 7, you'll embark on a 6 to 8-hour drive from Lumbini to Kathmandu. The journey will take you through picturesque landscapes, showcasing Nepal's countryside and rural life. Reach Kathmandu by evening and visit the Thamel Market.

Next day you can depart from Kathmandu or extend your stay via adding places like Bandipur, Chitwan and Nagarkot to explore out more on your travel in Nepal.





# HOW TO REACH ?

Anyone from anywhere in the world can reach Nepal using various modes of transportation, including air and land. Waterways, although the last option is less common due to Nepal being a landlocked country.

**By Air:** Tribhuvan International Airport (TIA) in Kathmandu is the main international airport in Nepal, in the near future two more international Airports; Pokhara and Gautam Buddha International Airport are ready to serve you in Nepal, so make sure to inquire before your travel date. It serves as the primary gateway for travelers from around the world. Here's how reaching Nepal by air typically works:

**Flights:** Various international airlines operate flights to Tribhuvan International Airport (TIA) from major cities across the globe. These flights connect major hubs like Dubai, Doha, Delhi, Bangkok, Singapore, Kuala Lumpur, Istanbul, and more to Kathmandu. Travelers can book direct flights or connect through one of these hubs.

**Visa and Immigration:** Upon arrival at TIA, travelers are required to go through immigration procedures. Depending on your nationality, you might need a visa to enter Nepal. Some nationalities can obtain a visa on arrival. Also if you do not want any hassle in the airport then you can also apply before your arrival online from <https://nepaliport.immigration.gov.np/online>

**Customs:** After clearing immigration, travelers proceed to the customs area. It's important to declare any items that need to be declared and adhere to the customs regulations of Nepal.

**By Land:** Nepal shares its borders with India and China (Tibet). Travelers can enter Nepal from these countries by road through established border crossings. Here's how reaching Nepal by land typically works:

**From India:**

**Kakarbhitta:** This border crossing is in the eastern part of Nepal, connecting to the town of Siliguri in the Indian state of West Bengal.

**Sunauli:** Located in the western part of Nepal, this crossing connects to the Indian town of Gorakhpur in the state of Uttar Pradesh.

**Raxaul:** This crossing links Nepal to the Indian town of Birgunj in the state of Bihar.

**From China (Tibet):**

**Rasuwagadhi-Kerung:** This is the main overland border crossing between Nepal and China. It connects Nepal's Rasuwa district to the Tibetan town of Kerung.

- **Crossing Procedures:**

At the border crossing, travelers need to complete immigration and customs procedures for both the departing and entering countries.

- **Travel Documents:** Travelers must have valid passports, visas, and any necessary permits for their journey. It's important to check visa requirements and any travel advisories before crossing borders.

Both air and land routes have their advantages and considerations. Air travel is generally faster and more convenient, while crossing by land provides a unique opportunity to experience the diverse landscapes and cultures of the regions surrounding Nepal. Regardless of the chosen mode of transportation, proper planning, awareness of regulations, and adherence to local customs are essential for a smooth journey to Nepal.



# THE ESTIMATE

**Currency Exchange Rates in Nepal:** Nepal's official currency is the Nepalese Rupee (NPR). Currency exchange services are widely available in Nepal, especially in major cities and tourist areas. You can exchange foreign currency at banks, exchange offices, and even some hotels. Exchange rates can vary, so it's recommended to shop around for the best rates before making a transaction. It's also important to note that using credit and debit cards is becoming more common, especially in urban areas.

**Range of Total Spending:** The cost of a trip to Nepal can vary widely based on factors such as travel style, preferences, duration, and destination within Nepal. Here's an approximate range of total spending for different types of travelers:

## 1. Budget Travelers:

- Accommodation: Hostels, guesthouses, and budget hotels can range from \$10 to \$30 per night.
- Food: Street food and local eateries can cost around \$5 to \$15 per day.
- Transportation: Local buses and basic transportation options can be quite affordable, with expenses around \$5 to \$15 per day.
- Sightseeing and Activities: Entrance fees to attractions and basic activities may cost around \$10 to \$20 per day.
- Total Daily Budget: A budget traveler might spend around \$30 to \$60 per day.

## 2. Mid-Range Travelers:

- Accommodation: Mid-range hotels and lodges can range from \$40 to \$100 per night.
- Food: Dining in mid-range restaurants and cafes might cost around \$20 to \$40 per day.
- Transportation: More comfortable transportation options and occasional taxis could add around \$20 to \$30 per day.
- Sightseeing and Activities: Including guided tours and more extensive activities, costs might be around \$20 to \$40 per day.
- Total Daily Budget: A mid-range traveler might spend around \$100 to \$200 per day.

## 3. Luxury Travelers:

- Accommodation: Luxury hotels and resorts can range from \$150 to several hundred dollars per night.
- Food: Fine dining and international cuisine could cost around \$50 to \$100 or more per day.
- Transportation: Private transportation, flights, and other premium options could add \$50 to \$100 per day or more.
- Sightseeing and Activities: High-end experiences and exclusive tours might cost \$50 to \$100 or more per day.
- Total Daily Budget: A luxury traveler might spend \$300 to \$600 or more per day.

Remember that these are rough estimates and can vary based on personal preferences, travel arrangements, and the specific regions you visit in Nepal. It's a good idea to plan your budget ahead of time and research prices for your intended destinations and activities.



# KALPA HOLIDAYS

# CALL CENTER

Kalpa Holidays, based in the vibrant cities of Kathmandu and Pokhara, is your premier partner for crafting unforgettable travel experiences in Nepal. With a passion for exploration and a commitment to excellence, we specialize in providing a comprehensive range of travel-related services. From the majestic heights of the Himalayas to the cultural gems nestled in the heart of the country, we offer meticulously curated trekking adventures, personalized travel arrangements, seamless transportation solutions, handpicked accommodations, and immersive wildlife tours. Our diverse offerings extend to enchanting city tour packages, authentic homestay experiences, and beyond, ensuring that every traveler's journey with us is nothing short of remarkable. With Kalpa Holidays, your dreams of discovering Nepal's rich tapestry of landscapes, cultures, and traditions are just a step away.



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