

# NEPAL TRIP NOTES

As if the being home to the world's highest peaks wasn't bounty enough, Nepal also has real yaks, apocryphal yetis, heroic weathered-faced sherpas and medieval monuments festooned with colorful prayer flags flapping against the deep blue sky. Nepal is a visual feast; everywhere you turn, appear sights that demand your camera be whipped out and put to use. Mountain trekking is superb, and there are so many routes to choose from that repeat visitors are never short of options. The Annapurna circuit, Everest base camp, Gokyo Lakes...the list goes on. For those who aren't into trekking, exploring Nepal's jungles, rivers and medieval cities is equally rewarding.

## **TRAVEL DOCUMENTS**

US citizens require a passport valid for at least six months beyond your expected date of departure from Nepal. An entry visa for Nepal is also required and can be obtained either on arrival in Nepal or in advance online at <http://online.nepalimmigration.gov.np/tourist-visa>.

The price is \$30 for 15 days.

## **MEDICATIONS & INNOCULATIONS**

There are no required shots or medications for travelers arriving from the US into Nepal. It is recommended that you carry over the counter treatment for upset stomach such as Imodium or Pepto-Bismol, or even a prescription medications such as Cipro. Please check with your travel clinic for their recommendation based on your personal health history.

## **CURRENCY**

The official currency of Nepal is the Rupee (NR). It is illegal to exchange currency other than with authorized dealers. Obtain and keep Foreign Exchange Encashment Receipts when changing currency. Hotel bills must be paid in foreign currency.

## **CREDIT CARDS**

American Express is widely accepted; MasterCard and Visa in tourist shops, hotels and restaurants.

A convenient currency converter can be found at <http://www.xe.com/currencyconverter/>



## **TIME DIFFERENCE**

Nepal is 15 hours 45 minutes ahead of US Eastern Standard Time and 13 hours and 45 minutes hours ahead of US Pacific Standard Time.

## **SHOPPING**

Jewelry, handicrafts, shawls embroidered with flowers, textiles, silk, cashmere fabric, wool, singing bowls for healing, Kukri knives, Buddha figurines, pictures, masks are all made very sophisticatedly and skillfully. Nepalese teas, Himalayan pink salt, handmade soaps, lanterns and handmade paper cards are also popular.

## **ELECTRICITY**

In Nepal the standard voltage is 230 V and the frequency is 50 Hz. Plugs are types C, D and M. For more information on plugs and voltage, please visit <http://www.worldstandards.eu/electricity/plugs-and-sockets/>

## **LANGUAGE**

The official language is Nepali. English is spoken by people involved in tourism.

## **CLIMATE**

The best time to visit Nepal is between October and December, when the skies are a clear blue and the views spectacular. January and February can be very cold, especially at night. The weather remains dry into April. May is a beautiful time to travel, with the rhododendrons bursting into bloom. Heat and humidity levels build, with temperatures climbing to 95°F in Chitwan National Park. The monsoon season arrives in June and lasts until the end of August, with the clouds obscuring the glorious mountain views. The heavy rain and landslides make travel difficult and many places close down, so the country is best avoided at this time.

## **TIPPING GUIDELINES**

Tipping is expected for good service in Nepal and should preferably be paid in local currency. As a general rule we recommend the following tipping guidelines: Guides NRs300 per person per day, drivers NRs200 per person per day, bellboys NRs50 total.

Restaurant staff — tipping is only usual in tourist hotels and restaurants where a service charge isn't already included so add 10%.

## **ETIQUETTE**

Never offer or accept anything with the left hand, use the right or both hands. It is rude to point at a person or statue with a finger or foot. Shoes and footwear should be removed when entering shrines. Do not stand in front of a person who is eating as this means your feet will be next to his food: squat or sit by his side. Shaking hands is not a common form of greeting; the normal greeting is to press the palms together in a prayer-like gesture, give a slight bow and say 'Namaste' which means 'respect the God within you'.

This information is provided by Asia Answers as a guideline to the country you will be visiting, and is up to date to the best of our knowledge. Further information is available to you at this website -

<https://ntb.gov.np/>