



Discover all the wonders that Nepal has to offer, from the towering mountains and beautiful scenery to the diverse cuisine and ancient culture. Referred to as the roof of the world, Nepal is home to the Himalayas; the world's highest mountain ranges, including the world-famous Mount Everest. The magnificent ranges and picturesque scenery of rolling hills, lush valleys and monumental canyons confirm Nepal's place as a trekker's paradise. The natural beauty of Nepal is never ending. Opt to go on a jungle walk, elephant trek or ride down the river at the beautiful and UNESCO World Heritage listed Chitwan National Park (which is also home to the Bengal Tiger). After recently being declared a democratic republic, Nepal is now more open and inviting to tourists than ever before. So whether you're an experienced trekker or just an adventurous traveller, Nepal is an amazing and increasingly popular destination for tourists.

VISAS

Please ensure that your passport is valid for at least 6 months after the last day of your trip as some countries may refuse entry if there is any less. All foreign nationals, except Indian citizens, are required to have a valid visa to enter Nepal. Visas can be obtained at your nearest Nepal Embassy or Diplomatic Mission. Most citizens can also be granted a visa on arrival at multiple border entry points. For up-to-date regulations, please check the link: <http://www.nepalimmigration.gov.np/content/tourist-visa.html>

Travellers who have come from an area infected with yellow fever are required to be vaccinated before entering the country. Record all vaccinations on an International Health Certificate, available from a doctor or government health department. Plan ahead and schedule your vaccinations as some require more than one injection, while others should not be given together. Note that some vaccinations should not be given during pregnancy or to people with allergies. It is recommended that you seek medical advice at least six weeks before travelling. Discuss your requirements with your doctor.

With the monsoon only recently finished the country-side is green, lush and beautiful. At this time of the year the air is sparkling clean, views of the Himalayas are as near as perfect and the weather is not too hot, nor too cold. For obvious reasons, this is also the peak tourist season. December and January are also good months to visit but it can get cold at high altitudes. From February to April, the weather is warmer, flowers are blooming but the visibility isn't as good. May and the early part of June are not ideal months to visit Nepal as the country is extremely hot and dusty. From June to September it is the wet season and the least popular time to visit Nepal.

ESSENTIALS

Before you leave your country, we recommend you to make sure you have followings with you ;

- ➔ Passport
- ➔ Airline or transportation tickets (where applicable)
- ➔ Tour voucher: this is sent to you via email, and needs to be printed to give to your tour leader upon registration. Also double-check that all details on this are correct.
- ➔ Insurance policy
- ➔ Visas (where applicable)
- ➔ Labels and or locks on your travel bags
- ➔ Pre-departure information
- ➔ Credit cards, cash, travellers' cheques
- ➔ Conversion plug

WHAT TO WEAR

It is very difficult to suggest a common cloth for the entire of Nepal. The north, north-eastern and north-western areas of Nepal are mountainous and thus the average annual temperature is much lower than the southern Nepal. In the months from April to July, the plain or Tarai region is very hot and temperatures hover above 40°C, so very light, cotton clothing is recommended. However, if you are in the northern parts during this time you will require light winter apparel. Between July and October there is heavy rainfall. The monsoon in Nepal is very generous and it rains a lot in both the mountain ranges and the Tarai regions. You will only need light clothing in the Tarai regions but will also need to pack waterproof options for the weather conditions. The mountain areas you will need warmer clothing as well. The winter sets in the month of November and persists till the month of February. The Tarai region comes under cold waves and experiences chilly nights. Heavy winter clothing is required in winters. As far as mountains are concerned, they are out of bounds for the tourists in this season.

Month	Kathmandu		Pokhara		Lumbini	
	C	F	C	F	C	F
Jan	10	50	15	60	15	60
Feb	12	54	17	64	17	64
March	15	60	23	74	23	74
April	19	67	28	84	28	84
May	21	71	31	89	31	89
June	23	75	31	89	31	89
July	23	75	29	85	29	85
Aug	23	75	28	84	28	84
Sept	22	72	28	84	28	84
Oct	19	67	26	79	26	79
Nov	15	59	20	69	20	69
Dec	11	52	15	61	15	61

HEALTH AND SAFETY

It is recommended for all passengers to have comprehensive personal insurance before the trip departs which covers the duration of the trip. For your benefit your insurance should cover cancellation, all medical and repatriation costs, damage to baggage and personal belongings, money and public liability. Nepal does not officially require any immunisations for entry into the country, but the further off the beaten track you go, the more necessary it is to take precautions.

THE WEATHER

Nepal has typical monsoonal conditions with two seasons a year. October-November marks the start of the dry season, which in many ways is the best time of the year in Nepal.

MONEY

Nepali Rupee notes come in Rs. 1, 2, 5, 10, 20, 25, 50, 100, 500, 1000 denominations. Coins come 5p, 10p, 25p, Rs. 1, 2, 5 denominations. Foreign currencies must be exchanged only through the banks or authorized foreign exchange dealers. The receipts from such transaction are to be obtained and retained. Visitors can exchange foreign currency at the foreign exchange counter at the airport upon arrival, a good idea to keep everything safe.



EATING AND DRINKING

Nepal is very diverse country when it comes to ethnicity and culture. One of the outcomes from this is that there is an impressive array of local cuisine. Nepalese food has been strongly influenced by both India and Tibet, and in places like Kathmandu there is a growing interest in western dishes. Most of the local cuisine (particularly from the Himalayan region) can taste a bit bland if people are used to spicy or savoury food, but the diet in Nepal receives a good deal of praise for its health factors.

The nearest thing to a national dish in Nepal would be Dal bhat. The meal consist of steamed rice and a lentil soup. This is a staple meal in Nepal and many Nepalese will eat Dal bhat twice a day. There are many different versions of this meal, but the most popular is Dal Bhat Tarkari which is served with vegetables and sometimes with a yoghurt or curry sauce.

Modern Kathmandu is home to many ethnic groups, but the indigenous people of the Kathmandu valley are the Newar (Newa). The Newar have their own cuisine which is said to consist of about 200 dishes, with a Tibet and Chinese influence evident in their cooking. They also have foods that are similar to western dishes such as Chataamari. Chataamari is a popular snack and is a rice crepe, served similarly to pizza.

SHOPPING

Shop till you drop" should be your motto during your stay as Kathmandu is a shoppers' paradise. Funky, fashionable, chic and sleek; shopping in Kathmandu is an experience like no other. Kathmandu offers everything from luxury boutiques and shopping centres to bargain outlets and local markets. It's the experience that goes with making your purchases that make people want return to again and again. Shopping can be very rewarding and exciting in Kathmandu. There are numerous tourist shops on the main streets and in the hotel arcades brimming with tempting jewellery, statues, and other typical Nepalese handicraft. Each place has its specialty product which is unique. Bhaktapur, for instance, is the place to buy pottery. The Traditional Craftsman's Colony in Patan is a famous centre for Nepalese handicraft. You may get carved-wooden items while at Patan. For complete variety of products and brands in all price ranges, Kathmandu offers a unique shopping experience.

From glitzy malls to trendy boutiques, you can find almost anything and everything that caters to your shopping list. For premium brands and high fashion, Durbar Marg is a consumers' Mecca. It has all the high-end fashion requirements. For fashionistas, there is no alternative than Durbar Marg. The Thamel area, in particular, is popular for souvenirs and handicrafts. Kupondole, Lazimpat and Dillibazaar are famous for their popular boutiques. From affordable to extravagant design, all that is needed to achieve the traditional look is here. New Road caters to the budget-conscious shoppers, Jhamsikhel fulfils the gastronomical, whereas shopping malls like Civil Mall, NLIC City Center, Bluebird Mall, Times Square Mall, Kathmandu Mall and UWTC make their locations famous because of their presence.

OPENING HOURS

Government offices are open from 10am to 5pm from Sunday through Friday. Banks are open from Sunday through Friday from 9am to 3pm and most are open until 12pm on Saturdays.

Embassies and international organizations are open from 9am to 5pm Monday through Friday. Most shops open from 10am and close at about 8pm but are generally closed on Saturdays.

ELECTRICITY

Nepal's Electricity is 220-240 Volts and 50 MHZ (some countries like U.S and Canada are 110-120 volts/60 MHZ).

In Nepal electric Plugs are of two or three round prongs, but not flat prongs as found as in other countries. If your appliance's plug doesn't match the shape of these sockets, you will need a travel plug adapter in order to plug in.

TIPPING

Tips are a common reward for service staff in Nepal. Your tour guide and crew will be especially appreciative and honoured with this kind of traditional gratitude at the end of your tour.

DISTANCES

The following information will give you a better idea of the times travelled to help you plan your day:

- ➔ Kathmandu-Pokhara : 4,5 hours
- ➔ Pokhara-Annapurna: 4 hours
- ➔ Kathmandu-Lumbini: 5,5 hours
- ➔ Chitwan-Pokhara: 2 hours

ARRIVAL

On arrival at the airport you will be met by our local representative who will arrange your transfer to the hotel. Please make sure that you inform us, in advance, of your correct arrival details (date, time, flight code).

Please [click here](#) for arrival hotel details;

Guide Meeting

Please note that your guide will meet you for a briefing about the days ahead at 6:30pm on day 1 at your arrival hotel, unless otherwise notified.

AIRPORT TRANSFER

A complimentary airport transfer from Kathmandu airport to the Travel Talk Hotel will be provided on Day 1 of the tour (the arrival day of the tour) between 07:00 am & 22:00 pm and a departure transfer from the Travel Talk hotel to airports on the departure day of the tour. Please note your accommodation starts 13.00 on Day 1 and so early arrivals will be required to book pre tour accommodation if an early check in is required.

- You forward your flight details to us, at least 10 days in advance, including:
 - Date of flight
 - Flight number
 - Arrival time
 - Name of traveller/s to be picked up

If you do not want an airport transfer to the hotel, please let us know by either phoning the office (0208 099 95 96) or sending us an email (info@traveltalktours.com).



ACCOMMODATION

The hotel selection on Travel Talk Nepal tours is 4 and 3-star locally rated with the main criteria in the selection process including cleanliness, private bathroom facilities and location (usually central). If you are travelling on your own, you'll be allocated into a twin or triple room with other group members of the same gender. Travellers who have paid a single supplement will stay in single rooms. We unfortunately cannot guarantee the availability of double beds for couple travellers, but will try our best. Your Tour Leader will organise the rooming arrangements when checking into the hotels according to the rooming list, therefore we can also not guarantee any last minute changes to suit personal requirements of our passengers.

PRE&POST TOUR ACCOMMODATION

Should you require pre-post tour accommodation, please notify us (or your agent) at the time of booking. This information has to be also clearly stated on your voucher (check-in date, check-out date, number of travellers etc). Unless a room is immediately available, most hotels will not allocate your room until at least mid day.

TRANSPORTATION

You can simply count on comfort and reliability of our modern coaches and mini buses. Most of our vehicles feature air conditioning and panoramic windows, comfortable seats, safe and secure luggage storage and sound system.

TOUR LEADER

Your Tour Leader's role is to ensure that all aspects of the trip run smoothly. He/she will share their local knowledge, advise you on how you can spend your free time and coordinate the day to day running of the tour. Occasionally unforeseen circumstances can occur and your Tour Leader may require your understanding if things do not go exactly according to plan. If you have any problems on the tour, please let your Tour Leader know straightaway so that steps can be taken out put it right. Please also bear in mind that, when you travel on any of the combination programs, you will be travelling with different tour groups and have different tour leaders during each leg of the combination.

ENTRANCE FEES

The entry fees to museums and sights are not included in the tour price, below approximate prices are given in USD:

- ➔ Kathmandu Durbar Square: \$11
- ➔ Patan Durbar Square: \$8
- ➔ Boudha Nath Stupa: \$2
- ➔ Pashupati Nath Temple: \$11
- ➔ Syambhu Nath Stupa: \$2
- ➔ Pokhara Entry fee with boating: \$14
- ➔ Cable Car Ride Pokhara: \$20
- ➔ Panauti: \$3
- ➔ Bhaktapur Durbar Square: \$16

OPTIONAL ACTIVITIES

- ➔ Mountain Flight Over Everest \$200
- ➔ Paragliding in Pokhara \$145
- ➔ Nepali Dinner \$15

MISSED YOUR WELCOME MEETING?

Being avid travellers ourselves, we know that the unforeseen can always arise. If you miss your welcome meeting on day one, please don't stress and check the info board in the hotel lobby for the next day's programme. Should you arrive on day two or later, please call the emergency number who will be able to put you in contact with your tour leader to make arrangements.

TREKKING ESSENTIALS

We suggest following things to carry during the trek.

- Long sleeved thermals top and bottom
- Light and medium weight weaves are the handiest.
- Shorts and trousers or skirts. Long skirts are better for women.
- Shirt-cotton long and short sleeved.

- Shirt-woolen long sleeved.
- Sleeper or sandals.
- Walking shoes or lightweight hiking boots are a must.
- Toilet paper and a lighter- nice to have a spare.
- Small binoculars for wildlife viewing in the national parks.
- Camera and film. Also bring a good cleaning kit, as field conditions are harsher than in towns.
- Spare batteries are also handy.
- Reading and writing material.
- Personal first aid kit.
- Rucksack or backpack-day pack (waterproof)
- Sun hat and sun glass.
- Socks-woolen or pile and cotton (as per requirement)
- Water bottle with good cap.
- Flash light.
- Pocket Knife.
- Altitude tablets.

LANGUAGE

Nepal language is Nepali. Below you'll find some important phrases that will make your travel easier :

Hi!	Namaste
Good morning!	Suva Pravath
Good afternoon!	Suva din
Good evening!	Suva sandhya
Welcome!	Swagat Cha
Hello my friend!	Namaste maro sathi
How are you?	Tapailai Kasto Cha?
I'm fine, thank you!	Malai Sanchai cha, dhanyabad
	Ani Tapailai?
And you?	Ramro
Good	Dharai Dhanyabad
Thank you	Tapai Lai Swagat Cha
You're welcome!	Bidha Pau
Good bye!	Badhai
Congratulations!	Harsha lash
Cheers!	Tapai ko Nam K ho?
What's your name?	Maro Nam John ho
My name is (John Doe)	Tapai lai vetera khushi lagyo
Nice to meet you!	Tapai Kaha Bata hunu huncha?
Where are you from?	Ma USA Bata ho
I'm from (the U.S/ Nepal)	Nepal ati sundar desh ho
Nepal is a beautiful country	Ma haraye
I'm lost	K tapai malai sahayog garnu huncha?
Can you help me?	K ma tapailai sahayog garna sakchu?
Can I help you?	Ma yaha bata haina
I'm not from here	