



Partners in
Transformation
Import Promotion Desk

Destination Nepal

THE HEART OF THE HIMALAYAS



From subtropic jungle to rhododendron covered highlands to glacier capped mountains. All this and so much more can be experienced in Nepal.

The Import Promotion Desk (IPD) supports European tour operators in their search for exceptional touristic products in Nepal and provides contacts to carefully screened, sustainable tourism companies. Get an overview about the great possibilities of Nepal for your touristic product development and get in contact with our Sustainable Tourism Specialists.

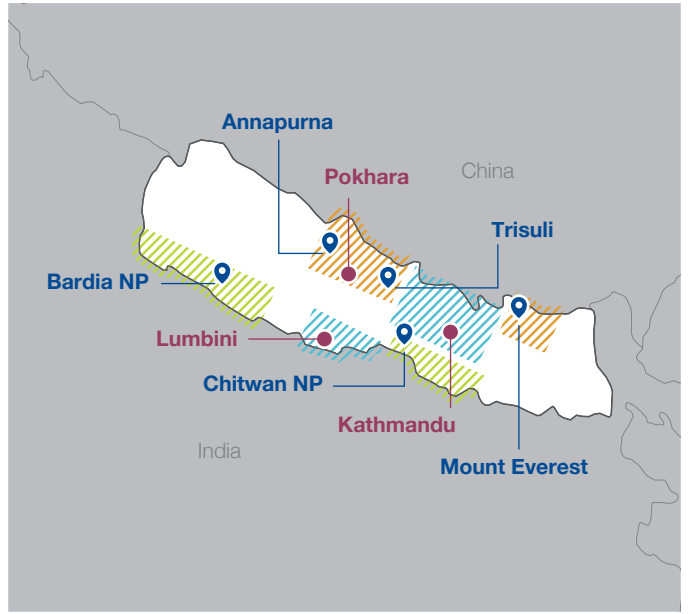
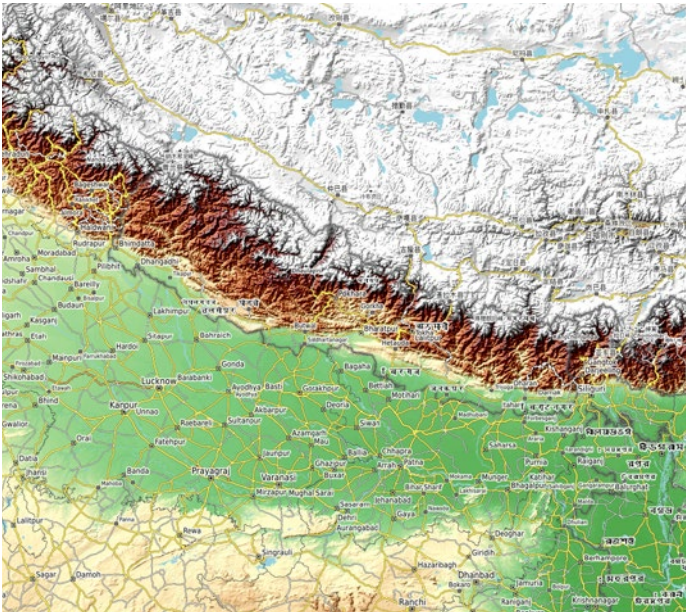
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From subtropic jungle to glacier capped mountains



OVERVIEW

The offer for active and sportive travelers  in Nepal is great. Trekking with beautiful view and cultural interaction can be found in the famous Everest and Annapurna regions, as well as in other, more remote areas. Around half of the rafting trips are on the river Trisuli, but also the area around Pokhara has a high density of good rafting rivers.

To explore the wildlife and beautiful nature of Nepal, the subtropic Terai  with its national parks and wetlands, should not be missed out.

The fascinating culture  of Nepal can be experienced while being on a trek through small villages or by trying spiritual retreats and yoga in Kathmandu. Beyond that, travelers will find many religious and cultural sights all over the country, like the old town of Kathmandu, Lumbini as the place of birth of Buddha or the cradle of the nation Gorkha.



DISTANCES



Kathmandu – Pokhara	6h	7h	30'
Kathmandu – Chitwan park	5h	7h	20'
Kathmandu – Gorkha	4h	5h	20'
Kathmandu – Bhaktapur	1h	1h30'	–
Kathmandu – Lukla (Everest Region)	–	–	30'
Pokhara – Bandipur	2h30'	3h30'	–
Pokhara – Lumbini	6h	7h	30'

BEST TIME TO VISIT NEPAL

The **High season** from end of September to November is also the ideal time for trekking with clear blue sky, good visibility and warm days in the mountains. The **pre-season** from March to April is the second tourism season in Nepal. The temperatures go up and the days are getting longer. An additional highlight of this season are the flowering rhododendron in the mountains. In **December and January** the weather is often good but the mornings can be clammy and cold. While in the trekking areas many accommodations are closed, it is a good travel time for the subtropical Terai area. In the **off season** between June and September, the **monsoon** brings rain, humidity and an increase in temperatures across most of Nepal. While activities are limited during that time, visitors can experience a green, flowering Nepal with rich markets.

A SELECTION OF ACTIVITIES IN NEPAL BY SEASON

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Trekking in the Himalayas			✓	✓					✓	✓	✓	
Rafting			✓	✓						✓	✓	
Mountainbike	✓	✓	✓							✓	✓	✓
Yoga & Health	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



The best time to see **wildlife** in the Terai is March to April. The high grass is cut and wildlife gathers around shrinking waterholes. Summer monsoon should be avoided, as some national parks get inaccessible.

Depending on the altitude, **mountain biking** is possible all year around. Best seasons for higher altitudes are according to the trekking seasons from end of September to November and February to March. The most comfortable temperatures to discover the lowlands by bike are in December and January.

Rafting can be done all year around. The right time depends on the river, the expectations and experience level of the traveler. During monsoon, the rivers are only for professionals. The best time for a wide range of rafting-tours is in October and November, while for calmer multiple day trips on the river April and March are recommended.



Yoga, health and meditation retreats are offered all year through in Nepal.



AVERAGE COSTS

Beer	2 €
Lunch	2 – 4 €
Entrance fee: Main museums and parks	7 – 20 €
Tip restaurant	10 % already included
Taxi (5 km)	2 €
Trekking with guide (per day)	35 – 40 €
Trekking Permit	20 – 500 US\$ per person and week
TIMS Trekking Card	7 – 15 €
Usual tip porter	10 % – 20 %

FESTIVALS IN NEPAL

Many of the religious **festivals** in Nepal are planned by the moon phases. That is why, it is often not possible to plan a visit far in advance. Good chances to see at least one of the festivals is from late August to early November. [Overview](#) about the festivals and the already fixed dates.

[Indra Jatra](#), marks the beginning of the festival season of autumn with processions, masked dances and the living goodness Kumari. The two-week harvest festival [Dashain](#) is the biggest festival in Nepal and offers a deep cultural insight. The well-known [Holi Festival](#) in March includes throwing colors and water balloons to celebrate springtime. And New Year can be celebrated in April with various rituals, like the [Bisket Jatra](#) in Bhaktapur.

CULTURAL INSIGHTS

- + Responding with a clear “no” to a wish, a suggestion or a request would be out of the question for a Nepali and is considered impolite. Often, phrases such as „Maybe later“ are used instead. If you have reached this point in a conversation, it is advisable to reformulate your question or choose an open question to give the other person the opportunity to give his or her honest answer without a clear “no”.
- + Feet, the left hand and things touched with the mouth are considered unclean in Nepal. To greet or wave at someone, you should use your right hand. If you drink from someone else’s water bottle, you should not touch it with your lips. When eating, you should use your cutlery only for yourself and not taste others’ food. When sitting, do not turn the soles of your feet towards anyone, and do not step over the legs of a seated person. If you also avoid touching the head of an adult, you have successfully avoided some of the most common faux pas in Nepal.
- + Outside the tourist areas in Kathmandu, conservative and neat clothing is recommended. When visiting temples, shoulders and legs should be covered. However, head coverings and sunglasses should be removed. Shoes are always removed when entering a temple or house. Leather goods must not be brought into a temple.



USEFUL LINKS

- + [Distances, travel time and road conditions!](#)
- + [Media Center Nepal](#)
- + [More free pictures of Nepal](#)
- + [Embassies in Nepal](#)
- + [Entry fees for Cultural sights](#)
- + [Entry fees for National parks](#)
- + [Festival calendar in Nepal](#)
- + [Interactive map of flight connections to Nepal](#)
- + [Nepalese embassies and consulates worldwide](#)
- + [Online Visum application](#)
- + [Information about the Visa On Arrival](#)
- + [Trekking Permits: TIMS Card](#)
[Trekking Permit](#)
- + [Earthquakes: Information and security advice](#)
- + [Medical information](#)
Health & vaccination
- + [COVID-19 entry regulations for Nepal](#)



FLIGHT CONNECTIONS

The only international Airport in Nepal is in Kathmandu. There are no direct flights from Europe. All flight connections can be seen at [this interactive map](#).

	Accessibility	Main connections from Europe
TRIBHUVAN INTERNATIONAL AIRPORT KATHMANDU (KTM)	The airport is located within the city. A taxi to the city center costs 5-7 €. Many accommodations offer a free pick-up service.	Europe – Middle East – Kathmandu (via Doha, Muskat, Dubai, Abu Dhabi, Bahrain, Istanbul) Europe – Delhi – Kathmandu Travel time with stop-over usually >13h




VISA REQUIREMENTS FOR EUROPEAN CITIZENS

All tourists from Europe, Great Britain and Switzerland need a tourist visa to enter Nepal. This "Visa on Arrival" can be obtained at the international airport in Kathmandu and at all other entry points and is valid for up to **90 days**. Multiple entries are possible.

- + Tourists need a passport and an additional passport photograph for the Visa on Arrival
- + Visa costs must be paid in cash. US-Dollar, Nepalese rupee and other hard cash is accepted
- + Visa costs: 15 days: 30 US\$ / 30 days: 50 US\$ / 90 days: 125 US\$
- + To save time at the immigration, the application form for the Visa on Arrival can be filled in [online in advance](#)

[Overview of all current visa regulations](#)

CUSTOMER INFORMATION

Money & ATM	There is at least one ATMs in every touristic city, but often they have a withdrawal limit of around 100 €. Money can be changed in banks and exchange offices all over the country.											
Internet	Hotels and Restaurants offer free Wifi in the touristic areas. Local prepaid SIM cards are available at the airport and in many shops. Prepaid SIM cards are valid for 28 days and cost around 6 € with 28 GB data. To buy a local prepaid SIM card, a passport and passport photograph is needed.											
Elektricity	220 volts AC; travelers from most EU countries do not need an adapter. Power breakdowns can happen quite often. Upscale hotels have own generators to provide constant electricity.											
Drinking water	The tap water is not for drinking. On treks, it is recommended to filter, boil or clean the water with tablets before drinking. Bottled water is also available everywhere.											
Trekking Permit	The TIMS card is mandatory to go on a trek in most of the common trekking areas. It includes the entrance fee for the national park and the trekking registration. Further information about the TIMS Card											
Equipment/ Packing list	<p>Clothes can be washed in nearly all accommodations for 1 € per kg. Special trekking equipment can be rented in many locations.</p> <table border="0"> <tr> <td>+ Passport and passport photographs</td> <td>+ Camera</td> </tr> <tr> <td>+ Sun protection for skin and lips</td> <td>+ Backpack for daytrips</td> </tr> <tr> <td>+ Hat and good sunglasses</td> <td>+ Torch light</td> </tr> <tr> <td>+ Comfortable shoes / Trekking shoes</td> <td>+ First aid kit</td> </tr> <tr> <td>+ Wind- and Rain jacket</td> <td>+ Warm and comfortable cloth</td> </tr> </table>		+ Passport and passport photographs	+ Camera	+ Sun protection for skin and lips	+ Backpack for daytrips	+ Hat and good sunglasses	+ Torch light	+ Comfortable shoes / Trekking shoes	+ First aid kit	+ Wind- and Rain jacket	+ Warm and comfortable cloth
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Opening hours	Shops in touristic areas are often open seven days a week from 9am to 10pm. Public authorities are open Monday to Friday 9am to 5pm. Due to the many public holidays in Nepal, banks and authorities can be closed for several days in a row!											
Emergency numbers	Ambulance: 102 Fire brigade: 101	Police: 100 Tourist Police: 01-4247041										
Earthquake	Nepal is located in an earthquake-prone region. The National Society for Earthquake Technology NSET provides information and safety advice.											
Health & vaccination	Detailed medical information for a trip to Nepal											
COVID-19 regulations	The interactive map by IATA gives information about the current Covid-19 related entry requirements for tourists in Nepal.											

If you would like to learn more about our partner companies from Nepal get in touch with us.
We will connect you with carefully screened tourism companies.

CONTACT

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