

Nepal



Climate:

October-November, the start of the dry season, is in many ways the best time of year: the weather is balmy, the air is clean, visibility is perfect and the country is lush following the monsoon. February-May, the tail end of the dry season, is the second-best period: visibility is not so good because of dust, but the weather is warm and many of Nepal's wonderful wild flowers are in bloom. In December and January the climate and visibility are good but it can be chilly. In Kathmandu Valley, average temperatures range from 50° F (10° C) in January to 78° F (26° C) in July. The average annual rainfall is about 55 inches, most of which falls in the period from June to September. In Pokhara the temperature ranges from 40° F (4° C) in January to approximately 100° F (38° C) in June, just before the monsoon. In winter, temperatures during the day rise to 70° F (21° C), creating pleasant conditions, with cool nights and warm days.

Currency: The local currency is the Nepalese Rupee. It is easy to change money at the airport, the hotel, or a local bank. The major hotels in Nepal have 24-hour money changing facilities. Banks, on the other hand, close early Friday in Nepal and are closed all day Saturday. It is best to be sure to get your banking done in the morning. Plan ahead and change money in the larger cities before heading out to more remote areas. Both travelers checks and cash have their advantages. U.S. dollars are better for bargaining, but not as safe as travelers checks. Moreover, the exchange rate is often better for travelers checks. We recommend taking a combination of travelers checks and bills - usually in \$20 and \$100 denominations. Major credit cards are accepted in large cities. Go to finance.yahoo.com/currency?u for current exchange rates.

Immunizations: We recommend you consult your physician about tetanus, meningitis, typhoid, gamma globulin, Hepatitis A & B and Malaria. For current information, check directly with the Center for Disease Control and Prevention (CDC), a traveler's clinic or other medical authority. Visit <http://www.cdc.gov/Travel/destinationList.aspx#P>



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Visas: The easiest and fastest way to obtain your Nepal visa is upon arrival. To obtain your visa upon arrival in Nepal you will need a valid passport, two passport size photos, and the visa fee (US \$30) payable by CASH. For more information, go to www.nepalembassyusa.org.

Tipping Guideline: Drivers - \$5-\$8 pp per day
Mainland guides - \$10-\$20 pp per day
For trekking trips: Cooks - \$5pp per day
Porters and other trekking staff - \$3-4pp per day

Budget: You will need to analyze your spending habits and decide how much extra money to bring for alcoholic beverages, soft drinks, gratuities, souvenirs, and laundry. For a ten day trip, budget at least \$200 - \$300pp above and beyond tips for additional expenses. A rule of thumb: take half the clothing and twice the money you thought you would need!

Dialing Code: 977

Time Zone: GMT/UTC + 5.75

Electricity: 230V. 50Hz

Additional Country Information: More country specific information can be found on our website. Go to the Travel Center page (<http://www.mythsandmountains.com/2000/travel/center.cfm>) and then scroll down to the bottom of the page. There you will find links to various websites from the CIA Factbook to travel films.

"A mind that is stretched by a new
experience can never go back to its
old dimensions."

-Oliver Wendell Holmes

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If I had only four books from the list below, I would read Bezruchka's trekking guide, Tons' book on Hinduism, Tucci's on Buddhism, and Cameron's history of the Himalayan mountains.



See the Longitude Books website: <http://www.longitudebooks.com/> for more book ideas.

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