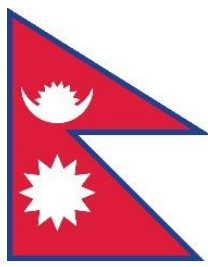


Nepal

Travel Facts



US State Department Travel Advisory

The US State Department currently recommends US citizens exercise increased caution in Nepal due to the potential for isolated political violence.

<https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html>

Passport/Visa Requirements

For the latest passport and visa requirements for this country, please consult the US State Department's "Learn About Your Destination" search tool, available through the link below.

<https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages.html>

US Embassy/Consulate

+977 1 423-4000, +977 1 400-7272; US Embassy in Kathmandu, Embassy of the United States of America, Maharajgunj, Kathmandu, Nepal; usebktm@state.gov; <https://np.usembassy.gov/>

LGBTQIA+, Women, and Special Needs Travelers

Additional travel considerations can be found on the US State Department's International Travel page.

<https://travel.state.gov/content/travel/en/international-travel/before-you-go/travelers-with-special-considerations.html>

Telephone Code

977

Local Emergency Phone

Ambulance: 228094; Fire: local number; Police: 100

Vaccinations

The CDC and WHO recommend the following vaccinations for Nepal: hepatitis A, hepatitis B, typhoid, cholera, yellow fever, Japanese encephalitis, rabies, meningitis, polio, measles, mumps and rubella (MMR), Tdap (tetanus, diphtheria and pertussis), chickenpox, shingles, pneumonia, COVID-19, and influenza.

<http://www.who.int/>

Climate

Varies from cool summers and severe winters in north to subtropical summers and mild winters in south

Currency (Code)

Nepalese rupees (NPR)

Electricity/Voltage/Plug Type(s)

230 V / 50 Hz / plug types(s): C, D, M



Type C



Type D



Type M

Major Languages

Nepali, Maithali, Bhojpuri, Tharu, Tamang, Newar, Bajjika, Magar, Doteli, Urdu, Avadhi, Limbu, Gurung, Baitadeli

Major Religions

Hindu and Buddhist

Time Difference

UTC+5.75 (10.75 hours ahead of Washington, DC, during Standard Time)

Potable Water

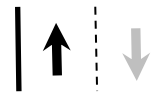
Opt for bottled water

International Driving Permit

An IDP is required, and after 15 days, a local license is required.

Road Driving Side

Left



Tourist Destinations

Kathmandu (includes Boudhanath Stupa, Durbar Square); Bhaktapur; Pokhara; Annapurna Circuit trek; Chitwan National Park; Lumbini (Buddha Birthplace)

Major Sports

Soccer, cricket, swimming, volleyball, tennis, martial arts

Cultural Practices

Avoid eating with your left hand and beef is strictly prohibited among Hindus. Do not offer food from your plate, nor eat from a common pot, and avoid touching your lips to a shared drinking vessel.

Tipping Guidelines

At restaurants, if a service charge has not been included, 10% of the bill is an acceptable tip. Porters may be tipped \$2-4 (USD) per day, guides \$3-5 (USD) per day.

Souvenirs

Knotted/woven carpets and hemp items, wool pashminas, sheepskin slippers, woven caps, kukri knives, precious metal and turquoise jewelry, sacred scroll paintings, wood instruments, lokta bark paper, tea, kitchen spices

Traditional Cuisine

Dal Bhaath/Bhat — rice served with lentil soup and vegetable or meat curry

December 2024

