

# Nepal

## Travel Facts



### US State Dept Travel Advisory

The US Department of State 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

US citizens should make sure their passport will not expire for at least 6 months after they enter the country even if they do not intend to stay that long. They should also make sure they have at least 1 blank page in their passport for any entry stamp and or visa that will be required. A visa is required. US citizens will need to get in touch with the country's embassy or nearest consulate to obtain a visa prior to visiting the country.

### 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/>

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

### LGBTQ+ Travelers

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

### Women Travelers

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

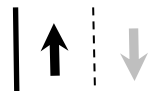
Opt for bottled water

### 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 2023

