



HITANG TOUR & TRAVELS

202A, Usha Kiran Building, Near Aakash Cinema, Azadpur Commercial Complex, New Delhi 110033.

Phone: +91-9718968472, 011-71123258, Email id: hitangtourtravels@gmail.com

Travel Advice

Avoid carrying too much cash in your pockets.

Never flash your jewelry or valuables in a crowded place.

Avoid leaving any valuables in your hotel room.

Do not take a room or a resort in any secluded place.

If possible stay in a hotel that offers a room safe. Place all your valuables and jewelry in the room safe.

When you wish to trek in Nepal, you must carry with you all the essentials that you may need in the trek.

Carry with you a first aid box with medicines that may be needed during the trip.

True that people in Nepal are humble and lovely, but never roam around alone post the sunset.

Girls must walk around in groups if going in a place or trail that is secluded.

Nepal lies at an elevation as a result it is cooler than the plains so carry with you warm layers of clothing.

Do not photograph in the sacred or religious places. If you want to click a picture in the religious site, seek permission regarding the same from the person in charge.

Learn some of the common words of Nepali. This will help you in communicating with the local people.

Always greet the locals with a smile.

Keep a copy of license or an ID proof with you always.

Avoid the touts.

When eating at street stalls, check for the quality.



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Be alert whenever you are at a new destination.

Dress appropriately and maintain the decorum of the place.

Nudity is not an option in Nepal.

You can shoot a film or a video without any legal permission.

Never get involved in any form of fights or verbal spats with the tourists.

Keep a medicine to relieve you from motion sickness.

Never indulge in any form of drugs.

Drinking Laws

The legal age for drinking in Nepal is 25. Moreover, any person below the age of 21 cannot even sell alcohol here.

Our Recommendations: What you can't afford to miss?

Pashupati Nath Temple

Pashupati Nath Temple is one of the oldest, most popular and the sacred temples in Nepal. Located on the fringes of the Kathmandu city, the temple is dedicated to Lord Shiva. Majestic river Bagmati flows close to this sacred temple. Ardent Hindu followers come here to seek blessings from the divine deity. The key attractions here include the lingams, Golden Spire of the temple, Panch Deval Complex and the silver sheeted doors.

Boudhanath

Situated about 7 km north east of the Kathmandu, Boudhanath is an extremely popular pilgrimage center of Nepal. Both the locals as well as the pilgrims of Tibet flock in large numbers and practice meditation here. This magnificent stupa attracts the visitors from around the world. Key attractions of Boudhanath are thupkas, the prayer wheel, 29 Tibetan Gompas and the delightful momos.



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Nagarkot

Nagarkot lies close to the Kathmandu Valley and is one of the most popular tourist attraction of Nepal. It puts forth the mesmerizing views of the Himalayas. You must visit this place to enjoy the breathtaking sunrise and the sunset of this place. The key attractions of the Nagarkot include activities such as mountain biking, trekking and enjoying the stunning views of the Himalayas.

Pokhara valley

Lying amidst the Annapurna Himalayan Range is the Pokhara valley. Amongst all the popular tourist attractions of Nepal, the Pokhara Valley fascinates a number of travelers who are who admire the marvels of the nature. The key attractions of the Pokhara Valley include the Valley of Orchids, Verdant forests, waterfalls, Massif Glaciers, blue skies and underground caves. Besides the views of three mountains - Mt Annapurna, Mt Manslu and Mt Dhaulagiri are simply breathtaking.

Mahendra Gufa

Mahendra Gufa is situated north of the Pokhara Valley. It is a beautiful tourist attraction that has a cavernous and dark cave known peculiarly for its stalagmites and stalactites. Key attractions here is the idol of Lord Shiva and the dark cave with the deposits of limestone.

Lumbini

The birth place of Lord Buddha, Lumbini is a popular sightseeing destination in Nepal. Peaceful ambience here is simply ideal for meditation. Some notable attractions here include the Bodhi Tree, Ashokan Pillar, the Japan Peace Stupa, Lumbini International Research Institute, Buddhist temples and the Lumbini Museum.

Swayambhu Temple

Swayambhu Temple is a prominent shrine in Nepal. Nestled on the conical hill, it is also called as the Monkey Temple. The temple has several legends that add to its popularity. You'll have to cross 365 steps to reach the temple. Do check out



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the huge Tibetan prayer wheel, magnificent golden shire and painted Buddha statues here.

Thamel Area

Planning to shop for clothes, jewelries, accessories and souvenirs in Nepal? Head to the Thamel area that gives you a true experience of street shopping in Nepal. Some items to buy from here include embroidered jacket, Newari style design, accessories, pashmina, souvenirs, silk and jewelry.

Bhaktapur

This is one of the best attraction in Nepal. You can shop for handicraft products and terracotta here. Shopping for souvenirs and clothes can be ideal here. The key attractions here include the colorful masks, Terracotta products and the lotus and pretty handicrafts.

What will you like there?

The Annapurna Region

Nepal and Annapurna region are almost synonymous to each other. It is known to have the best trekking trails of the world. You also visit the lake city of Pokhara and few shorter treks. This region accounts for the windiest, wettest and the driest place in Nepal.

The High Peaks

Seven of the highest peaks of the world are found in Nepal. Together these peaks reach over to a height of 20,000 feet. You'll not be on the top of the world but you'll definitely feel like being there.

The Bird Watching

Nepal houses more than 856 known species which is just 10% of the total bird population found here. It is indeed a paradise for bird watchers. Be assured to see as many birds possible during your stay.

The Multitude Of Adventures



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Nepal is the best site for adventure seekers. Some of the adventure activities and [things to do in Nepal](#) include trekking, paragliding, ultralights, mountaineering, bungee jumping, rafting, wildlife safaris, hot air balloons and others.

World Heritage Sites

Nepal houses a number of UNESCO World Heritage Sites. Do check out the varied range of inns, monasteries, temples, and more to partake in this breathtaking Old World Culture.

Value For Money

Nepal is extremely budget friendly. This is particularly true when you compare the hiking trails of the Nepal to others like Inca or the Kilimanjaro Trail. Given the food pricing here, you can live off with just \$10 per day. A decent and clean stay can be availed at about \$18.5.

The Lakes

The different lakes of the Nepal are not just known across the globe for their phenomenal beauty but also have immense spiritual importance. You can find more than 200 lakes in Nepal that have a glacier origin. Who'll ever need the sea when you have all these lakes?

The Elevation Change

Nepal is the only country in world where you'll see the elevation change from 60 meters to more than 8000 meters above the sea level. It is quite an experience and provides for a great sightseeing view.

Diverse Cultures

There are more than 35 different ethnic groups that call Nepal their home. This means that Nepal is a land of different food items, languages, religions and musical influences. Nepal indeed is a great place to leave you comfort zone and experience different cultures. Moreover, Nepal is the only country in the world, where people worship the living Goddess Kumari.



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Nepalese Food

Most of the Nepali dishes are inspired from other South Asian countries like India and China. Usually, the food is tasty and healthy with a lot of veggies and meat. Other common ingredients that are used in the Nepali food are garlic, cumin, lentils, cumin, yogurt and tomatoes. Enjoy a hearty meal overlooking the scenic views here.

The Serenity

For several hundreds of years, Nepal has been regarded as a sacred country. The very tranquility of the country will have a supreme impact on anyone who wishes to experience it. People, buildings, monuments and the land in itself is a symbol of serenity here. Nepal indeed is your ideal tourist attraction.

When is the best time to visit Nepal?

While each season in Nepal unfolds a new side of the country, it's best to plan your trip after the monsoon season here dissipates. Clear skies and beautiful views are a regular phenomenon in Nepal when the rains are off the chart. There are a few dry months during the summer season, but you can still catch a glimpse of the majestic Himalayas in all their glory.

March to May

Marking the beginning of spring in Nepal, the temperature during these months is relatively pleasant. With a temperature ranging between 16 to 22 degree Celsius, tourists are seen making the most of the delightful hiking weather in Nepal. However, since this weather is the ideal time to travel to Nepal, you may have to book your tickets in advance.

June to August



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Warm days with high humidity, monsoon is not generally preferred by tourists who wish to capture the country's sublime beauty on camera. During this time, Nepal sees some of its warmest months — ranging anywhere from 23 to 25 degree Celsius. But if you're planning to dismiss the off season because of rainfall, you'd be missing out on scenic mornings and greenery that dawn right after a shower.

September to November

Gone are the dark monsoon skies, because during these months, tourists can enjoy clear skies, fresh air and breathtaking views of the valleys. With almost no humidity and heat, this season is ideal for trekkers and hikers who wish to take a shot at mountaineering. The temperature starts dropping around the beginning of November (as low as 9 to 15 degrees), so bundle up if you're packing your bags during these months.

December to February

Beginning from late December, the temperature in Nepal is pleasant during the day, but may get nippy around the nighttime. Be prepared to experience Nepal at its coldest during January — with temperature ranging from 4 to 18 degrees. Although, since these months witness less visitors, you may have a chance on bagging quieter sightseeing opportunities around the city.

How to reach Nepal?

The landlocked country is equipped with a multitude land routes from India as well as an international airport located in Kathmandu. Here, a few ways you can plan your trip to Nepal:



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By air

Nepal's Tribhuvan International Airport located in the east of Kathmandu is the ideal way to reach if you're travelling from Europe, Australia or America. However, keep in mind that the journey will often involve a layover in the Middle East or Asia. If you're travelling from Delhi, a flight from Delhi to Kathmandu will take you through some scenic views of the mountains on your way.

By train

Several trains will take you to Nepal if you're boarding from Delhi. The journey commences from Gorakhpur and you can reach the border in three hours. The train journey is often economical and time saving if you're looking for a budget trip.

By bus

While a bus journey to Nepal seems inviting, it is often a long and tiresome haul. The recently launched service from Delhi commences at 10 am from the Ambedkar Stadium Bus Terminal, and passes through Agra and Kanpur to reach the Sunauli Border in Uttar Pradesh. The journey, although comfortable, will take you as many as 30 hours to reach the border. You may require to carry your important documents and may be barred from carrying restricted articles such as matchboxes, fluids and explosives on board the bus.

Do I need a visa for Nepal? How does one get a Nepal visa?



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Travelling to Nepal will require you to apply for a visa, unless you're an Indian National. While there are options to avail visa on arrival, you can also apply for a tourist visa in advance. You can apply at Nepal's foreign consulates from abroad in advance, or simply find visa application forms in the arrivals' hall on the airport. The airport is also equipped with several electronic registration machines that scan your passport, take a photo and print out a completed form that you may submit to the immigration. However, it is important to keep your passport and photographs ready in case of a technical difficulty. Applying online will have your visa delivered within 15 days.

What is the currency of Nepal and where can I get my money exchanged?

The currency used in Nepal is Nepalese Rupee. You can get your money exchanged from the airport and hotel — however, it is advisable to change cash in the ATM instead. You will find quite a few in cities such as Pokhara, Kathmandu and other major cities. Keep in mind that as you go further into rural Nepal, you will find scarce places and ATMs to get your money changed. Keep cash at hand all times in case of an emergency.

What are the things to do in Nepal?

Being located between the Himalayas and the lush forest has its own set of advantages. After being isolated from the rest of the world for the longest time, Nepal has emerged as a top-notch tourist destination for travellers across the globe. Whether it's the daunting peaks that allure you or the ancient, slow-paced lifestyle of the Nepalese, there's lots to see and learn while you're staying here. Here are a few activities you can indulge in while you're exploring the charming landlocked country:

Set off on a trek down the best trekking routes in Nepal

Experience a breathtaking, panoramic view of the Himalayas from a mountain flight tour

Spot colourful migratory birds and wildlife at the Chitwan National Park



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Go camping and indulge in adventure sports at Pokhara

Experience the rush of mountain biking in Kathmandu Valley

Visit the holy Pashupatinath Temple on the banks of Bagmati River

Get on board kayaks and river rafts on the banks of Bhoté Koshi River

What is the local food of Nepal? Which are the best places to taste this food?

Dal Bhat Tarkari is a food that is widely consumed across Nepal. The delicacy consists of rice, lentils and spices. You may even find delicious lentil soups and curries across the country. Because of its close proximity with India and China, you will also find traces of Indian and Tibetan elements in its cuisine. Don't be surprised to come across a plateful of Tibetan-style dumplings served with Indian spices. Head over to Kathmandu to try authentic Nepalese cuisine along with lip-smacking street food.

What is the best public transport to commute around Nepal?

Getting around Nepal may not seem so difficult since it is well-connected by various modes of public transport. If you're planning a day's excursion around the city, here are a few ways you can make your way through Nepal:

By tempo

Larger sized rickshaws (also referred to as tempos) are preferable for those wanting to travel between and within cities. You can hire one from anywhere and ask the driver to drop you off at the preferred destination.

Cycle rickshaws or auto



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You may spot cycle rickshaws in the old towns of Kathmandu and Terai. Not only are they eco-friendly, but they also offer you an experience like no other. Prices are negotiable and economic.

Taxi

Hire a metered taxi if you're residing in a larger town. Ideal for long as well as short distance journeys, you can spot a metered taxi by its black (short distance) and red (long distance) license plates. You may find the driver refusing to use a meter on a shorter distance — feel free to haggle away or look for another taxi in such a situation!

Do I need to have any vaccinations before the trip to Nepal?

While health risks vary from person to person, it is always better to prep yourself before setting off on a trip. Consult your general physician about the following shots before you head out:

Cholera - which is spread through contaminated food and water is more common after a flood situation in Nepal. While it is uncommon to contract cholera if you choose to maintain proper hygiene, it is best to get a precautionary shot before your trip.

Diphtheria - can be contracted via respiratory droplets or if you spend long hours mingling with those affected.

Japanese Encephalitis - is often observed in Asia and is spread through the bite of a carrier mosquito. This type of mosquito breeds in rice paddies and is found around rural areas in the continent.

What is the local language in Nepal and which are the most commonly used greetings?



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Nepali, or the Nepalese language is the most commonly spoken language in Nepal. While it sounds a lot like Hindi, the language originated from the hilly areas of the Himalayas by the ancient mountain-dwellers. You may come across locals who understand Hindi as well, but keep in mind it is not their first language.

Namaste - Hello

Dhanyabad -Thank you

Subha Prabhat/Ratri - Good morning/night

Yesko mol kati ho? - What is the price of this?

Yaha bata tadha parchha? - Is it far from here?

Which are the best shopping places in Nepal and what are they famous for?

Nepal is famous for handy knick-knacks and creative souvenirs that are available almost at any Tibetan market. You're allowed to freely haggle and negotiate your price. While you may stumble upon plenty commercial shops and malls in Kathmandu, you can bag on quirky artefacts in villages and rural areas. Here are a few places to mark on your list:

Souvenirs, handicrafts, paintings — Thamel

Local Tibetan markets — Ason, Bhotahity

Branded items and luxury goods — Durbar Marg

What are some extreme adventures one can try in Nepal and where?

Nepal is rich with a verdant landscape and thriving biodiversity. While it is also a peace lover's paradise, it is the ideal place to get your blood pumping and adrenaline rushing to some thrilling adventure sports. Courtesy its rugged topography and staggering slopes, Nepal is a favourite of many-a-mountaineers and hikers. Here are a few sports you can try out during your stay:



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White water rafting — Trishuli River

Jungle safari — Chitwan National Park & Bardia National Park

Bungee jumping — Bhote Koshi

Mountain biking — Pokhara

Canyoning — Thamel

Zip flyer — Sarangkot

Heli Skiing

What are the most popular treks to go for in Nepal?

Soon after the monsoons dissipates, Nepal is open to some of the most scenic treks routes in the world. There are numerous treks best suited for those who are skilled and even if you're still starting out. Here are a few picturesque treks you shouldn't miss out on:

Everest base camp trek — 12 days

[Annapurna Base Camp trek](#) — 16 days

Ghorepani Poon Hill trek — 5 days

Gokyo Ri trek — 12 days

What romantic experiences can one have on their honeymoon?

Surrounded by a mystifying forest and glorious peaks, Nepal is a perfect place to spark some romance. Newly-weds can rejuvenate amidst the tranquil climatic conditions that prevail here. If you're planning your post-wedding vacation in Nepal, make sure you add a few of these on your list:



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Romantic boating with a backdrop of the Annapurna range in Pokhara

Enjoy the glamorous nightlife and casinos in Kathmandu

Spend some peaceful moments in the wilderness at Bandipur

Wake up to a beautiful view of Mt. Everest in Nagarkot

Embark on a wildlife safari in Bardia

Where to rent a bike in Nepal?

Renting a bike is a great way to get around Nepal if you're in for an adventurous time. If you're planning to make day trips around Bhaktapur, Patan or Nagarkot, having a bike at hand is always helpful. You may rent a bike from Kathmandu with a small fee of Rs. 600 to Rs. 2,500 per day. There are plenty of gas stations around Kathmandu and the main highway routes in Nepal.

What are the best pilgrimage sites in Nepal?

Apart from being a well-known tourist destination, Nepal also draws crowd from around the world as a renowned pilgrimage site. The country's spiritual significance attracts devotees of various ethnicities, who come vying for a glimpse of ancient temples and monasteries. Several Hindu as well as Buddhist temples are a part of the culture in Nepal, here are a few famous sacred places where you can head to:

Pashupatinath Temple: Considered as a sacred pilgrimage site for Hindus, the temple is dedicated to Lord Shiva and is well known for its pagoda-style architecture.

Boudhanath Stupa: Located on the outskirts of Kathmandu, the Boudhanath Stupa is deemed as the holiest Buddhist temple outside of Tibet.



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Lumbini: The birthplace of Lord Buddha, Lumbini, attracts several Buddhist as well as Hindu devotees every year.

Muktinath: A significant pilgrimage site for Hindus, the temple of Muktinath is dedicated to Lord Vishnu. However, the Temple also includes a Tibetan gumpa in its premises as well.

What are the best casinos to visit in Nepal?

Nepal's nightlife includes several action-packed casinos which are open 24-hours every day. Kathmandu is home to some exciting casinos that welcome tourists who are down for a game of blackjack after a long day of excursion around the city. The casinos also serve a variety of global cuisine on the menu along with piquant drinks on the house. Here are a few you can hit as the sun goes down in Kathmandu:

Casino Shangrila

Casino Everest

Casino Royale

Casino Nepal

I have never visited Nepal. What city should I start from?

Nepal is a country of sights and surprises. However, it is easy to confuse yourself if you're a first time tourist in Asia.

If you're not an experienced trekker, it is advisable to start with easier, or moderate paced treks instead of simply jumping aboard a treacherous one.

Begin by sightseeing at Kathmandu and a few places around it. You may even indulge in leisurely sports that include Buddha Air Mountain flight or visit holy sites around the city.



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Spend a day within Chitwan National Park or take a short trek to nearby villages.

What are the Unesco World Heritage Sites in Nepal?

The UNESCO has appointed 4 famous world heritage sites in Nepal:

Kathmandu Valley

Chitwan National Park

Lumbini, the birthplace of Lord Buddha

Sagarmatha National Park

How far is Mt. Everest from Kathmandu?

Planning a visit to Mt. Everest does not require you to bundle up and put on your goggles. You can even admire the beauty of the great peak from Kathmandu itself. Mt. Everest is approximately 278 kilometres away from Pokhara. Apart from trekking the route, you can take a mountain-flight from Kathmandu for a panoramic view of the dramatic mountains.

What are the best routes to go mountain biking in Kathmandu Valley?

The Kathmandu Valley is home to some adventurous routes for those who wish to try a hand at mountain biking. The beautiful, rustic trail include an awe-inspiring backdrop of the Himalayas within the thick foliage of forests. Whether you're signing up for a gruelling, all-day adventure or a leisurely exploration ride, Kathmandu has lots in store around its valley for you to pedal away at:

Upper mustang and Annapurna circuit — for experienced, fit riders.

Shivapuri National Park — moderate to easy.

Pokhara — for moderate to difficult riders.

What are the best places in Nepal to do Pranamaya Yoga?



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Those looking for some time to rejuvenate can find several yoga retreats in Nepal that will avail some time to recharge, right in the lap of the Himalayas. Tourists can relax their body and mind, taking in the mesmerising scenery while indulging in traditional Nepalese yoga. There are Pranamaya yoga studios in Patan, Thamel and Pokhara that offer a conducive space for the practice.

What are the most popular tea gardens to visit in Nepal?

Nepal is well-known for tea rearing, which takes places approximately 7,500 meters above sea level. The climatic conditions and the mountainous topography help produce premium tea in several flavours throughout the year. Don't forget to check out some of these sprawling tea gardens during your visit:

Jun Chiyabari Tea Garden, Dhankuta

Everest Tea Garden, Bhotechaur

Ilam Tea Garden, Ilam

What are the famous wildlife sanctuaries and national parks in Nepal?

Blessed with vibrant wildlife and expansive forests, Nepal boasts of as many as 100 different species of mammals and 750 variants of birds within its sanctuaries. The dense jungles of Nepal are a great source of tourism for the country and they annually attract visitors from around the world.

Chitwan National Park: The oldest and the most famous sanctuary in Nepal, this national park is best recognised for the endangered one-horned rhinoceros and royal Bengal tiger.

Parsa Wildlife Reserve: This popular wildlife reserve allures visitors to its dense Sal forests and several animals including wild elephant, giant hornbill and many more.

Sagarmatha National Park: Tourists often flock to Sagarmatha for a glimpse of the world's tallest peak, Mt. Everest. However, this national park is home to 118



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species of birds and is recognised by UNESCO as the ideal place to trek in Nepal.

Makalu-Barun National Park: Located on the Nepal-Tibet border, this expansive national park is a natural habitat of animals such as barking deer, red panda and the marmot.

Here are the best tips Hitang Tour and Travels has to offer for your trip to Nepal:

Here are a few handy tips to keep in mind if you're travelling to Nepal for the very first time:

If you're planning of trekking, make sure you trek with a group instead of going off by yourself.

Keep a bandana handy if you're allergic to dust and pollution, since the city is prone to be crowded and traffic-clogged at most times.

Keep a watch out for regular 'strikes' or 'bandhs' that can throw your travel plans off track.

Insist for a metered taxi in areas you're not too familiar with.