



TRAVELERS' INFORMATION



NATURALLY NEPAL 
ONCE IS NOT ENOUGH

Nepal is one of the richest countries in the world in terms of bio-diversity due to its unique geographical position and altitudinal variation. The elevation of the country ranges from 60 m above sea level to the highest point on earth, Mt. Everest at 8,848 m, all within a distance of 150 km resulting into climatic conditions from sub-tropical to Arctic.

Nepal occupying only 0.1% of the total landmass of the earth is home to:

- 2% of all the flowering plants in the world
- 8% of the world's population of birds (more than 848 species)
- 4% of mammals on earth
- 11 of the world's 15 families of butterflies (more than 500 species)
- 600 indigenous plant families
- 319 species of exotic orchids



- Area** : 147,181 sq. km
- Location** : Situated between China in the north and India in the south, east and west
- Capital** : Kathmandu
- Population** : 25.8 million
- People** : Nepal has more than 101 ethnic groups and 92 spoken languages.
- Language** : Nepali is the national language; travel-trade people understand and speak English as well.
- Religion** : Nepal is a secular state with a pre-dominance of Hindu and Buddhist population.
- Currency** : Nepali Rupee (approximately US\$ 1 equals Rs. 78.90 as of December 2008)
- Political System** : Federal Democratic Republic
- Climate** : Nepal has four major seasons (1) Winter: December-February, (2) Spring: March-May, (3) Summer: June-August, (4) Autumn: September-November. Monsoons are from June till mid September. Nepal can be visited the whole year round.

Place	Summer (May, June, July)			Winter (Nov, Dec, Jan)		
	Max (°C)	Min (°C)	Rain (mm)	Max (°C)	Min (°C)	Rain (mm)
Kathmandu	28.1	19.5	312.9	19.3	3	15.4
Pokhara	29.7	21.3	829.7	20.3	7.7	26.3
Chitwan	33.0	25.3	404.0	24.1	8.3	13.8

- What to Wear** : Light weight clothing is recommended from May through October. Warm garments are required in October-March. An umbrella or a raincoat is a must for the rainy season.



ENTRY PROCEDURES

a. Tourist Visa

Visa Facility	Duration	Fee
Multiple entry	15 days	US\$ 25 or equivalent convertible currency
Multiple entry	30 days	US\$ 40 or equivalent convertible currency
Multiple entry	90 days	US\$ 100 or equivalent convertible currency

b. Gratis (Free) Visa

- Gratis visa for 30 days available only for tourists of SAARC countries.
- Indian nationals do not require visa to enter into Nepal.

(For further information, please, contact Department of Immigration, Maitighar, Impact Building, Kathmandu, Tel: 00977-1-4221996/ 4223590/ 4222453, Web: www.immi.gov.np)

INDIAN NATIONALS:

Indian nationals do not require visa. However, Indians traveling to Nepal by air have to show upon arrival at entry point either a passport or a voter's identity card issued by the Election Commission of India. Temporary identity card with photograph issued by Nepal-based Indian diplomatic missions for identification of Indian nationals will also be considered in case of exceptions. Children under 10 years need not show any identification. For students between 10-18 years age, school/ college photo identity card is valid.

ACCESS TO NEPAL

BY AIR: Nepal Airlines is the national flag carrier of Nepal with flights to/from Delhi, Kuala Lumpur, Dubai, Bangkok, Hong Kong, Shanghai and Osaka. Other international airlines operating from/ to Kathmandu are Air Arabia (Sharjah), Air China (Lhasa, Chengdu), Biman Bangladesh (Dhaka), China Southern Airlines (Guangzhou), Cosmic Air (Delhi, Varanasi), Dragon Air (Hong Kong), Druk Air (Delhi, Paro), Etihad Airways (Abu Dhabi), GMG Airlines (Dhaka), Gulf Air (Bahrain, Muscat), Indian Airlines (Delhi, Kolkotta, Varanasi), Jet Airways (Delhi), Jet Lite (Delhi), Korean Air (Seoul), Pakistan International Airlines (Karachi), Qatar Airways (Doha), Silk Air (Singapore), Thai Airways (Bangkok).

BY LAND: All visitors coming to Nepal by land must enter only through one of these entry points (1) Kakarbhitta (2) Birgunj (3) Belhiya, Bhairahawa (4) Nepalgunj (5) Dhangadi and (6) Mahendranagar in the Nepal-India border and (7) Kodari in the Nepal-China border. The overland tourists entering the country with their vehicles must possess an international carnet or complete customs formalities.



Route	Approx. Distance (border towns to major cities)	Nearest Railway Station in India
Siliguri-Kakarvitta-KTM	620 kms	New Jalpaiguri (NJP)
Jogbani-Biratnagar-KTM	550 kms	Jogbani
Raxaul-Birgunj-KTM	280 kms	Raxaul (RXL)
Sunauli-Bhairahawa-KTM	280 kms	Gorakhpur (GKP)
Rupaidiya-Jamuna (Nepalgunj)-KTM	520 kms	Rupaidiyav/ Nanpara
Gauriphanta-Mohana (Dhangadi)-KTM	630 kms	Gauriphanta/ Paliya
Banbasa-Gaddachauki (Mahendranagar)-KTM	715 kms	Banbasa/ Tanakpur
Sunauli-Bhairahawa-Palpa-Pokhara	185 kms	Gorakhpur (GKP)
Sunauli-Bhairahawa- Chitwan	145 kms	Gorakhpur (GKP)
Sunauli-Bhairahawa-Lumbini	26 kms	Gorakhpur (GKP)

* Birth Place of Lord Buddha

FOREIGN EXCHANGE

Foreign currencies must be exchanged only through the banks or authorized foreign exchange dealers. The receipts from such transaction are to be obtained and retained. Visitors can exchange money at the foreign exchange counter at the airport upon arrival also. Indian currency Rs. 500/- and Rs. 1,000/- notes are not allowed to be brought into Nepal, will not be exchanged and will not be accepted for transaction of any kind.

CUSTOMS FORMALITIES

All baggage must be declared and cleared through the customs on arrival at the entry. Personal effects are permitted free entry. A tourist may bring in dutiable goods, such as tobacco and liquors, within the prescribed quantity free of duty. Carrying narcotics, arms and ammunition are strictly prohibited (Tel: 4470110/ 4472266). Visitors can export souvenirs to their respective countries. The export of antiques, however, requires special permission from the Department of Archaeology, National Archive Building, Ram Shah Path, Kathmandu (Tel.: 4250686/7).

PASSENGER SERVICE CHARGE AND TOURIST SERVICE FEE

Rs. 1,356/- per person for departure to SAARC (South Asian) countries and Rs. 1,695/- for departure to other international destinations.

DOMESTIC AIRLINES

Nepal Airlines has an extensive network of air services to major parts of the country. Besides Nepal Airlines, other domestic airlines (there are more than 18 in operation) provide regular and charter services to popular domestic destinations. Many domestic airlines operate early morning, one-hour mountain flights round the year.

GETTING AROUND

Metered taxis are easily recognizable by the taxi sign and black number plates and can be hailed off the street. Micro buses and battery-run EV tempos cheaper than taxis are also available. No tip is expected. There are regular bus services within the three cities of the Kathmandu valley operating from old bus terminal Ratna Park. Similarly, scheduled bus services for outside the valley operate from the Gongabu Bus Terminal. It is also possible to hire mountain or motor bikes at nominal rates.

FACILITIES

Nepal has every category of accommodation facility, ranging from international standard star hotels and resorts to budget lodges. To ensure safety and quality service, it is advisable to use the services of Government registered hotels, lodges, travel agencies, licensed tour guides and hire only authorized trekking guides or porters.

WORLD HERITAGE SITES

There are four UNESCO World Heritage Sites in Nepal. Two are in cultural category and two are in natural category. World Cultural Heritage Sites of Nepal are: Lumbini, the birth place of Lord Buddha, and seven monuments of Kathmandu valley within a radius of 20 km (together counted as one Heritage Site). The World Natural Heritage Sites are Chitwan and Sagarmatha National Parks. Kathmandu valley World Heritage Site comprises of three historical palaces – Kathmandu, Patan and Bhaktapur Durbar Squares; two Buddhist stupas – Swayambhunath and Baudhanath; and two Hindu temples – Pashupatinath and Changu Narayan. Nepal offers incomparable scope to connoisseurs of art and culture to see and study different aspects of fine arts in its paintings, sculpture, wood carving and architecture.

Nepal's Unique Treasures

Mt. Everest – Highest Point on Earth
Kumari – The Living Goddess
Lumbini- Birth Place of Lord Buddha



OUTDOOR ATTRACTIONS & ACTIVITIES

Few destinations in the world can match Nepal in the variety of world-class experience - be it mountaineering, trekking, mountain biking, nature tours, culture tours, pilgrim tours, white-water-rafting, canyoning (cascading), kayaking, canoeing, mountain flights, pony trekking, jungle safaris, bird watching, fishing/ angling, paragliding, ultra-light aircraft ride, bungee jumping; we have it all. Special interest tours like orchid tours, culture trek, honey hunting, village tours, fossil hunting, meditation courses, Shamanism-Panimism tour, cave tours, snow leopard and blue sheep trek and other kinds of tours are carried out for select groups throughout the year. For organizing your tours, please contact: Nepal Association of Travel and Tour Agents (Tel: 4418661, 4419409, Web site: www.natta.org.np) or Nepal Association of Tour Operators (Tel: 4418999, Web site: www.nepaltouroperators.org).



TREKKING

Nepal is the ultimate destination for the trekking enthusiast – offering a myriad of possibilities from the short and easy to the demanding challenges of the snowy peaks. Easy, moderate or rigorous – there is something for every one. Nepal has aptly been called “A Trekkers’ Paradise” as her terrain – mountains, hills and the Terai – offer some of the most spectacular trekking routes in the world. The immense contrasts in altitudes and climates found here support an equally spectacular mix of lifestyles, vegetation and wildlife. Trekking in Nepal is as much a cultural experience as a Himalayan adventure. In the shadows and foothills of the icy pinnacles of the Himalayas, one passes picturesque charming villages inhabited by diverse ethnic groups. Treks vary from expeditions, high altitude treks to simple easy paced walks. For more information about trekking; please contact Trekking Agencies' Association of Nepal (Tel: 4427473, 4440920, Web site: www.taan.org.np).

MOUNTAINEERING

With eight of the highest peaks in the world, including Mt. Everest, it is hardly surprising that Nepal has been the stage for some of the most outstanding achievements in the world of mountaineering. The dauntless icy peaks have since decades challenged the bodies and spirits of the daring ones. All inquiries and arrangements for expeditions have to be made well in advance at the Ministry of Tourism & Civil Aviation, Mountaineering Section, Bhrikutimandap (Tel: 4256231/2, Fax: 4227281, Web site: www.tourism.gov.np) where the guidelines have been laid down.

RAFTING/KAYAKING/CANYONING

Few rafting rivers in the world can match the thundering course of the rivers of Nepal originating from the snow meltdown of the Himalayan terrain. The rivers gush through the twisted canyons, winding through calm valleys where small settlements are perched on the banks, taming out only as they spill out into the Indian plains to merge with the Ganges. A river-trip is one of the best ways to explore the typical cross-section of the country’s natural as well as the ethno-cultural heritage with massive doses of adrenaline buzz on our world-class white-water thrills. An extreme sport popular in Europe, canyoning is now available in Nepal. It involves abseiling, jumping, sliding, climbing along waterfalls and steep cliffs to deep pools, giving the canyoneer the freedom to explore beautiful under-water landscape.



Village Tours

Village tours allow visitors to experience a stay in a typical Nepali village. This gives visitors an opportunity to observe the rich Nepali cultural tradition from the closest quarter and intermingle with the locals. Besides, any expenses made at that level directly contribute to the welfare of the local community, hence giving the visitor a sense of satisfaction. Village tours are conducted in Sirubari, Briddim, Ghalegaun, Ilam and other places.



Trekkers' Information Management System (TIMS)

Where & how to obtain TIMS Card?

Tourists of all nationalities including Indians, who are interested to visit general trekking areas of Nepal, are required to receive TIMS Card through one of the following offices:

- Kathmandu (NTB office, TAAN office and Government registered trekking companies)
- Pokhara (NTB office, TAAN office and Government registered trekking companies)

Opening hours

- TIMS counter at Government registered trekking companies will remain open 12 hours a day all the seven days a week round the year.
- TIMS counter at TAAN / NTB offices will follow Government working hours/ days.
- To obtain a TIMS Card you need a copy of your passport and two passport-size photographs.

For more information, please contact: Trekking Agencies' Association of Nepal (Tel: 4443003, 4440920, Web site: www.timsnepal.com).

Other Activities

For those who cannot withstand the rigorousness of mountain climbing there are mountain flights which fly around Mt. Everest and other summits providing a close-up view of the top of the world. For others, Pokhara, the lake city of Nepal provides endless opportunities for fishing, swimming, canoeing and boating along Phewa Lake. Air sport options like paragliding and flying in ultralight airplanes to see the spectacular views are also available in Pokhara.



Jungle Safari

Chitwan National Park, Bardiya National Park, Shuklaphanta Wildlife Reserve and Koshi Tappu Wildlife Reserve offer exciting safari holidays. Jungle activities here include venturing into deep jungle on elephant back or four-wheel drive to view wild animals in their natural habitat, canoe rides along the jungle rivers, nature walks, bird watching and village tour excursions.



A Rich Natural Heritage

Thanks to Nepal's extensive and effective parks and reserves system, the country has managed to preserve more endangered species of flora and fauna than any other area in Asia. Nepal has a network of nine national parks including 11 buffer zone areas, three wildlife reserves, three conservation areas and a hunting reserve. Nepal's protected land cover 28,998.67 sq. km., or 19.70 percent of the country's total land.





UNESCO Natural World Heritage Sites

1. Chitwan National Park (932 sq. km)
2. Sagarmatha National Park (1,148 sq. km)

Other National Parks

1. Bardiya National Park (968 sq. km)
2. Khaptad National Park (225 sq. km)
3. Langtang National Park (1,710 sq. km)
4. Makalu-Barun National Park (1,500 sq. km)
5. Rara National Park (106 sq. km)
6. Shey-Phoksundo National Park (3,555 sq. km)
7. Shivapuri National Park (144 sq. km)

Wildlife Reserves

1. Koshi Tappu Wildlife Reserve (175 sq. km)
2. Parsa Wildlife Reserve (499 sq. km)
3. Shuklaphanta Wildlife Reserve (305 sq. km)

Conservation Areas

1. Annapurna Conservation Area (7,629 sq. km)
2. Kanchenjunga Conservation Area (2,035 sq. km)
3. Manaslu Conservation Area (1,663 sq. km)

Hunting Reserve

1. Dhorpatan (1,325 sq. km)

For more information, please contact the Department of National Parks and Wildlife Conservation
(Tel: 4220850, 4220912, Fax: 4227675
Web site: www.dnpwc.gov.np)

POPULAR DESTINATIONS

Kathmandu is popular for its UNESCO World Heritage Sites, historical monuments and cultural splendour.



Pokhara is famous for its close-up mountain views, pristine nature, sparkling lakes, limestone caves, deep gorges and waterfalls.



Chitwan is popular for jungle safari and Terai-life experience.



On a clear day, the hill resorts of Dhulikhel (30 km from Kathmandu), Nagarkot (28 km from Kathmandu) and Daman (80 km southwest of Kathmandu) afford magnificent views of Himalayan range. These hill stations are very popular for nature lovers and honeymooners.



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1 A tourist capturing a frame of mountain from Nagarkot Hill.

2 Clear view of mountain

3 Terrace farm land.

4 A resort with beautiful view of Mountain.

5 Central market of Kathmandu - Ason.

6 A nightview from Thapathali Temple.

7 Cable car in Manakamana.

8 A monk painting Thangka.

9 Traditional water spout located at Bhaktapur Durbar Square.

10 A cultural heritage of Nepal (Bel Bibah).

11 Traditional home surrounded by beautiful mustard flowers.

12 Garden of Dreams in Keshar Mahal, Thamel.

13 Getting the sacred thread ready.

14 Swayambhunath Stupa - A World Heritage Site.

15 Janku - A celebration of old age.

16 Lakhe dance during Indra Jatra.

17 Offering prayers during Chhatt festival.

18 Bisket Jatra of Bhaktapur.

19 Bhaktapur lane.

20 Sweta Bhairab in Kathmandu Durbar Square.

21 Wheels of Machhindranath Chariot.

22 Buddhist life in monastery.

23 Kathmandu Durbar Square during Indra Jatra festival.

14 Swayambhunath Stupa - A World Heritage Site.

16 Lakhe dance during Indra Jatra.

18 Bisket Jatra of Bhaktapur.

20 Sweta Bhairab in Kathmandu Durbar Square.

22 Buddhist life in monastery.

24 Enjoying the traditional swing during Dashain.

HONORARY NEPALESE CONSULATE GENERAL/CONSULATES

AUSTRALIA

Mrs. Barbara Helen Bainbridge
Honorary Consul General of Nepal
Level 7, 334 Queen Street, Brisbane,
QLD 4000
Tel : +61-7-3220-2007
Fax : +61-7-3211-9885
E-mail : konbridge@selcon.com.au

Ms. Christine Gee
Honorary Consul General of Nepal
Suite 501, Level 5, Edgecliff Center
203-223

New South Head Road, P.O. Box: 474
Edgecliff NSW 2027 (Sydney)
Tel : +61-2-9328-7062
Fax : +61-2-9328-0323
E-mail : christine@localnet.com.au

Mrs. Hannah Lillian Roberts
Honorary Consul General of Nepal
Suite 2, 16 Robinson St.
P O Box 103, Nedlands, WA 6009
Tel : +61-8-9386-2102.
Fax : +61-8-9386-3087
E-mail : gregcam@iinet.net.au

Mr. Simon Hills
Honorary Consul of Nepal
Yalla Tours Pvt. Ltd.
1st Floor, 40 Beach Street
Port Melbourne, VIC 3207
Tel : + 61-3-9646-0277
Fax : + 61-3-9646-6722
E-mail : info@yallatours.com.au

Mr. Chandra Yonzon
Honorary Nepalese Consulate,
Melbourne, Victoria
Level 7, 28-32 Elizabeth Street,
Melbourne VIC 3000
Australia
Tel : +613 9650 8338
Email : cyonzon@nepalconsulate.net.au

AUSTRIA

Mr. Hannes Leopold Heimlich
Honorary Consul General of Nepal
Akaziengasse 30, A-1230, Vienna
Tel : +43-1-2880-0100
Fax : +43-1-2880-0111
E-mail : consulat@nepal.at

BELARUS

Dr. Upendra Mahato
Honorary Consul General of Nepal
45, Avenue Masherova
Minsk, 220035
Tel : +375-17-2893088
Fax : +375-17-2112873
E-mail : lumbini_by@yahoo.com

BELGIUM

Mr. Andre De Jonckheere
Honorary Consul of Nepal
Mechelese Stenweg 212
B-2018 Antwerpen
Tel : +32-3-293-0066
Fax : +32-3-293-0077
E-mail : nepal@pandora.be

CANADA

Dr. Kunjar M. Sharma
Honorary Consul General of Nepal
Suite 707, 120 Eglinton Avenue
Toronto, Ontario M4P 1E2

Tel : +1-(416) 975-0910
Fax : +1-(416) 322-2928
E-mail : kunjjar@kunjarsharma.com

Mr. Christopher M. Considine
Honorary Consul General of Nepal
International House
30 Dallas Road, Victoria
BC, V8V 0A2, Canada
Tel : +1- (250) 381-7788
Fax : +1- (250) 381-1042
E-mail : cmconsidine@considinelaw.com

CHINA

Mr. Wu Jianming
Honorary Consul of Nepal
208/F, 2# Lane 1040, Caoyang Road
Putuo District, Shanghai 200063
Tel : +86-21-5266-1811
Fax : +86-21-5266-1819
E-mail : RNCSHANGHAI@hotmail.com

Mr. Sherry Song
Honorary Consulate of Nepal
16 A, No. 669 Beijing Road (W)
Post code: 200041, Shanghai
Tel/Fax: +86-21-6272-0159
E-mail : nepalshanghai@hotmail.com

COSTA RICA

Ms. Ana Victoria Badilla V.
Honorary Consul of Nepal
P.O. Box 2154, 1002, San Jose
Tel: +506-234-2550
Cell: +506-381-7079
Fax : +506-234-2550
E-mail : cnepalcri@hotmail.com

CYPRUS

Mr Pavlos Christoforou
Honorary Consul of Nepal
32 Stassinou Str., Acropolis,
Nicosia 2003
P. O. Box 20618, Nicosia 1661
Tel : +357-2-378-960,
+357-2-868-639(O)
+357-2-378-538 (R)
Fax : +357-2-378-432
E-mail : jandp@spidernet.com.cy

CZECH REPUBLIC

Rajendra B. Shrestha
Honorary Consul of Nepal
Sovakova 650/8
190 15 Praha 9 - Satalice
Tel : +420-6042-96285
Fax : +420-2727-05710
E-mail : rajendra.shrestha@siemens.com

DENMARK

Mrs. Kirsten Offersen
Honorary Consul General of Nepal
"Gefion" Ostbanegade 19
DK-2100 Copenhagen O
Tel : +45-3543-3175
Fax : +45-3542 -8377
E-mail : koff@post.tele.dk

FRANCE

Mr. Gerard Baumont
Honorary Consul General of Nepal
97 Rue De Coucelles
75017 Paris
Tel : +33-1-44-53-4400
E-mail : GBNEP@wanadoo.fr

Dr. Didier Benard
Honorary Consul of Nepal
2 Rue Victor Morin, 76130
Mont Saint Aignan
Tel/Fax: +33-2-35-07-1812
E-mail : consulat.nepal@wanadoo.fr

GERMANY, FEDERAL REPUBLIC OF

Mrs Ann-Katrin Bauknecht
Honorary Consul General of Nepal
Schlossstrasse 21, 70174 Stuttgart
Tel : +49-711-181 2683/84
Fax : +49-711-181-2685
E-mail : hgknepal@t-online.de

Mr Ludwing-Alexander Greissl
Honorary Consul General of Nepal
Ottostrasse 9, 80333 Munchen
Tel : +49-894-410-9259
Fax : +49-894-587-2525
E-mail : greissl@euprax.de,
l.a.greissl@web.de

Dr. Peter Breitholdt
Honorary Consul of Nepal
Grosse Theaterstrasse 7, 20354 Hamburg
Tel : +49-403-571-3340
Fax : +49-403-571-3341
E-mail : info@breitholdt.de

Mr. Bodo Krueger
Honorary Consul of Nepal
Johanna, Melber Weg-4, D 60599,
Frankfurt am Main
Tel : +49-696-270-0608
Fax : +49-696-270-0611
E-mail : konsulat.nepal@daw-ev.de

Mr Ram Pratap Thapa
Honorary Consul of Nepal
Holenzollernring 26, 50672 Cologne
Postal Address:
Postfach 190339, 50500
Tel : +49-221-233-8381
Fax : +49-221-233-8382
E-mail : Konsul@konsulatnepal.de
Web : www.Konsulatnepal.de

GREECE

Mr. Theodore Sarantopoulos
Honorary Consul General of Nepal
8 Herodotou Street, 106-75, Athens
Tel : +30-210-412-4731 (O)
Fax : +30-210-400-9888

ISRAEL

Mr. Ilan Nir
Honorary Consul of Nepal
30, Ehud St. Tel Aviv, Israel 69936
Tel : +972-3-648-0226
Cell : +972-3-520-0400
E-mail : ilan-nir@zahav.net.il

ITALY

Ms. Paola Previdi
Honorary Vice-Consul
Mappa Tour P. Le Medaglie d'oro
20, 00136 Rome
Tel : +39-06-3545-0656
+39-06-3534-1055 (O)
Fax : +39-06-3542-0720
E-mail : info@mappatour.it

JAPAN

Mr. Kunio Imanishi
Honorary Consul General of Nepal

Imanishi Building 3F,
6-9-21 Uehonmachi
Tennouji-ku, Osaka 543-0001
Tel : +81-6-6776-0120
Fax : +81-6-6779-3325
E-mail : nepal@imanishigumi.co.jp

Mr Mitsuhiro Sinokuma
Honorary Consul of Nepal
1-12-6 Akasaka, Chuo-ku
Fukuoka 811-0042
Tel : +81-92-771-2754
Fax : +81-92-771-2773

JORDAN

Mr. Yousef Haider Murad
Honorary Consul General of Nepal
Sports City Circle-17,
Queen Rania Street
P.O. Box 455, Amman 11821
Tel : +962-6-566-7666
Fax : +962-6-568-8388
Cable : NEPALESE CONSULATE -Amman
E-mail : Nepal@trusty.com.jo

KENYA

Mr. Godfrey W. Karuri
Honorary Consul General of Nepal
P.O. Box 59288, Bishops Road,
Nairobi
Tel : +254-2-722-501, 505 (O)
481-49 (R)
Fax : +254-2-713-138

KOREA REPUBLIC OF

Mr. Yeun Kee- young
Honorary Consul of Nepal
303 Jisan Town,
407-9 Sindang -2 dong,
Jung- gu
Seoul 100 834
Tel : +82-2-2252-3989,
+82-2-2253-3989
Fax : +82-2-2254-3989
Cell : +8210-9512-3232
E-mail : kyyeun@ongguk.edu

LEBANON

Mr. Joe Issa El-Khoury
Honorary Consul General of Nepal
Badaro Street-Nadim Comair Bldg,
Beirut
Tel/ Fax: +961-1-386-690/ 691,
+961-1-396-002
E-mail : elkoury@dm.net.lb

LUXEMBOURG

Mr. Guy Aach
Honorary Consul General of Nepal
9 Rue des Capucins
L-1313 Luxembourg
Postal Address:
B.P 66, L- 2010
Tel : +352-22-7327(O)
Fax : +352-47-3772
E-mail : tapis-hertz@team.lu

MEXICO

Mr. Sergio Jack Assael Misrachi
Honorary Consul General of Nepal
Avellanos, No. 24,
Jardines De San Mateo,
Naucalpan 53240
Tel / Fax: +52-55-5560-5568
E-mail : nepalcons@netscape.net

EMBASSIES OF NEPAL

NETHERLANDS

Mr. Casper F. De Stoppelaar
Honorary Consul General of Nepal
Keizersgracht 463, 1017 DK,
Amsterdam
Tel : +31-20-624-1530
Fax : +31-20-624-6173
E-mail : nepal.consulate@inter.nl.net
Web : www.nepal.nl

NEW ZEALAND

Mrs. June Martha Mulgrew (Lady
Hillary)
Honorary Consul General of Nepal
278 A Remuera Road, Auckland 5
Tel : +64-9-5203-169
Fax : +64-9-5207-847

NORWAY

Mr. Bjron Frode Korsvold
Honorary Consul General of Nepal
Haakon VII's Gate 5B, P.O. Box 1483
Vika, 0116 Oslo
Tel : +47-2283-5510
Fax : +47-2283-0443

PAKISTAN

Mr. Mushtaq K. Chhapra
Honorary Consul General of Nepal
301-302Mehdi Towers 115 -A,
S.M.C.H.S
301-303Shahrah -e-Faisal, Karachi
Tel : +92-21-453-3611-14 (O),
+92-21-452-5164 (R)
Fax : +92-21-4550-041
E-mail : metatex@cyber.net.pk

PHILIPPINES

Mr. Jesus M. Zulueta Jr.
Honorary Consul General of Nepal
5th Floor, Attenaem Building, 160,
Lewiste St.
Salcedo Village, Makati city , Metro
Manilla
Tel : +63-2-816 2466-7
Fax : +63-2-817-2543
E-mail : jnzulueta@wardhowell.com.ph

PORTUGAL

Mrs. Maria Theresa de Matos Marta
da Cruz
Honorary Consul of Nepal
Rua Latino Coelho, 54 4000-313
Porto
Tel : +351-22-518-9662
Fax : +351-22-510-0079

SINGAPORE

Mr. M. N. Swami
Honorary Consul General of Nepal
No 1, North Bridge Road, #18-05
High Street Centre
Singapore 179094
Tel : +65-6336-1677
Fax : +65-6337-1737
E-mail : swamilaw@singnet.com.sg

SLOVENIA

Mr. Aswin Kumar Shrestha
Honorary Consul of Nepal
International Centre for Promotion of
Enterprizes (IOPE)
Post Box: 2592 Duajska 104,
Gestrinova-2
1000 Lyubliana, Slovenia
Tel : +386-1-5682331

Fax : +386-1-5681412
E-mail : aswinshrestha@nepconsulate.si
Web : www.nepconsulate.si

SPAIN

Mr. Lluís Belvis
Honorary Consul of Nepal
C/Arago, 184
08011 Barcelona, Spain
Tel : +34-93-452-6360
Fax : +34-93-451-2148
E-mail : nepalcon@telefonica.com

Mr. Victor Gonzalez Fraguas
Honorary Consul of Nepal
Plaza de los Mostenses No. 13
28015 Madrid
Tel : +34-91-541-8787
Fax : +34-91-542-9949
E-mail : consuladodeneal@telefonica.net

SWEDEN

Mr. Ronald Dahlmann
Honorary Consul of Nepal
Box 7199 Se- 103 88, Stockholm
Tel : +46-8611-9022
Fax : +46-8611-9140
E-mail : rdahlman@dab.se

TURKEY

Prof. Dr. Ms. Fatma Gunseli Malkoc
Honorary Consul General of Nepal
Bagoat Cad. Feneryolu Sitesi
No. 157/103 K 1
Feneryolu- Kadlkoy, Istanbul
Tel : +90-216-449-4334-35
Fax : +90-216-449-4338
E-mail : malkocg@yahoo.com

UNITED STATES OF AMERICA

Dr William C. Cassell
Honorary Consul General of Nepal
P.O. Box: 1688, Sun Valley
Idaho, ID 83353
Tel : +1 (208) 726-4733
Fax : +1 (208) 726-1092
E-mail : wcassell@sunvalley.net

Mr. Richard C. Blum
Honorary Consul General of Nepal
909, Montgomery St, Suite 400
San Francisco, California, CA 94133
Tel : +1 (415) 434-1111
Fax : +1 (415) 434-3130
E-mail : skelly@blumcapital.com

Mr. Marvin A. Brustin
Honorary Consul General of Nepal
100 West Monroe Street, Suite 500
Chicago, Illinois, IL 60603
Tel : +1 (312) 263-1250
Fax : +1 (312) 263-3480/1722
E-mail : mablaw1@ais.net,
mablaw1@voyager.net

Mr. Robert C. Sager
Honorary Consul General of Nepal
151 Tremont Street, Apt No. 21 L
Boston, Massachusetts, MA 02111
Tel : +1 (617) 948-9449
Fax : +1 (617) 948-9448

AUSTRALIA

Embassy of Nepal
Suite 2.02, 24-Marcus Clarke Street
Canberra City, ACT 2601
GPO Box No. 2889
Tel : +61-261-62-1554, 1556
Fax : +61-261-62-1557
E-mail : fo@necan.gov.np
embassyofnepal@grapevine.com
Web : www.necan.np

BANGLADESH, REPUBLIC OF

Embassy of Nepal
United Nations Road, Road No. 2
Baridhara, Diplomatic Enclave
Dhaka-1212
Tel : +880-2-9892-490, 568
Fax : +880-2-8826-401
E-mail : eondhaka@dbn-bd.net

BELGIUM

Embassy of Nepal
Avenue Brugmann- 210
B-1050 Brussels
Tel : +32-2-3462-658, 3466-638
Fax : +32-2-3441-361
E-mail: embn@skynet.be
Web: www.nepalembassy.be

CHINA, PEOPLE'S REPUBLIC OF

Embassy of Nepal
No 1, Xi Liu Jie, San Li Tun Lu
Beijing 100600
Tel : +86-10-6532-1795, 2739,
2786
Fax : +86-10-6532-3251
E-mail : beijing@nepalembassy.org.cn

DENMARK

Embassy of Nepal
Svanemollevej 92, DK 2900 Hellerup
Tel : +45- 44-44-4043
Fax : +45-44-44-4043
Email : embdenmark@gmail.com

EGYPT, ARAB REPUBLIC OF

Embassy of Nepal
23 El-Hassan Street, Mohandessin-
Dokki ,Cairo
Tel : +202-37603-426, 37612-311
Fax : +202-33374-447
E-mail : ne@nepalembassyegypt.com
Web : www.nepalembassyegypt.com

FRANCE, REPUBLIC OF

Embassy of Nepal
45 bis, rue des Acacias
75017, Paris
Tel : +33-1-4622-4867
Fax : +33-1-4227-0865
E-mail : nepalinparis@noos.fr
Web : www.nepalembassy.org

GERMANY, FEDERAL REPUBLIC OF

Embassy of Nepal
Guerickestrasse-27
10587 Berlin-Charlottenburg
Tel : +49-30-3435-9920/21/22
Fax : +49-30-3435-9906
E-mail : neberlin@t-online.de
Web : www.nepalembassy-germany.de

INDIA, REPUBLIC OF

Embassy of Nepal
Barakhamba Road

New Delhi-110001
Tel : +91-11-2332-9969, 7361,
9218, 8066
Fax : +91-11-2332-6857, 9647
E-mail : nepembassydelhi@bol.net.in
Web : www.nepalembassy-india.com

ISRAEL

Embassy of Nepal
7th Floor, Textile Center Building, 2
Kaufman St., Tel Aviv 68012
Tel : +972-3-5100111
Fax : +972-3-5168965
E-mail : nepal.embassy@012.net.il

JAPAN

Embassy of Nepal
7-14-9 Todoroki , Setagaya-ku
Tokyo 158-0082
Tel : +81-3-3705-5558/59
Fax : +81-3-3705-8264
E-mail : nepembjp@big.or.jp
Web : www.nepal.co.jp/embassy.html

KOREA, REPUBLIC OF

Embassy of Nepal
244-143, Huam Dong
Yongsan Gu Seoul
Tel : +82-2-3789-9770/1
Fax : +82-2-736-8848
E-mail : info@nepembseoul.gov.np
Web : www.nepalembseoul.gov.np

MALAYSIA

Embassy of Nepal
Suite 13A.01, 13th A Floor
Wisma MCA, 163 Jalan Ampang
50450
Kuala Lumpur
Tel : +60-3-2164-5934, 9653
Fax : +60-3-2164-8659
Email : info@nepalembassy.com.my
Web : www.nepalembassy.com.my

MYANMAR, UNION OF

Embassy of Nepal
16, Natmauk Yeiktha, Yangon
Tel : +95-1-545-880, 557-168
Fax : +95-1-549-803
E-mail : nepemb@mptmail.net.mm

PAKISTAN, ISLAMIC REPUBLIC OF

Embassy of Nepal
House No. 4, Street No. 21
F- 7/2, Islamabad
Tel : +92-51-265-5182/ 83
Fax : +92-51-265-5184
E-mail : nepem@isb.comsats.net.pk

QATAR, STATE OF

Embassy of Nepal
Villa No. 13, 810, Ibne Bajah St.
Zone 42, Al-Hilal Area
P.O. Box: 23002, Doha
Tel : +974-467-5681/3
Fax : +974-467-5680
E-mail : nemdoha@qatar.net.qa

RUSSIA

Embassy of Nepal
2nd Neopalimovsky Pereulok 14/7
Moscow
Tel : +7-495-2440-215/2416-943
Fax : +7-495-244-0000
E-mail : nepalemb@mtu-net.ru

SAUDI ARABIA, KINGDOM OF

Embassy of Nepal
Al Aruba Road, Sulaimania
P. O. Box: 94384, Riyadh-11693
Tel : +966-1-4611-108, 4654-170,
Ext. 11 or 0
Fax : +966-1-4640-690, 4651-823
E-mail : rneksa@zajil.net

SRI LANKA

Embassy of Nepal
153, Kynsey Road, Colombo-8
Tel : +94-1-12- 689-656,
2689-657
Fax : +94-1-12-689-655
E-mail : rnecolombo@eureka.lk

THAILAND

Embassy of Nepal
189 Soi 71, Sukhumvit Road Pra-
khanong
Bangkok 10110
Tel : +66-2-3917-240, 3902-280
Fax : +66-2-3812-406
E-mail : nepembkk@asiaaccess.net.th

UNITED ARAB EMIRATES

Embassy of Nepal
Hareb Mohamed Hareb Al Otaiba
Building No.1670, Flat No. 102
Corniche Area, Airport Road
P.O. Box: 38282, Abu Dhabi
Tel : +971-2-6344-385, 767
Fax : +971-2-6344-469
E-mail : nepemuae@emirates.net.ae
Web : www.nepalembassyuae.ae

UNITED KINGDOM

Embassy of Nepal
12A, Kensington Palace Gardens,
London W8 4QU
Tel : +44-207-229-1594/6231/
5352
Fax : +44-207-792-9861
E-mail : info@nepembassy.org.uk
Web : www.nepembassy.org.uk

UNITED STATES OF AMERICA

Embassy of Nepal
2131 Leroy Place, NW
Washington DC, 20008
Tel : +1-202-667-4550/51/52
Fax : +1-202-667-5534
E-mail : info@nepalembassyusa.org
Web : www.nepalembassyusa.org

PERMANENT MISSION OF THE GOVERNMENT OF NEPAL TO THE UNITED NATIONS

UNITED STATES OF AMERICA
820 Second Avenue
17th B, New York, N.Y.10017
Tel : +1-212-3703-988, 3703-989
Fax : +1-212-9532-038
E-mail : nepal@un.int

PERMANENT MISSION OF THE GOVERNMENT OF NEPAL TO THE UNITED NATIONS AND OTHER INTERNATIONAL ORGANISATIONS IN GENEVA

SWITZERLAND

81, Rue de la Servette, 1202 Geneva
Tel : +41-22-7332-600, 621
Fax : +41-22-7332-722
E-mail : mission.nepal@bluewin.ch

CONSULATE GENERAL OF NEPAL KOLKATA, INDIA

National Library Avenue, Alipore
Kolkata-700027, West Bengal
Tel : +91-33-2456-1103, 1224, 1154
Fax : +91-33-2456-1410
E-mail : rmcg@vsnl.in

HONG KONG, CHINA

Unit 715, China Tower,
Concordia Plaza
1 Science Museum Road
Tsim Sha Tsui East Kowloon,
Hong Kong
Tel : +852-2369-7813, 2619
Fax : +852-2824-2970
E-mail : rmcghk@biznetvigator.com
Web : www.nepalconsulatehk.org

LHASA, CHINA

Norbulingka Road-13, Lhasa
Tibet Autonomous Region
Tel : +86-891-682-2881, 3965,
681-5744
Fax : +86-891-683-6890
E-mail : rncglx@public.ls.xz.cn, rncgl-
hasa@hotmail.com
Web : www.rncgl.gov.np

Tel: +880-2-9888-055 / 9885-871
Fax: +880-2-8815-551
E-mail: qadir.holidays@galaxybd.com

BELGIUM

Ms. Mariette Balegeer
144, Van Dornestraat
B 2100 Deurne Antwerp
Tel: +32-3-324-1326
Fax +32-3-324-7848
E-mail: ballegeer@skynet.be

CZECH REPUBLIC

Mr. Filip Vodecka

Matrix Travel
Sturova 1701/55
CZ-142 00, Prague 4
Tel: +420-241-72-3302
Fax: +420-241-72-3303
E-mail: nepal@on-internet.cz
Web: www.nepal.on-internet.cz

Denmark

Mr. Lars Gundersen
Kipling Travel ApS
Aabrinken 14
3600 Frederikssund
Denmark
Tel: 0047161220

FINLAND

Mr. Reijo Harkonen
PL 11, Harjutori 6
FIN-00501 Helsinki
Tel/ Fax: +358-9-736667
Cell +358-40-501-2328
E-mail: reijo.harkonen@pp.inet.fi
Web: www.matkailujournalist.
com/nepal

FRANCE

Ms. Tara Manandhar
2 rue Saint VICTOR
75005 Paris
Tel: +33-1- 5373-7755
Fax: +33-1-4046-9522
Cell: +33-06-7031-2984
E-mail: t.vezies@ta-service.com
or
36 ave des ORMES
91210 DRAVEIL
Tel: +33-1-6983-2112

Mr. Jacques Beaume
La Maison du Nepal, La Condomine
NEFFES 05000 Gap
Tel: +33-4- 925-79124
Fax: +33-4-925-79471
Cell: +33-06 3090-2045
E-mail: jbeaume@wanadoo.fr

GERMANY

Mr. Dil Gurung
Akazienstr. 27. 10823 Berlin
Tel: +49-30 7828-386
Cell: +49-01-62-238-3846
E-mail: tibethaus@hotmail.com

HONG KONG

Mr. Lincoln Linn
C/o Room 1804 Regent Centre
18th Floor, 88 Queen's Road Central
Tel: +852-2537-8663
Fax: +852-2973-6692
E-mail: ntb@netvigator.com
linn888@netvigator.com

INDIA

Ms. Maitrayee Ray
Ashmit Travels
18/76 B, Dover Lane
Kolkata 700 029
Tel: +91-33-6534-7444 (O)
+911-33- 2486-8365 @
Fax: +911-33-2485-8407
E-mail: maitrayeeray@hotmail.com

Ms. S. Sujatha
Samrat Holidays
2-C, Vidyalaya Road, Near
Ramakrishna Park
Salem-636007, Tamilnadu
Tel: +91-427-4262888/3203220
E-mail: samratholidays@yahoo.com/
kailashsamrat@yahoo.com

Mr. A. V. Moorthy
SGL Tours and Travels
#33, G-10, Swiss Complex
Race Course Road
Banglore -560001
Tel: +91-80-223-50529/83361,
22269538
Fax: +91-80-22383363
E-mail: sgltours@vsnl.com

ITALY

Mr. Paolo Nigari
Largo Grigioni
00152 Rome- Via Vittalia 85 D
Tel: 39-6-532-93402/03
Fax: 39-6-532-93440
E-mail: ntbroma@yahoo.it

JAPAN

Shiro Kurauchi
C47-108 Tsukumodai 2-2
Suita, Osaka
Postal Code is "565-0862".
Tel: +81-6-6871-7724
Cell: +81-90-9872-0456
Email: nine1seven@ktj.biglobe.ne.jp

KOREA

Mr. K.P. Sitoula
Room 520, Gwangwhamun Platinum
156 Jeoksun-dong
Jungno-Gu Seoul 110 052
Tel: 82-2-730-4855
Fax: 82-2-730-4865
E-mail: kp4848@yahoo.com
info@nepal.or.kr
Web: www.nepal.or.kr

SINGAPORE

Deepak K. Shrestha
Divine International Services
Tel: 65-64980294
Cell: 65-99254313
E-mail: ntb@nepalexplora.com
Web: www.nepalexplora.com

THE NETHERLANDS

drs. S.K. Paudyal
Tweede Oosterparklaan 157
3544 AP Utrecht
Tel.: +31-30-878-5171
E-mail: info@nepal-academy.nl
skpaudyal@casema.nl

THAILAND

Mr. Sutham Sachaphimukh
Express International Travel
S.S. Building, 10/12-13 Convent
Road
Silom, Bangrak, Bangkok 10500
Tel: +66-2- 631-2571
Fax: +66-2- 236-7186
E-mail: Gee@expressinter.com

UNITED KINGDOM

Mr. Dhruva K.C.
133 A Wembley Park Drive
Wembley, Middlesex HA 9 8 HQ,
London
Tel: +44-20-8900-9485
Cell: +44-79-3954-5884

HONORARY PRR OF NEPAL TOURISM BOARD

AUSTRALIA

Mr. Amit Poudyal
57/59-61 Good Street
Westmead NSW 2217
Tel: +61-298-91-6270
Cell: +61-421-181-204
E-mail: amitpoudyal@hotmail.com

BANGLADESH

Mr. Syed Ghulam Qadir
Galaxy Holidays, Taj Marriot
5th Floor, 25 Gulshan Avenue, Dhaka
1212

Every effort has been made to ensure the accuracy of the information at the time of publication. Changes will be updated in the subsequent issues.

For More Information:



Nepal Tourism Board

Tourist Service Center

Post Box: 11018

Bhrikutimandap, Kathmandu, Nepal

Tel: +977-1-4256909 Fax: +977-1-4256910

E-mail: info@ntb.org.np

Web site: www.welcomenepal.com

Tourist Information Counter

Tribhuvan International Airport (Arrival)

Tel: +977-1-2061011

Pokhara Tourist Service Center

Pardi, Pokhara

Tel: +977-61-465292, 463029, E-mail: pntb@wlink.com.np

Tourist Information Center - Kakkarbhitta

Tel: +977-23-562252, E-mail: infontbkbt@ntc.net.np

Tourist Information Center - Belhiya, Bhairahawa

Tel: +977-71-520197, E-mail: infontbbhw@ntc.net.np

Tourist Information Center - Gaddachowki, Mahendranagar

Tel: +977-99-523773, E-mail: infontbmhn@ntc.net.np

Send Home a Friend: www.sendhomeafriend.com