

of rhododendron, 19 bamboo species, 15 oak species, 48 species of primrose and 86 species of fodder trees. The park also offers bird-watching opportunities with its 400 species of birds, including the rare spotted wren babbler and the olive ground warbler. Wildlife include the endangered red panda, snow leopard, Himalayan black bear, clouded leopard, ghoral, tahr, wild boar, barking deer, Himalayan marmot, weasel, langur monkey and serow. River Arun that flows through the park has 84 varieties of fish including salmon.

Activities: Trekking, mountaineering

Accommodation: Camping

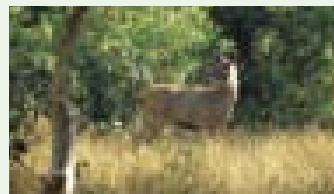
Access: Fly to Tumlingtar from Kathmandu (40 mins.) and then a six-day walk

Best Season: Oct-Nov and Mar-Apr; Apr-May (hot at lower elevations), Jun-Sep (monsoon)

Park Headquarter: Seduwa, Tel: 029-560136

SHIVAPURI NAGARJUN NATIONAL PARK (159 sq km)

Popular as trekking, hiking and recreation area, the Park offers the nearest retreat from Kathmandu. The park was established as a Watershed and Wildlife Reserve in 1976 and was declared as a national park in 2002 for the protection of its flora and fauna. Vegetation varieties in the park include its 129 species of mushrooms while animals include 19 species of mammals including Himalayan black bear, leopard, barking deer, wild boar, wildcat, rhesus monkey and langur monkey. The park also boasts of 177 species of birds and 102 species of butterflies.



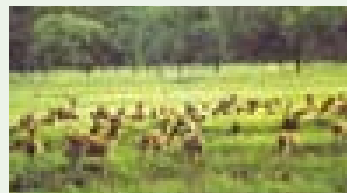
Activities: Hiking, rock climbing, bird watching

Access: 11 km to the north of Kathmandu

Best Season: Sep-Jun; Jul-Aug (rainy)

Park Headquarter: Shivapuri, Tel: 01-4370355/ 4374830

SHUKLAPHANTA WILDLIFE RESERVE (305 sq km)



Shuklaphanta Wildlife Reserve is located in the far-eastern lowland Terai of Nepal. The pristine sub-tropical jungle makes Shuklaphanta Nepal's second largest wildlife reserve in Terai. The open grasslands and numerous waterholes of the park extend into a vast expanse of plain grasslands and Sal forests, while marsh vegetation is found along rivers and lakes. The reserve that was originally a hunting area was later converted to wildlife reserve to protect swamp deer. There serve now shelters almost 2,000 swamp deer, around 50 wild elephants and 30 tigers. Other animals found here are spotted deer, blue bulls, barking deer, hog deer, wild boars,

leopards, jackals, langurs and rhesus monkeys. Among birds the reserve provides habitat to sarus crane, swamp francolin, grass owl, warblers, flycatchers, and the endangered Bengal florican. Reptile species include marsh mugger, crocodile, cobra and python.

the park offers a blend of natural and cultural tourist products here. The vegetation at lower elevation is dominated by pine and hemlock forests, while above 3,500 m the forest is dominated with silver fir, birch, rhododendron, and juniper trees. During spring and monsoon the varieties of rhododendron flowers are seen. The common wildlife in the park are Himalayan tahr, ghoral, musk deer, pikka (mouse hare) weasel, jackal. Other rarely seen animals are Himalayan black bear, wolf, lynx, and snow leopard. Birds inhabiting the park are of over 193 species. Common ones among them are the impeyan pheasant (Danphe), blood pheasant, red-billed chough, yellow-billed chough, snow cock, snow pigeon, Himalayan griffon, and lammergeyer. The national park also showcases the cultural trophies with the warm Sherpa hospitality and its many monasteries and cultural landmarks.

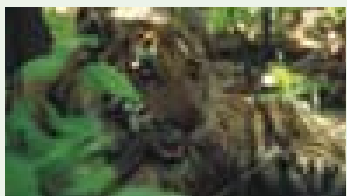
Activities: Trekking, mountaineering, experience of Sherpa culture

Accommodation: Resort hotels, lodges, camping

Access: Two-day walk from Lukla which is 30 minutes by air from Kathmandu

Best Season: Oct-Nov and Mar-May; Dec-Feb (snow, daytime temperature 5 degrees Celsius), Jun-Sep (rainy)

Park Headquarter: Mendalphu, Namche Bazaar, Tel: 038-626043



BARDIA NATIONAL PARK (968 sq km)

The Bardiya National Park is the largest and most undisturbed protected area in the Terai and is home to the endangered Royal Bengal tiger and Nepal's famous one-horned rhinoceros. The national park located in the far western district of Bardiya, is bordered by River Karnali in the west, the Churia range in the north, while the River Babai flows right through the park. The varied geographical factors together with the thick cover of Sal, savannah forests and grasslands render this region ideal

as wild animal habitat. The park hosts 53 different mammals, more than 400 species of birds, and several varieties of reptiles and water animals. Some of the other animals found here are elephant, swamp deer, black buck, gharial crocodile and marsh mugger crocodile. The fresh-water Gangetic dolphin is also commonly seen in River Karnali. Birds include endangered varieties of Bengal florican, lesser florican, silver-eared mesia and saruscrane. The park offers the rare opportunity of angling at River Karnali and River Babai.

Activities: Jungle safari on elephant-back, jungle walk, boat ride, jeep drive

Accommodation: Jungle lodges

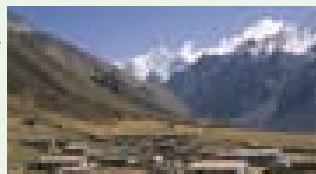
Access: Three hours by jeep (95 km) from Nepalgunj which is 1 hour 10 minutes by air or 531 km by road from Kathmandu

Best Season: Oct-Mar; Apr-Jun (hot, up to 42 degrees Celsius), Jul-Sep (rainy)

Park Headquarter: Thakurdwara, Tel: 084-429719

LANGTANG NATIONAL PARK (1,710 sq km)

The park extends over parts of Nuwakot, Rasuwa and Sindhupalchok districts in the mountainous terrain of Nepal-China (Tibet) border. The chief attraction of this park is the Langtang range in the north and several lakes in the south. High-altitude jungles with diverse vegetation and wildlife, scenic lakes, glaciers and Himalayan peaks combine to make Langtang an attractive destination for visitors. Twenty five percent of the park's total area



is covered by forest, starting at sub-tropical forests below 1,000 m giving way to alpine scrubs and grasslands toward higher altitude. Animals seen here are wild dog, red panda, pika, muntjac, musk deer, Himalayan black bear, Himalayan tahr, ghoral, serow, rhesus monkey, common langur, snow leopard among others. Out of 373 species of birds commonly seen birds here are tragopan and impeyan pheasants. The Langtang Valley is also renowned for its holy Lake Gosainkunda. Thousands of Hindu pilgrims visit the lake area every year, especially during the Janai Purnima festival every August.

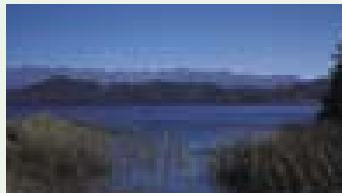
Activities: Trekking, mountaineering, experience of Tamang culture

Accommodation: Lodges, camping

Access: From Dhunche which is 117 km by road from Kathmandu

Best Season: Oct-Nov and Mar-May (cold at higher elevation); Jun-Sep (monsoon), Dec-Feb (snow)

Park Headquarter: Dhunche



RARA NATIONAL PARK (106 sq km)

Rara National Park in the far northwestern part of the country offers a representative sample of the region's flora and fauna. Sprawled over Mugu and Jumla districts the heart of the park is the country's biggest lake, Lake Rara, from where the park gets its name. The lake is as deep as 167 m at some places, and drains into the River Mugu Karnali via Nijar Khola. The park is mainly covered with coniferous forest while the area around the lake is dominated by blue pine. Rhododendron, juniper, spruce, oak and cypress are found around 3,000m while at higher altitude pine, spruce and fir are more common. The rich vegetation of the park is a home to the endangered red panda, musk deer, Himalayan black bear, leopard, jackal, Himalayan tahr, wild yellow-throated martin, wild dog, wild boar, common langur, rhesus macaque and common otter. During winter the park abounds in 272 species of bird varieties like coots, great-crested grebe, black-necked grebe, red crested pochard, mallard, common teal, merganser and gulls. Migrant water fowls and gallinaceous birds can also be seen during certain seasons. As for water life in the lake three species of snow trout is recorded so far.

Activities: Trekking

Accommodation: Camping

Access: Fly from Kathmandu-Nepalgunj (60 mins.); Nepalgunj-Talcha Airport (35 mins.), then 2 hours trek to Rara lake

Best Season: Feb-Apr and Oct-Nov

Park Headquarter: Hutu

SHEY-PHOKSUNDO NATIONAL PARK (3,555 sq km)

Shey-Phoksundo National Park is situated in the trans-Himalayan region of north-west Nepal. It is Nepal's largest national park.

With diverse terrain and altitude variation, the park spreads over Dolpa and Mugu districts and supports a broad range of wildlife and vegetation. Geographical landmarks of the park are the Himalayan peaks in the north and Lake Phoksundo, in the southern region. Vegetation include pine, walnut, willow, oak, and cypress in the lower altitude and pine, spruce, juniper and birch at higher regions.



Berberis, wild rose and caragana are seen in alpine areas while the regions higher up are mostly arid with grass alpine meadows with barely any trees. The park contains 286 flora species of botanical importance. Animals found in the region are sheep, ghoral, musk deer, leopard, wild dog, marmot, weasel, mouse hare, rhesus and langur monkeys, Himalayan tahr, Himalayan black bear and jackals. In the upper region is seen the rare and endangered snow leopard. Over 200 species of birds including yellow-throated marten, Tibetan partridge, wood snipe, white-throated tit, wood accentor, & crimson-eared rose finch are found in the park. Other species of birds found here are Impeyan, cheer pheasant, chough, ravens, Tibetan snow cock, Tibetan twit, brown dipper, Himalayan griffon & lammergeyer. Apart from these, the park is home to 6 species of reptiles and 29 species of butterfly.

Activities: Trekking, mountaineering

Accommodation: Camping

Access: Fly to Dolpa's Jufal airport from Nepalgunj and then a three-day walk

Best Season: Mar-May and Jun-Oct. (clear weather)

Park Headquarter: Sumduwa, Tel: 087-550104



KHAPTAD NATIONAL PARK (225 sq km)

Khaptad National Park in west Nepal is the home of Late Khaptad Swami, the renowned scholar and a hermit. The park with rolling hills of grasslands and forests of subtropical, temperate and sub alpine vegetation, is also a rich natural habitat. The park boasts of 224 species of medicinal herbs and offers excellent bird watching opportunities, with 270 species of birds, the common ones being different varieties of impeyan pheasant, partridges, flycatchers, bulbuls, cuckoos and eagles. Animals in the park are barking

deer, wild boar, ghoral, Himalayan black bear, yellow-throated marten, rhesus monkey and langur monkey. The park also offers religious sightseeing at Tribeni on the way to its headquarters. There are several historical temples surrounding this area and an annual celebration of Ganga Dashhara is held here every Jestha Purnima. Another religious site is Sahashra Linga at 3,200 m, the highest point of the park. Other religious areas in the park include Ganesh Temple, Nagdhunga, and Kedardhunga. These areas are ideal places for meditation. Towards the northeast of the park is Khaptad Lake where a festival is held every August and September.

Activities: Trekking

Accommodation: Camping

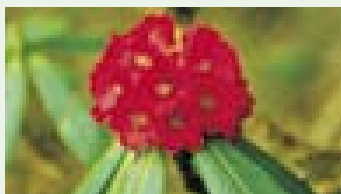
Access: Fly to Dipayal from Nepalgunj and then a three-day walk

Best Season: Mar-May and Oct-Nov (10-20 degrees Celsius); Jun-Sep (rainy), Dec-Feb (snow)

Park Headquarter: Khaptad

MAKALU-BARUN NATIONAL PARK (1,500 sq km)

The park spreads over the districts of Sankhuwasabha and Solukhumbu in northeast Nepal. One of the prime attractions for visitors to the park is experience the unique Himalayan bio diversity. The vegetation ranges from sub tropical forests to sub alpine and alpine as the altitude increases. The park boasts of 48 species of orchids, 87 species of medicinal herbs, 25 of Nepal's 30 varieties



NATIONAL PARKS, WILDLIFE RESERVES AND CONSERVATION AREAS OF NEPAL

The geography of Nepal can be divided into high mountains, mid hills and low lands. A wide range of ecosystem from sub-tropical jungles of the Terai to the arctic conditions of Himalayan highlands are found within an area of 147,181 sq km.

There are a total of 9 national parks, 3 wildlife reserves, 3 conservation areas, 1 hunting reserve including 11 buffer zone areas in and around protected areas, covering a total of 28,998.67 sq km. (19.70%) of the country's total land. Nepal's rich bio-diversity renders it ideal as an eco-tourism destination.

CHITWAN NATIONAL PARK (932 sq km)



Owing to its rich adornment of nature, Chitwan National Park was declared UNESCO Natural Heritage Site in 1984. The park that includes in its area a part of the Shivalik Hills, is covered with deciduous forests overlooking the flood plains of Narayani, Rapti and Reu rivers and offering a wilderness of rich ecosystem that includes mammals, birds, reptiles and water animals of several kinds. There are around 600 plant species, 56 mammals, 539 birds and 49 amphibians and reptiles found in the park.

The highlight are the 408 Asian one-horned rhinoceros and some 65 Royal Bengal tigers that live in the dense forests of the park. Sharing home with these are other animals like rhesus monkey, langur, deer, leopards, gaur, wild boar, wild dogs and wild cats. Among reptiles are different kinds of snakes including the python, while the river areas breed reptiles like the endangered long snouted gharial popularly known as Gangetic crocodile and marsh crocodiles. The forest is alive during summer with the arrival of migrant birds like paradise flycatcher, Indian pitta and parakeets, while winter birds include waterfowl, Brahminy ducks, pintails, bar-headed geese, cormorants and migratory birds from Siberia. Other bird varieties are woodpeckers, hornbills, peacocks, peahens, floricans and redheaded trogons. A rare attraction of the park is the world's fresh-water dolphin sometimes seen in River Narayani. Another factor adding a distinct touch to the Chitwan experience is the colorful Tharu culture. There are also sites of religious and historical importance at Devghat, Pandavnagar, Balmiki Ashram and Kabilaspur.

Activities: Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture

Accommodation: Resort hotels and lodges

Access: The park headquarters at Kasara is a 21-km drive from Bharatpur which is 20 minutes by air or 146 km by road from Kathmandu

Best Season: Oct-Feb (average temperature 25 degrees Celsius); Mar-Jun (hot, up to 43 degrees), Jul-Sep (rainy)

Park Headquarter: Kasara, Tel: 056-529405

SAGARMATHA NATIONAL PARK (1,148 sq km)

The prime attraction in the Sagarmatha National Park is Mt. Everest, the highest peak of the world. The park was added to the list of World Heritage Site in 1979. The park, a part of the Himalayan ecological zone, has several other prominent peaks most of which are above 6,000 m. With most of the park above 3,000 m, Sagarmatha is full of rugged terrain with deep gorges, glaciers and huge rocks. With its Himalayan terrain and its unique culture,



Activities: Wildlife viewing on elephant-back

Accommodation: Jungle lodges

Access: Fly or drive to Mahendranagar (695 km from Kathmandu)

Best Season: Feb-Mar (22-25 degrees Celsius); Dec-Jan (cold, foggy), Apr-Jun (hot, up to 42 degrees)

Reserve Headquarter: Majhgaon, Kanchanpur, Tel: 099-521309

KOSHI TAPPU WILDLIFE RESERVE (175 sq km)



Koshi Tappu Wildlife Reserve has carved a place for itself as a bird watcher's paradise. The reserve spreads over Saptari and Sunsari districts in East Nepal over the embankments of River Koshi. The reserve has been recognized as a Wetland Site from 1987. The vegetation of the reserve is mainly grassland with patches of scrub and deciduous riverine forests. The reserve has recorded around 479 species of bird variety, some of which fly all the way from Siberia during winter. A wide variety of ducks, herons, storks, egrets, ibis are seen on the riverbanks. Koshi Tappu wildlife Reserve also has one of the few elephant stables of Asia. Other

animals found here are wild buffalo, wild boar, hog deer, spotted deer, blue bull and jackal. Gharial crocodile and Gangetic dolphin are also found here.

Activities: Game viewing, bird watching

Accommodation: Resorts, tented camp

Access: 90-minute drive (40 km) from Biratnagar which is 50 minutes by air or 541 km by road from Kathmandu

Best Season: Oct-Mar; Apr-Jun (hot), Jul-Sep (rainy)

Reserve Headquarter: Kusaha, Tel: 025-530897

PARSA WILDLIFE RESERVE (499 sq km)

The Parsa Wildlife Reserve spreads over parts of Chitwan, Makawanpur, Parsa and Bara districts. The vegetation is tropical and sub tropical mostly covered with Sal forests, while the hills are covered with chir pine. Khair, sissou and silkcotton are found along water areas. The reserve provides good habitat for animals like wild elephant, tiger, leopard, sloth bear, gaur, blue bull and wild dog. Other common animals in the reserve are sambar, chital, hog deer, barking deer, langur monkey, rhesus macaques, striped hyena, rat, palm civet and jungle cat. There are 370 species of birds found in the reserve, one being the endangered great hornbill found in certain parts of the forest. Other bird species include peafowl, red jungle fowl, flycatchers and woodpeckers. Apart from birds and animals the reserve is also habitated by snakes like king cobra, common cobra, krait, rat snake and python.

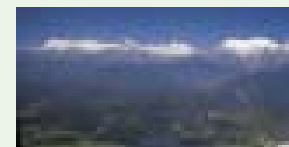


Activities: Jungle safari on elephant-back, jungle walk, jeep drive

Access: Fly to Simara from Kathmandu (15 minutes) and then by road to the reserve headquarters (7 km), or overland from Kathmandu (150 km via Hetauda)

Best Season: Oct-Mar; Apr-Jun (hot, 30-35 degrees Celsius), Jul-Sep (Monsoon)

Reserve Headquarter: Adhabar, Tel: 053-521051, 520246



ANNAPURNA CONSERVATION AREA PROJECT - ACAP (7,629 sq km)

The Annapurna Conservation Area is one of the best trekking trails in the world. The area spreads around Kaski, Mustang, Manang and Lamjung districts of Central Nepal. Starting with an altitude of 790 m, the area reaches as high as 8,091 m of Mt. Annapurna. Ghandruk is the first experience and further down is Ghorepani that provides fantastic panoramic view of the Annapurna ranges. Equally eye catching are hills of rhododendron that blossom every spring. The turning point of the Annapurna Circuit is Jomsom. The trek southeast from Jomsom, leads to the scenic Tilicho Lake area at an altitude of 4,919 m. In the circuit route, is the famous Hindu religious sites Muktinath Temple. The vegetation in this region includes various species of orchids and rhododendron. Wildlife includes 102 different kinds of mammals including rare endangered snow leopards and a very good population of blue sheep. The region also boasts of around 474 species of birds including multi-colored impheyana, koklas and blood pheasants. In addition the region is also home to 39 species of reptiles and 22 species of amphibians.

Activities: Trekking, mountaineering

Accommodation: Resort hotels, lodges, camping

Access: From Pokhara which is 202 km by road or 30 minutes by air from Kathmandu

Best Season: March - May; Sep - Nov

ACAP Headquarter: Hariyo Kharka, Pokhara,

Tel: 061-431102, 430802

MANASLU CONSERVATION AREA (1,663 sq km)

The Manaslu area in Gorkha district is a classic setting to experience pristine mountain nature and culture. The conservation area starts at 600 m and is crowned by the eighth highest peak in the world Mt. Manaslu at 8,163 m. The region is home to 33

WELCOME NEPAL 2011

National Parks

Wildlife Reserves &
Conservation Areas of Nepal

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NATURALLY NEPAL
ONCE IS NOT ENOUGH

Entry Fees in Nepalese Rupees

	Natural World Heritage Sites	Nepali	SAARC	Foreigners
1	Chitwan National Parks	20 per day per entry	200 per person per day	500 per person per day
2	Sagarmatha National Park	Free	100 per person per entry	1000 per person per entry
National Parks				
1	Bardiya National Parks	20 per day per entry	200 per person per day	500 per person per day
2	*Langtang National Park	Free	100 per person per entry	1000 per person per entry
3	Rara National Park	Free	100 per person per entry	1000 per person per entry
4	*Shey-Phoksundo National Park	Free	100 per person per entry	1000 per person per entry
5	Khaptad National Park	Free	100 per person per entry	1000 per person per entry
6	Makalu-Barun National Park	Free	100 per person per entry	1000 per person per entry
7	Shivapuri Nagarjun National Park	10 per person per entry	250 per person per entry	250 per person per entry
Wildlife Reserves				
1	Shuklaphanta Wildlife Reserve	20 per day per entry	200 per day per entry	500 per day per entry
2	Koshi Tappu Wildlife Reserve	20 per day per entry	200 per day per entry	500 per day per entry
3	Parsa Wildlife Reserve	20 per day per entry	200 per day per entry	500 per day per entry
Conservation Areas				
1	*Annapurna Conservation Area	Free	200 per person per entry	2000 per person per entry
2	*Manaslu Conservation Area	Free	200 per person per entry	2000 per person per entry
3	*Kanchenjunga Conservation Area	Free	200 per person per entry	1000 per person per entry
Hunting Reserve				
1	**Dhorpatan	Free	100 per person per entry	1000 per person per entry

* Special permit required for restricted areas.

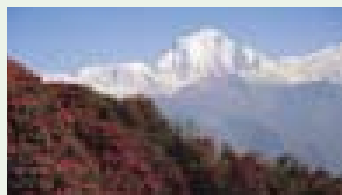
** Hunting license required for hunting purposes.



Nepal Tourism Board

Tourist Service Centre, P.O.Box: 11018, Bhrikutimandap, Kathmandu, Nepal.
Tel.: 977-1-4256909 Fax: 977-1-4256910 Email: info@ntb.org.np

Tourist Information Counter, Tribhuvan International Airport (Arrival) Tel.: 977-1-2061011
Pokhara Tourist Service Center, Pokhara Tel: 977-061-465292, 463029 E-mail: pntb@wiink.com.np
For further information: Website: <http://www.welcomenepal.com>, www.dnpwc.gov.np



species of mammals including snow leopard, musk deer and Himalayan Tahr. There are over 110 species of birds and three species of reptiles and over 1,500-2,000 species of flowering plants.

Activities: Trekking, mountaineering

Accommodation: Camping, lodges

Access: By bus to Dhading (87 km from Kathmandu) or to Besi Sahar (106 km from Pokhara) and then trekking

Best Season: March - May; Sep - Nov

Park Headquarter: Prok

KANCHENJUNGA CONSERVATION AREA (KCA) (2,035 sq km)

Situated in north-eastern Nepal in the district of Taplejung, the Kanchenjunga Conservation Area is bordered by the Tibet -China in the north, Sikkim-India in the east and Sankhuwasabha district in the west. The area has alpine grasslands, low river valleys with temperate and sub-tropical forests. Ten species among Nepal's 20 indigenous gymnosperms and 15 among Nepal's 23 endemic flowering plants are found in this region. In addition, almost 30 varieties of rhododendron species and 48 varieties of orchids are found here. Wildlife includes endangered snow leopard, Himalayan black bear, musk deer, red panda, blue sheep and rhesus monkey. About 252 species of different birds including impeyan pheasant, red-billed blue magpie, shy drongo are found in the area.

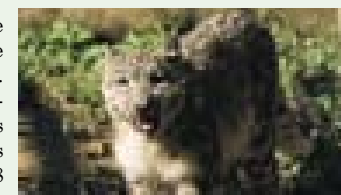
Activities: Trekking, mountaineering

Accommodation: Tea houses, camping

Access: Fly to Taplejung via Biratnagar from Kathmandu

Best Season: March - May; Sep - Nov

Park headquarter: Lelep, Tel: 024-460081



DHORPATAN HUNTING RESERVE (1,325 sq km)



Dhorpatan Hunting Reserve is the only area in Nepal where licensed hunting is allowed. The reserve adjoins Myagdi district and Baglung district, just below the Dhaulagiri range in West Nepal. The reserve begins at 3,000 m reaches as high as 7,000 m. Trees like fir, pine, birch, rhododendron, hemlock, oak, juniper and spruce are available in the reserve. One of the prime attractions for hunters is the blue sheep, which is abundant in the area. Hunters also get pheasants and partridges in viable numbers for hunting. Other animals found here are leopard, ghoral, serow, Himalayan tahr, Himalayan black bear, barking deer, wild

boar, rhesus macaque, langur and mouse hare. Endangered animals in the reserve are musk deer, wolf, red panda, cheer pheasant and Danphe.

Activities: Trophy hunting, game viewing

Accommodation: Camping

Access: Four days' walk from Baglung which is 72 km from Pokhara by road

Best Season: Mar-Apr; Oct-Nov; Jul-Sep (monsoon), Dec-Feb (cold, windy, snow)

Reserve Headquarter: Dhorpatan, Tel: 068-521112