



Natural Beauty

Nepal is a paradise for those who love nature and as such one of the best destinations of the world for visitors. It houses the highest peak of the world, Mount Everest and eight out of fourteen highest mountains of the world. The country is replete with fast flowing rivers, captivating serene lakes, beautiful forests with incredible wild lives, flora and fauna. Six different seasons in a year, namely spring, summer, monsoon, autumn, fall and winter, that is very rare in other parts of the world, exist in Nepal, which provide a unique experience to the visitors. Not only that, within less than half an hour's drive one can experience a cool and beautiful weather from the scorching heat.

If you are fascinated by the ranges of the Himalayas, Nepal can be the first and the best option for you to visit. One can have an enchanting view of sunrise and sunset at the small hill of Nagarkot, only 32 km. east to Kathmandu. Boating in the serene Lake Phewa in Pokhara, 184 km. west to Kathmandu, which has a beautiful reflection of Fish Tail Mountain, makes you forget everything and be lost in its beauty.

There are a number of other nature attractions available for the visitors in Nepal. You can find around five hundred bird species in the Koshi Tappu Wildlife Reserve (eastern region) only. Chitwan National Park, which is at the central plain lands, a world heritage site, is famous for the tigers, elephant and rhinoceros, among others. Suklaphanta Wildlife Reserve in the far western part of Nepal can be alluring to the visitors with its grassland, many endangered wild lives and wetlands. Khatpat National Park of that region is another wonder but a little explored touristic site with hundreds of bird species, similar number of flowers and frequently changing weather. Moreover, all these things are available in Nepal with warm hospitality as guests are synonymous to God in Nepal culture.

Art and Culture

In addition to the enchanting nature, Nepal is well known for its richness in art and culture. This is due to the existence of a great number of ethnic groups, languages, customs, etc. It is the homeland for more than one hundred ethnic groups with their own languages, dresses, cultures, tradition, history and even food items, who have been living in good harmony and cooperation. Typical ways of celebrating festivals, different cultural and folk dances and local musical instruments are the living examples of cultural prosperity of Nepal. Similarly, Nepal is very rich in art and architecture. In Kathmandu valley alone, there are seven UNESCO World Heritage Sites that are the testimony to the age-old cultures as well as sophisticated art and architecture of Nepal. World famous Thangka art, unique Mithila paintings, numerous types of sculptures, etc. are other important attractions of Nepal.



the visitors. Tourists can enjoy from Nepal's diverse cultural activities, fairs and the like taking place almost throughout the year. The country has a great number of historical and heritage sites. To those who wish to enjoy shopping, various Nepal products known for their quality and taste are available in the market. Visit to Nepal can be the least-costly one, as accommodation and meals are comparatively cheaper.

Nepal is one of the most attractive touristic destinations of the world. Its natural beauty is amazing. It is a nation that has remained independent throughout history. Its culture, art and architecture are worth watching. The country is full of diversity in terms of ethnic groups, languages, climate, flora and fauna and so on. People are friendly, honest and cooperative. A great number of people from around the world visit Nepal every year as tourists.

Nepal offers many things to the visitors to see, feel and enjoy. The pleasure derived from the view and the visit of Nepal's majestic mountains, including the world's tallest mountain-the Mount Everest, is unique. Trekking along lush, green and beautiful mountains surely provides great delight. Adventurers of various sorts and the view of world's rare animals, birds and plants all add to the pleasure of

Nepal's touristic sites are now fully open for visitors after the recent devastating earthquake. Those touristic sites which suffered partial damage have been repaired. In the post-quake situation, Nepal has been engaged in its reconstruction and development, including with the support of friendly neighbouring and other countries. The increased number of visits to Nepal by the nationals of the State of Kuwait and other nationals here will help develop Nepal's tourism industry and also further strengthen the relationship between our countries and peoples. I, therefore, have the pleasure of inviting you to Nepal. I am sure you will enjoy the trip and treasure fond memories of your visit. I wish you all the best!

Yagya Bahadur Hamal
Ambassador of Nepal
State of Kuwait



Rafting in Trishuli River

Adventure

Nepal is a wonder land for the adventure seekers. People can test their real courage, confidence and love for risks and challenges there. Ranging from mountain climbing to mountain biking, Nepal offers a lot to the people challenging their souls. Bungy jumping over the raging mountain river Bhotekoshi, rafting in the fast flowing wild rivers, paragliding with aerial view of the Himalayas, honey hunting in the towering cliffs, mountain flights, and trekking in the long range of the mountains are thrilling in the real sense. One has to try and feel them oneself.

Nepal is an ideal destination for those who love trekking. Also known as 'A Trekkers' Paradise', it offers the varieties



Mount Everest (8,848 metre), Solukhumbu

of trekking routes from the short and easy to the challenging hills and snowy mountains. Trekking in Nepal provides you a unique experience of Himalayan adventure and picturesque villages inhabited by the various ethnic people with rich cultural diversity in an unspoilt nature and beautiful landscapes.

Trekking routes vary from high altitude hills and mountains to easy paced plain Terai region. You can experience the spectacular mix of lifestyle, vegetation and wildlife through these trekking routes in Nepal. The most visited trekking routes are Annapurna, Upper Mustang, Upper Dolpo, Lantang Valley, Manaslu, Sundarjal-Chisapani, Chisapani-Nagarkot, etc.

You can enjoy the thrilling experience of rafting on the rivers of Nepal originating from the breathtaking heights of the mountains and flowing down through the foothills, with the world's most exciting whitewater, these rivers offer you a wide range of fun and excitement. Choosing a river for rafting depends on the experience of the person. Professional rafters can choose rivers with turbulent water whereas beginners can choose the mild rivers. Rafting is done in Bhotekoshi, Trishuli, Karnali and other rivers.

Nepal has thick forests in many parts of the country. Wild lives of various sorts are found in these jungles. Jungle safari on elephants or jeep in the dense forest of Chitwan National Park takes you to the world of wild lives with true taste of nature and makes you feel ecstasy.

Markets

Nepal's markets can offer lots of typical Nepali products. Nepalese handicrafts are popular throughout the world for their excellent quality, artistic value and creativity. Produced in a traditional way, these handicrafts are the manifestation of the unique culture and tradition of Nepal. Available in the wide range of diversity, Nepalese handicraft productions include textile items like pashmina products, woolen goods, silk products, cotton goods, dhaka products, etc. and non-textile products like silver jewelry, metal craft, stone craft, wood craft, handmade paper products, ceramics products, leather goods, paubha (thangka painting), bamboo products, etc. These products are available in the downtown areas of Kathmandu, such as Thamel, Patan Dhoka and Bhaktapur Durbar Square and other cities.

Trekking in the Mountains

lodges are available in Kathmandu and other major tourist destinations. They offer restaurants, conference facilities, health club and other facilities. Details of their location, contact telephone numbers, emails, websites, etc. can be found through the internet. You can also enjoy the home-stay culture where you stay in local houses with the local people and enjoy traditional food with warm hospitality.

Foods

You can enjoy the varieties of typical Nepalese food in your trip. Bhat (Rice), Dal (pulses) and Tarkari (vegetables) are the main food of the country. The meal is also served with spicy pickle known as Achar. Roti (bread), Dhando (cooked maize flour) and Gundruk (fermented and dried leafy radish) are the traditional foods of Nepal. MoMo (dumplings) with Nepali spices is one of the most popular foods in Nepal. Halal is also found in the main hotels and markets of Nepal.

Health Facilities

There are many hospitals with international standards in Kathmandu and other major cities. All sorts of medical treatments with the advanced technology are available in the country. For the trekkers it is suggested to have the travel insurance to cover the cost of hospital treatment and emergency rescue.

Currency

Official Nepalese currency is the Rupee, which is convertible to all major currencies of the world. Payment in hotels, travel agencies and airlines can be done through Nepalese currency or through US Dollars. Nepal has modern banking facilities with some of the international banks having offices in Kathmandu. All visitors are required to exchange their money through the bank or authorized money exchangers. Most of the foreign currencies and credit cards, such as American Express, Visa and Master Card are accepted at major hotels, shops and restaurants.

Airlines

Many international airlines fly to Kathmandu from different parts of the world and vice versa. Most of the flights to Kathmandu arrive from Delhi, Abu Dhabi, Dubai, Qatar, Oman, Bangkok, etc. The international airlines flying to Kathmandu from the Gulf region include Air Arabia, Fly Dubai, Etihad Airways, Jet Airways and Qatar Airways. All major cities of Nepal are air linked to Kathmandu by Nepal airlines and different domestic airlines operating regularly. One-hour mountain flights for the scenic view of the beautiful Himalayas are also operated in the early morning throughout the year by the major domestic airlines of Nepal.

Visa

Visit visa can be obtained through the Embassy of Nepal in the States of Kuwait. The Embassy issues 15 days visa for 10 Kuwait Dinar (KD), 30 days visa for 15 KD and 90 days visa for 35 KD. For obtaining visa from the Embassy, one needs to apply with the valid passport, photocopies of passport and civil ID and 2 passport size photographs. On arrival visa is also issued by the Immigration Office at Kathmandu Airport except for the nationals of a few countries. Kuwaiti nationals can also get such visa on arrival.

Climate/Weather

Nepal's climate, especially that of mountains, is one of the best climates in the world. Kathmandu, the capital, has a pleasant climate throughout the year with average summer temperatures ranging from 19°C to 35°C and winter between 2°C to 12°C. Pokhara, another beautiful city, and other places along that range have a wonderful climate throughout the year. Climatic conditions of Nepal vary from one place to another. In the northern part, summers are cool and winters severely cold, while in southern plains, summers are hot and winters are mild.

Accommodation

More than a dozen five star hotels, resorts and comfortable



Bungy Jumping above Bhotekoshi River



Tharu Dance, Western Terai

For more information, please contact:
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