

Nepal

TRAVEL GUIDE

Tale of 2 Backpackers



Nepal has been alluring travellers with its mystical charm and diverse landscapes. Home to world's highest peak, the Mt. Everest, this small Himalayan kingdom is known for its incredible mountain, snowy peaks and some of the best trekking trails of the Himalayas. Mountains, jungles, quaint mountain villages, ancient cities and diverse and interesting culture makes Nepal one of the world's greatest and most interesting travel destinations.

Pokhara

- The adventure capital of Nepal
- Fewa Lake
- World Peace Pagoda
- Barahi Temple
- Sarangkot
- Starting point of treks to Annapurna circuit, Langtang Valley, Mustang valley



Kathmandu Valley

- The capital city of Nepal
- Kathmandu Durbar Square
- Pashupatinath Temple
- Boudhanath Stupa
- Swayambhunath Stupa
- Narayanhiti Palace
- Garden of Dreams
- Thamel market
- Bhaktapur Durbar Square
- Patan Durbar Square



Lumbini

- Birth Place of Gautam Buddha
- Maya Devi Temple
- Ashokan Pillar
- World Peace Pagoda
- Lumbini Museum
- Myanmar Golden Temple
- Chaina Temple

Bandipur

- Ancient Newari village
- Living open-air museum of the ancient Newari culture of Nepal.
- Stopping point on the Indo-Tibet trade route.



Chitwan National Park

- Famous for wildlife safari and bird-watching.



Currency
Nepali Rupee



Best time to visit
September–November



Language
Nepalese

BASIC BURMESE WORDS

Hello, Goodbye – namaste
Thank you – dhanyabaaad
How are you? – Tapaaain laaee kasto chha?

What is this? – Yo ke ho?
How much? – Kati paisa?
Good luck! – subhakamana

Nepal Travel Guide

Stephen Bezruchka, M.D., Alonzo Lyons

Nepal Travel Guide:

The Rough Guide to Nepal Dave Reed, James McConnachie, 2012-07-02 The Rough Guide to Nepal offers an insider's guide to Nepal from its Tantric temples to its lively bars. It details all the finest Himalayan treks with practical up-to-date and expert advice on where to go, when and what to take. It covers all the National Parks offering advice and information on everything from tracking wildlife to hiring elephants. Dedicated chapters are devoted to mountain biking, white water rafting and other adventure sports, and there is unrivaled detail on Buddhism, Hinduism and the numerous ethnic groups that make Nepal a unique destination. The Rough Guide to Nepal also contains scores of detailed maps covering everything from Pokhara and the Chitwan National Park to the Everest Base Camp trek. Make the most of your time with The Rough Guide to Nepal. Now available in PDF format.

Trekking Nepal Stephen Bezruchka, M.D., Alonzo Lyons, 2011-06-01 Any Nepal travel guidebook will give you details, details, details. But read Stephen Bezruchka's *Trekking Nepal*, the best for background and thorough trekking advice. Christian Science Monitor on the 7th edition. Co-written by veteran Nepal trekkers with more than 60 combined years of experience in the region. New 8th edition reflects the most current political information and includes both popular and lesser-known trekking destinations. After much political unrest, tourism to Nepal is again on the rise as a travel destination. New features of the 8th edition include expanded coverage of areas outside of the primary trekking routes as well as of less-traveled routes near major trailheads. New details on trekking in the Everest, Annapurna and Langtang regions. New DIY information for independent exploring: how to make contact with villagers, use local maps, find porters and guides, understand pricing guidelines and arrange travel necessities such as water purification and meals.

[The Rough Guide to Nepal \(Travel Guide eBook\)](#) Rough Guides, 2018-02-01 Discover this fascinating country with the most incisive and entertaining guidebook on the market. Whether you plan to wander through Krakow's magnificent medieval Old Town, hike in the Tatra Mountains or relax on the Baltic coast, The Rough Guide to Poland will show you the ideal places to sleep, eat, drink, shop and visit along the way. Independent, trusted reviews written with Rough Guides' trademark blend of humour, honesty and insight to help you get the most out of your visit, with options to suit every budget. Full-colour maps throughout navigate the cobbled alleys of Lublin or Warsaw's New Town without needing to get online. Stunning images: a rich collection of inspiring colour photography. Things not to miss: Rough Guides' rundown of Poland's best sights and experiences. Itineraries: carefully planned routes to help you organize your trip. Detailed regional coverage, whether off the beaten track or in more mainstream tourist destinations. This travel guide has in-depth practical advice for every step of the way. Areas covered include Warsaw, Mazovia and Łódź, the Bay of Gdansk and the Wisła Delta, Toruń, Mazuria and Podlasie, Lublin, Zamość, the Polish Carpathians, Kraków and Małopolska, the Tatras and the Pieniny, Upper Silesia, Wrocław and Lower Silesia, Wielkopolska, Pomerania. Attractions include the Mazurian Lakes, wooden churches near Zakopane, Auschwitz, Birkenau, Malbork Castle, Kazimierz Dolny, Słowiński National Park, Wieliczka Salt Mine, Białowieża National Park, Bieszczady National Park, Rynek Główny.

Krak w and much more Basics essential pre departure practical information including getting there local transport accommodation food and drink health the media festivals sports and outdoor activities and more Background information a Contexts chapter devoted to history books music and film plus a handy language section and glossary Make the Most of Your Time on Earth with The Rough Guide to Poland [The Rough Guide to Nepal \(Travel Guide with eBook\)](#) Rough Guides,2023-07-01 This practical travel guide to Nepal features detailed factual travel tips and points of interest structured lists of all iconic must see sights as well as some off the beaten track treasures Our itinerary suggestions and expert author picks of things to see and do will make it a perfect companion both ahead of your trip and on the ground This Nepal guide book is packed full of details on how to get there and around pre departure information and top time saving tips including a visual list of things not to miss Our colour coded maps make Nepal easier to navigate while you re there This guide book to Nepal has been fully updated post COVID 19 The Rough Guide to Nepal covers Kathmandu and Patan The Kathmandu Valley The Central Hills Pokhara and around Chitwan and the Western Terai Janakpur and the Eastern Terai Annapurna and Everest regions Inside this Nepal travel guide you ll find RECOMMENDATIONS FOR EVERY TYPE OF TRAVELLER Experiences selected for every kind of trip to Nepal from off the beaten track adventures in Manaslu Circuit to family activities in child friendly places like Bardia National Park or chilled out breaks in popular tourist areas like Old Kathmandu PRACTICAL TRAVEL TIPS Essential pre departure information including Nepal entry requirements getting around health information travelling with children sports and outdoor activities food and drink festivals culture and etiquette shopping tips for travellers with disabilities and more TIME SAVING ITINERARIES Includes carefully planned routes covering the best of Nepal which give a taste of the richness and diversity of the destination and have been created for different time frames or types of trip DETAILED REGIONAL COVERAGE Clear structure within each sightseeing chapter of this Nepal travel guide includes regional highlights brief history detailed sights and places ordered geographically recommended restaurants hotels bars clubs and major shops or entertainment options INSIGHTS INTO GETTING AROUND LIKE A LOCAL Tips on how to beat the crowds save time and money and find the best local spots for whitewater rafting trekking cycling meditation and yoga retreats HIGHLIGHTS OF THINGS NOT TO MISS Rough Guides rundown of Kathmandu Pokhara Patan Manakamana s best sights and top experiences helps to make the most of each trip to Nepal even in a short time HONEST AND INDEPENDENT REVIEWS Written by Rough Guides expert authors with a trademark blend of humour honesty and expertise this Nepal guide book will help you find the best places matching different needs BACKGROUND INFORMATION Comprehensive Contexts chapter of this travel guide to Nepal features fascinating insights into Nepal with coverage of history religion ethnic groups environment wildlife and books plus a handy language section and glossary FABULOUS FULL COLOUR PHOTOGRAPHY Features inspirational colour photography including the stunning Janaki Mandir and the spectacular Boudhanath COLOUR CODED MAPPING Practical full colour maps with clearly numbered colour coded keys for

quick orientation in Bandipur Nagarkot and many more locations in Nepal reduce the need to go online **USER FRIENDLY LAYOUT** With helpful icons and organised by neighbourhood to help you pick the best spots to spend your time **Insight Guides Nepal (Travel Guide eBook)** Insight Guides,2017-12-01 Nepal maintains a formidable allure for travellers the name Kathmandu alone is enough to set feet itching Be inspired to visit by the new edition of Insight Guide Nepal a comprehensive full colour guide to this fascinating and dramatically beautiful country home to eight of the world's ten highest mountains Inside Insight Guide Nepal A fully overhauled edition by our expert Nepal author Stunning specially commissioned photography that brings this breathtaking country and its people to life Highlights of the country's top attractions including the mighty Mount Everest and the medieval temples of Bhaktapur in our Best of Nepal Descriptive region by region accounts cover the whole country from the cultural riches of the Kathmandu Valley to the Terai's jungles Detailed high quality maps throughout will help you get around and travel tips give you all the essential information for planning a memorable trip About Insight Guides Insight Guides has over 40 years experience of publishing high quality visual travel guides We produce around 400 full colour print guide books and maps as well as picture packed eBooks to meet different travellers needs Insight Guides unique combination of beautiful travel photography and focus on history and culture together create a unique visual reference and planning tool to inspire your next adventure **Nepal Travel Guide** Patrick Hill,2018-05-15 Nepal Travel Guide Trekking Jungle Extreme Nepal is a country of adventure This book describes the possibility of an independent Travel in Nepal the most popular Trekking routes in the Himalayas explore the wild Jungles and the most famous National parks of Nepal and the most Extreme activities in Nepal The book contains the most Useful Advice from Travelers and Locals Experts Plan Your Trip When How And how much it Cost Transportation Hotels and Mountain Lodges in Nepal Routes for trekking in Nepal Nepalese Jungle Outdoor Extreme Adventures MUST DO Tips Your Safety 3 Reasons to Buy This Book Simple Guide to Independent Travel Trekking Planning information Best Extreme Activity information Read for free on Kindle Unlimited Download and start Nepal Adventure Today [Nepal Travel Guide](#) Todd Bowen,2015-03-30 Nepal is located between India and China and this landlocked strip of country has the majestic Himalaya Mountains as its backbone Nepal offers unforgettable scenery as well as adventure culture romance and excitement This is the land of sherpas and snowy peaks yetis and yaks and exotic mantras echoing from the local monasteries Nepal Culture Location Orientation Climate When to Visit Sightseeing Highlights Chitwan National Park Patan Museum Pashupatinath Temple Swayambhunath Monkey Temple Bodnath Kopan Monastery Gokyo Lakes Kathmandu Thamel Annapurna Region Mount Everest Flightseeing Short Treks in Nepal Recommendations for the Budget Traveller Places to Stay Annapurna Guest House Hotel Ganesh Himal Hotel Yeti Family Peace House Eden Jungle Resort Places to Eat Tashi Delek Restaurant Dechenling Pooja Sweets Lhasa Tibetan Restaurant Hill's Heaven Places to Shop Jawalakhel Handicraft Centre Kumbeshwar Technical School Koseli Gham United World Trade Centre UWTC Dhankuta Sisters **The Rough Guide to Nepal** James

McConnachie, David Reed, 2009-10-01 The Rough Guide to Nepal is the ultimate travel guide with clear maps and detailed coverage of all the best attractions Nepal has to offer Discover the vibrant regions of Nepal from the easternmost tea hills of Ilam to the wildlife rich jungle of the far west and from the high Himalayas to the Kathmandu Valley Fully updated and reshaped after the country's recent change in government The Rough Guide to Nepal contains in depth accounts of all Nepal's highlights from Hindu temples and Buddhist stupas to wildlife reserves and spectacular mountain viewpoints in Nepal Colour sections explore Nepal's ethnic hill peoples and dramatic mountain trails whilst expert accounts offer an introduction to the history culture and natural life of this exciting and resurgent country Find detailed practical advice on what to see and do in Nepal whilst relying on up to date descriptions of the best hotels in Nepal bars in Nepal and restaurants in Nepal for every budget This Rough Guide to Nepal includes an extensive section on trekking with practical advice and maps on the best places to trek raft and mountain bike Make the most of your holiday with The Rough Guide to Nepal [Insight Guides Nepal](#)

Insight Guides, 2014-05-01 Nepal maintains a formidable allure for travellers the name Kathmandu alone is enough to set feet itching Be inspired to visit by the new edition of Insight Guide Nepal a comprehensive full colour guide to this fascinating and dramatically beautiful country home to eight of the world's ten highest mountains This book has been fully overhauled by an expert Nepal author and is packed with stunning specially commissioned new photography that brings this breathtaking country and its people to life Our Best Of Nepal highlights the country's top attractions including the mighty Mount Everest and the medieval temples of Bhaktapur Descriptive region by region accounts cover the whole country from the cultural riches of the Kathmandu Valley to the Terai's jungles Detailed high quality maps throughout will help you get around and travel tips give you all the essential information for planning a memorable trip including our independent selection of the best hotels and restaurants

Insight Guides Nepal: Travel Guide eBook Insight Guides, 2024-11-15 This Nepal guidebook is ideal for travellers seeking inspirational guides and planning a more extended trip It provides interesting facts about Nepal's people history and culture and detailed coverage of the best places to see This Nepal travel book has the style of an illustrated magazine to inspire you and give a taste of Nepal This Nepal guidebook covers Kathmandu Around Kathmandu Patan Bhaktapur Kathmandu Valley Kathmandu to Pokhara Pokhara and Pokhara Valley Trekking in the Annapurnas Trekking in Langtangosakinkund Helambu The Everest Region East of Everest the Terai the Remote West In this Nepal travel guidebook you will find Unique essays country history and culture and modern day life people and politics Nepal highlights Durbar Square Kathmandu Swayambhunath Boudhanath Bhaktapur Pokhara The Annapurna region Mount Everest Chitwan National Park Bardia National Park Langtang National Park Practical travel information getting there and around budgeting eating out shopping public holidays information for LGBTQ travellers and more When to go to Nepal high season low season climate information and festivals Insider recommendations tips on how to beat the crowds save time and money and find the best local spots Main attractions curated places narrative descriptions of where to go and what to see covered

geographically Tips and facts interesting facts about Nepal and useful insider tips High quality maps of Nepal must see places cross referenced to colourful maps for quick orientation Colour coded chapters each place chapter has its own colour assigned to aid easy navigation of this Nepal travel guide Striking pictures rich inspirational colour photography on all pages capturing attractions nature people and historical features Fully updated post COVID 19 This Nepal guidebook is just the tool you need to get under the skin of the destination and accompany you on your trip This book will inspire you and answer all your questions while preparing a trip to Nepal or along the way **The Ethical Travel Guide** Orelly Minelli,Polly

Pattullo,2012-05-04 Do you want a holiday that bypasses too familiar haunts and gives you a greater depth of experience Do you want a holiday that is enriching for you and for the locals at your destination If you do and believe that your trip should give local communities a fair deal so often denied them as well as being fun then this book is for you This fully revised second edition of The Ethical Travel Guide is the essential resource for responsible global travel providing a wealth of new ideas for your next holiday The extensive directory has been updated and expanded listing hundreds of places to visit and stay in countries all over the world From sustainable farming in Ecuador to luxury culinary breaks in Crete there is something for every taste and budget A thorough introduction gives a background to the many ethical and practical issues involved including a new section on travel and climate change Combining thoughtful guidance with comprehensive listings this is the essential guide for anyone interested in ethical fair and sustainable tourism *Nepal Travel Guide 2024* Frank K

Knowles,2023-08-14 Embark on a Journey of a Lifetime with the Ultimate Nepal Travel Guide for 2024 Are you ready to explore a land of majestic mountains vibrant cultures and unforgettable experiences Look no further than the Nepal Travel Guide 2024 a comprehensive expertly crafted companion that will take you on an immersive adventure through this captivating Himalayan gem Picture yourself standing at the base of the world s tallest peaks surrounded by breathtaking vistas that seem almost otherworldly Imagine wandering through ancient temples and bustling bazaars where the echoes of history and spirituality reverberate through every stone Envision the thrill of trekking along legendary trails and sharing heartwarming moments with the friendly locals who call this land home Inside this meticulously curated guide you ll find Unparalleled Trekking Adventures Whether you re a seasoned trekker or a novice explorer Nepal offers a plethora of trekking routes that lead you through stunning landscapes quaint villages and jaw dropping scenery From the iconic Everest Base Camp Trek to the culturally rich Annapurna Circuit our guide provides detailed itineraries insider tips and packing essentials to ensure you re fully prepared for your trekking expedition Culinary Delights Indulge in a gastronomic journey like no other as you savor the flavors of traditional Nepali cuisine From delectable momos to aromatic dal bhat our guide introduces you to local dishes that are sure to tantalize your taste buds and leave you craving more Natural Wonders Discover Nepal s diverse landscapes from the serene lakes of Pokhara to the lush jungles of Chitwan National Park Unearth hidden gems and off the beaten path destinations that offer unique experiences for nature lovers and adventure seekers

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Insight Guides Nepal: Travel Guide with Free EBook Insight Guides,2025-01-07 This Nepal guidebook is ideal for travellers seeking inspirational guides and planning a more extended trip It provides interesting facts about Nepal s people history and culture and detailed coverage of the best places to see This Nepal travel book has the style of an illustrated magazine to inspire you and give a taste of Nepal The book is printed on paper from responsible sources and verified to meet FSC s strict environmental and social standards This Nepal guidebook covers Kathmandu Around Kathmandu Patan Bhaktapur Kathmandu Valley Kathmandu to Pokhara Pokhara and Pokhara Valley Trekking in the Annapurnas Trekking in Langtangosakinkund Helambu The Everest Region East of Everest the Terai the Remote West In this Nepal travel guidebook you will find Unique essays country history and culture and modern day life people and politics Nepal highlights Durbar Square Kathmandu Swayambhunath Boudhanath Bhaktapur Pokhara The Annapurna region Mount Everest Chitwan National Park Bardia National Park Langtang National Park Practical travel information getting there and around budgeting eating out shopping public holidays information for LGBTQ travellers and more When to go to Nepal high season low season climate information and festivals Insider recommendations tips on how to beat the crowds save time and money and find the best local spots Main attractions curated places narrative descriptions of where to go and what to see covered geographically Tips and facts interesting facts about Nepal and useful insider tips High quality maps of Nepal must see places cross referenced to colourful maps for quick orientation Colour coded chapters each place chapter has its own colour assigned to aid easy navigation of this Nepal travel guide Striking pictures rich inspirational colour photography on all pages capturing attractions nature people and historical features Free download of title s eBook available after purchase of the printed guidebook to Nepal Fully updated post COVID 19 This Nepal guidebook is just the tool you need to get under the skin of the destination and accompany you on your trip It also makes a great gift because of its premium quality This book will inspire you and answer all your questions while preparing a trip to Nepal or along the way It will also remain a beautiful souvenir after your trip [Trekking in Nepal](#) Stephen Bezruchka,1997 Sends trekkers to Nepal equipped with comprehensive information on the country s most rewarding routes what to bring what to expect and the people and history behind it all Covers 21 major areas of Nepal over all types of terrain plus alternatives and side trips Provides visitors with the information and inspiration to be culturally appropriate and environmentally sensitive guests **2023 Nepal Travel Guide** Franklin O

Andrew,2023-08-12 The thorough and immersive 2023 Nepal Travel Guide will help you plan a soul stirring journey through the gorgeous country of Nepal Nestled in the Himalayas Nepal calls with its breathtaking scenery historic temples and kind inhabitants providing an experience that is both spiritually enlightening and action packed Explore the UNESCO World Heritage Sites in the Kathmandu Valley which are home to old palaces beautifully carved stupas and sacred temples that serve as reminders of the nation s rich cultural legacy to experience the historical tapestry of Nepal As you travel the same routes that centuries old pilgrims and sages have taken feel the presence of spirituality permeate the air Accept the spirit of adventure as Nepal provides a wide range of exciting activities for nature lovers and adrenaline junkies alike Trek the fabled Annapurna Circuit or test your limits on the famed Everest Base Camp Trek where you ll experience spectacular panoramas and form lifelong bonds with other trekkers from all over the world Immerse yourself in the genuine charm of Nepalese villages where the pace of life has not changed over the years Feel the warm welcome of the locals as they invite you into their homes and share their customs and stories that have been passed down through the years Learn about the lively and diverse culture of Nepal which celebrates holidays like Dashain and Tihar with colorful rituals dancing and song that give the environment a feeling of joy and togetherness In Bhaktapur s busy streets discover the Newari culture s living heritage and immerse yourself in the beautiful woodcarvings and Thangka paintings two forms of ageless art Discover Nepal s natural beauties from the tranquil lakes of Pokhara to the lush jungles of Chitwan National Park where unique animals and endangered species can roam freely See magnificent rhinos secretive Bengal tigers and a wide variety of bird species in their native settings Enjoy the delights of Nepalese food from the savory dal bhat and fragrant momos to the energizing chiya tea that will warm your heart As you go off on a culinary trip unlike any other savor the diverse culinary delights of the nation The 2023 Nepal Travel Guide is your ideal travel companion whether you re an experienced traveler looking for new experiences or a seeker of enlightenment This guide makes sure you get the most out of your time in Nepal and create lasting memories It is jam packed with expert advice thorough itineraries and insightful information Explore Nepal s hidden gems where time honored customs and contemporary aspirations coexist peacefully The 2023 Nepal Travel Guide can help you embark on a transforming adventure and inspire a passion for exploring Get your copy right away and seize the chance to go on a journey that will change your life Then get ready to be enthralled by the Himalayas unrivaled spirituality and beauty

A Guide to Trekking in Nepal Stephen Bezruchka,1985 The Rough Guide to Nepal Dave Reed,James McConnachie,2013-11-07 The Rough Guide to Nepal offers an insider s guide to Nepal from its Tantric temples to its lively bars It details all the finest Himalayan treks with practical up to date and expert advice on where to go when and what to take It covers all the National Parks offering advice and information on everything from tracking wildlife to hiring elephants Dedicated chapters are devoted to mountain biking white water rafting and other adventure sports and there is unrivaled detail on Buddhism Hinduism and the numerous ethnic groups that make Nepal a unique destination The Rough Guide to

Nepal also contains scores of detailed maps covering everything from Pokhara and the Chitwan National Park to the Everest Base Camp trek Originally published in print in 2012 Make the most of your time with The Rough Guide to Nepal Now available in ePub format *Nepal* David Wags,2019 *World Travel Guide* Columbus Publishing Ltd,Marie Peyre,2005 With E World guide CD **The Rough Guide to Nepal** Rough Guides,2015-06-24 The authors provide a comprehensive handbook for independent travel in this beautiful country It features the sights in Nepal available accommodation and restaurants practical advice on trekking and much more

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