



### **Nepal at a Glance**

Federally Republic of Nepal, between China and India, Nepal is a landlocked jewel of South Asia, renowned for its dramatic landscapes, ancient culture, and warm hospitality. From the towering Himalayas to lush jungles and cultural cities, Nepal is a dream destination for adventurers and explorers alike.

The capital city, Kathmandu, is home to age-old temples, palaces, and seven UNESCO World Heritage Sites. Lumbini, the birthplace of Lord Buddha, and Sagarmatha National Park, which includes Mount Everest, add to Nepal's global significance.

Nepal offers more than just trekking and mountaineering. With Marron Treks, experience cultural tours, scenic helicopter flights, white-water rafting, jungle safaris, and thrilling adventure activities.

### **Quick Facts:**

- Area: 147,516 km<sup>2</sup>
- Capital: Kathmandu
- Population: Approx. 30 million (2021)
- Language: Nepali (official), with many ethnic dialects
- Religion: Predominantly Hindu and Buddhist
- Currency: Nepalese Rupee (NPR) – 1 NPR = 100 paisa
- Telephone Code: +977



### **Visa Information:**

Visas are available on arrival at Tribhuvan International Airport and border entry points. Fees:

- 15 Days: USD 30
- 30 Days: USD 50
- 90 Days: USD 125

### **Best Travel Seasons:**

- Spring (Mar–May) and Autumn (Sep–Nov) are ideal for trekking and World Heritage sightseeing, with clear skies, comfortable temperatures, and stunning mountain views from every place.
- Winter (Dec–Feb) is colder and suitable for low-altitude treks and sightseeing.
- (Monsoon (June–August) is the best time for trekking in Dolpo, Upper Mustang, and select flower treks within Nepal, as well as for the Mount Kailash tour in Tibet.)

### **Travel Insurance:**

Travel insurance is generally required for trekking in Nepal, especially for high-altitude areas which should cover Emergency Medical Expenses, Emergency Evacuation & Helicopter Rescue and Trip Cancellation/Interruption.

### **Health & Safety**

If on high altitude treks, follow itineraries that include rest/acclimatization days. Never drink untreated tap water. Use boiled water, treated water (tablets/filter), or bottled water. Get vaccinated against common diseases, and carry basic medications.

### **Money & Communication**

The local currency is the Nepali Rupee (NPR). Exchange foreign currency (USD, Euro, etc.) at authorized money changers in Kathmandu or Pokhara for better rates than at the airport. ATMs are available in major cities but become scarce (or non-existent) in trekking regions. Carry

sufficient Nepali Rupees in small denominations for tea houses, meals, and purchases on the trail.

You can easily purchase a local SIM card (Ncell or NTC) at Kathmandu airport or in Thamel with data plans. Wi-Fi is available in many tea houses (especially on popular routes like Everest and Annapurna), but often for a fee. City areas like Kathmandu and Pokhara have wi-fi excesses especially in the hotels you stay for free to use.

### **Transportation**

Transportation in Nepal can be an adventure in itself, ranging from exhilarating domestic flights to challenging overland journeys on winding mountain roads. Given Nepal's diverse topography, a mix of transport methods is often necessary to get around.

**Domestic Flights:** This is often the quickest way to cover long distances, especially to remote trekking regions or between major cities like Kathmandu, Pokhara, Chitwan (Bharatpur), Nepalgunj.

**Tourist Buses:** Connect major tourist destinations like Kathmandu, Pokhara, and Sauraha (Chitwan). They are generally more comfortable, have designated seats, fewer stops, and may offer amenities like AC and water. Prices are slightly higher than local buses. "Sofa buses" are a newer, more luxurious option on popular routes.

**Private Transfers:** This is a popular and highly recommended option for tourists, especially for groups or families. It offers comfort, flexibility, and the safety of an experienced local driver.

**Taxis:** Widely available in Kathmandu, Pokhara, and other larger towns for short distances. They are usually small, identifiable by a "taxi" sign and black license plates.

**Ride-Sharing Apps (Pathao & In-drive) :** These popular Nepali ride-sharing apps (like local Uber/Grab) are widely used in Kathmandu for both motorbikes and cars. They offer transparent pricing and are often more convenient than hailing a taxi.

**Rickshaws:** Found in old city areas of Kathmandu (e.g., Thamel, Patan Durbar Square) and some Terai towns. They offer a unique, atmospheric way to explore narrow, crowded streets.

### **Local Etiquette & Culture:**

Greet with “Namaste,” dress modestly, and respect temple customs. Nepalese people are warm, welcoming, and culturally rooted.

**Please visit our stall at Tourism Expo Japan**  
**Marron Treks Pvt. Ltd.**  
**Booth No: F-073**

**Contact us:**

Marron Treks Pvt. Ltd.

Ranibari, Kathmandu, Nepal

Email: [info@marrontreks.com](mailto:info@marrontreks.com) [marrontreks@hotmail.com](mailto:marrontreks@hotmail.com)  
[mailmarrontreks@gmail.com](mailto:mailmarrontreks@gmail.com)

Tel: +977-1-4956023

Mob: +977 9851049662 (Line/Whatsapp)

