**Kathmandu Practical Information Guide**

**Venue**
Park Village Hotel and Resort is a verdant oasis set in five acres of tranquil, wooded gardens overlooking the hustle and bustle of central Kathmandu. More than two thousand flowering trees and shrubs cover the grounds and are home to butterflies, dragonflies and nearly 75 species of birds including hoopoes, heron and kingfisher. Park Village is located at the northern edge of the Kathmandu Valley, just below the subtropical Shivapuri-Nagarjun National Park, less than half an hour’s drive from central Kathmandu or the airport. The fresh, natural environment coupled with comfortable, well-appointed accommodation, good food, and a lovely outdoor swimming pool make it the perfect place to relax.

Park Village Hotel and Resort  
Budhanilkantha, Kathmandu, Nepal  
G.P.O. Box: 21218  
Tel: 977-1-4375280, Fax: 977-1-4371656  
website: [www.kghhotels.com](http://www.kghhotels.com)

**Airport arrival**
Kathmandu's Tribhuvan International Airport (IATA: KTM), is the largest and only international airport in Nepal, located 5.5km east of the popular tourist neighborhood of Thamel.

The airport has two public terminals; one for international and one for domestic traffic. The airport is connected to the cities of Kathmandu and Lalitpur (Patan) through the busses of Sajha Yatayat, which stop in front of the international terminal. Local busses are available outside of the airport gate. The journey time to downtown Kathmandu is approximately 20 to 30 minutes.

There are local as well as pre-paid taxis available at both terminals. Taxis can be booked and paid for in advance at the taxi counter in the arrivals area. The journey time to the city is around 10 to 15 minutes, and fares start at around Rs700.

**Time zone**: UTC+5.75 (or see [http://www.timeanddate.com/worldclock/nepal/kathmandu](http://www.timeanddate.com/worldclock/nepal/kathmandu))

**Visa information**
All foreigners, except Indians, must have a visa. Nepali embassies and consulates overseas issue visas with no fuss. Your passport must be valid for at least another 6 months upon arrival in Nepal.

Tourist visas are available on arrival for citizens of most countries and will cost for USD25/40/100 for 15/30/90 days respectively. All tourist visas are currently "multiple entry" type visa and permit multiple entries and exits during the period of validity.

Tourists carrying more than USD $2,000.00 or equivalent foreign currency are requested to declare in the Custom Declaration Form at the time of arrival in Nepal. Those returning from Nepal with undeclared money exceeding USD $2,000.00 or equivalent foreign currency may be interrogated for further legal actions in accordance with Foreign Exchange Regulation Act of Nepal.
Obtaining Nepalese Rupees and Exchanging Foreign Currency

The rupee is the official currency of Nepal and normally abbreviated with the sign ₿. It is subdivided into 100 paisa. There are coins for denominations of one, two, five and ten rupees, and bank notes in denominations of one, two, five, 10, 20, 25, 50, 100, 500 and 1000 rupees.

Major international currencies, including the US dollar, euro and pounds sterling, are readily accepted.

**ATMs**
Standard Chartered Bank has ATMs in Kathmandu and Pokhara; you can get cash advances on both Visa and MasterCard 24 hours a day, though travellers have reported that these machines don’t take cards that run on the Cirrus system. Other banks, such as the Himalaya Bank, also have ATMs but some only accept local cards. Using an ATM attached to a bank during business hours will minimise the hassle in the rare event that the machine eats your card.

**Changing money**
Official exchange rates are set by the government’s Nepal Rastra Bank and listed in the daily newspapers. Rates at the private banks vary, but are generally not far from the official rate.

There are exchange counters at the international terminal at Kathmandu’s Tribhuvan Airport and banks and/or moneychangers at the various border crossings.

The best private banks are Himalaya Bank Nepal Bank Ltd and Standard Chartered Bank. Some hotels and resorts are licensed to change money but their rates are lower.

When you change money officially, you are required to show your passport, and you are issued with a foreign exchange encashment receipt showing your identity and the amount of hard currency you have changed. Hang onto the receipts as you need them to change excess rupees back into hard currency at banks. You can change rupees back into hard currency at most moneychangers without a receipt.

**Credit cards**
Major credit cards are widely accepted at midrange and better hotels, restaurants and fancy shops in the Kathmandu Valley and Pokhara only.

**Electricity and Converters**
Voltage: 220-240 V  
Frequency: 50/60 Hz  
In Nepal the power sockets used are of type C / D:

**Weather information**
Kathmandu experiences warm and sunny days throughout March. You can experience a good amount of sunshine, about 8 to 9 hours a day.

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1 Away from major centres, changing an Rs 1000 note can be very difficult, so it is always a good idea to keep a stash of small-denomination notes.
The average daytime temperature generally hovers around a pleasant 26°C (79°F) whereas the average minimum temperatures generally drop down to 5°C (41°F). The nights can get very chilly.

It is advised to bring lightweight clothes for during the days with sandals or open shoes. The evenings can get chilly and it is recommended to bring a jacket or a sweater for colder weather.

**Language**

The basic vocabulary of Nepali is Sanskrit in origin, but over the years the language has also borrowed words from other languages. Nepali is more conservative than other Indo-Aryan languages, borrowing fewer words from other languages and using more words derived from Sanskrit. Written Nepali is mostly influenced by Sanskrit, while spoken Nepali has many loanwords from neighboring Tibeto-Burmese languages.

Below are a few words and basic phrases in Nepali.

<table>
<thead>
<tr>
<th>English</th>
<th>Nepali</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hello</td>
<td>Namastē, नमस्ते</td>
</tr>
<tr>
<td>Goodbye</td>
<td>Bidā’i, बिदाङ्</td>
</tr>
<tr>
<td>Thank you</td>
<td>Dhan’yavāda, धन्यवाद</td>
</tr>
<tr>
<td>Please</td>
<td>Kṛpayā, कृपया</td>
</tr>
<tr>
<td>Yes</td>
<td>Hō, हो</td>
</tr>
<tr>
<td>No</td>
<td>Hoēna, होईन</td>
</tr>
<tr>
<td>Man</td>
<td>Manisā, मानिस</td>
</tr>
<tr>
<td>Woman</td>
<td>Mahilā, महिला</td>
</tr>
</tbody>
</table>